



US 20180008200A1

(19) **United States**

(12) **Patent Application Publication**  
**Romesburg**

(10) **Pub. No.: US 2018/0008200 A1**

(43) **Pub. Date: Jan. 11, 2018**

(54) **MOTION-DEPENDENT AVERAGING FOR  
PHYSIOLOGICAL METRIC ESTIMATING  
SYSTEMS AND METHODS**

*A61B 5/145* (2006.01)

*A61B 5/024* (2006.01)

(52) **U.S. Cl.**

CPC ..... *A61B 5/721* (2013.01); *A61B 5/6803*  
(2013.01); *A61B 5/6815* (2013.01); *A61B*  
*5/6898* (2013.01); *A61B 5/725* (2013.01);  
*A61B 5/7253* (2013.01); *G06F 19/3406*  
(2013.01); *A61B 5/0205* (2013.01); *A61B*  
*5/02255* (2013.01); *A61B 5/02427* (2013.01);  
*A61B 5/0816* (2013.01); *A61B 5/1118*  
(2013.01); *A61B 5/14532* (2013.01); *A61B*  
*5/14552* (2013.01); *A61B 5/4866* (2013.01);  
*A61B 2562/0219* (2013.01); *A61B 2562/0238*  
(2013.01)

(71) Applicant: **Valencell, Inc.**, Raleigh, NC (US)

(72) Inventor: **Eric Douglas Romesburg**, Chapel Hill,  
NC (US)

(21) Appl. No.: **15/643,965**

(22) Filed: **Jul. 7, 2017**

**Related U.S. Application Data**

(60) Provisional application No. 62/359,962, filed on Jul.  
8, 2016.

**Publication Classification**

(51) **Int. Cl.**

*A61B 5/00* (2006.01)

*A61B 5/0205* (2006.01)

*G06F 19/00* (2011.01)

*A61B 5/0225* (2006.01)

*A61B 5/1455* (2006.01)

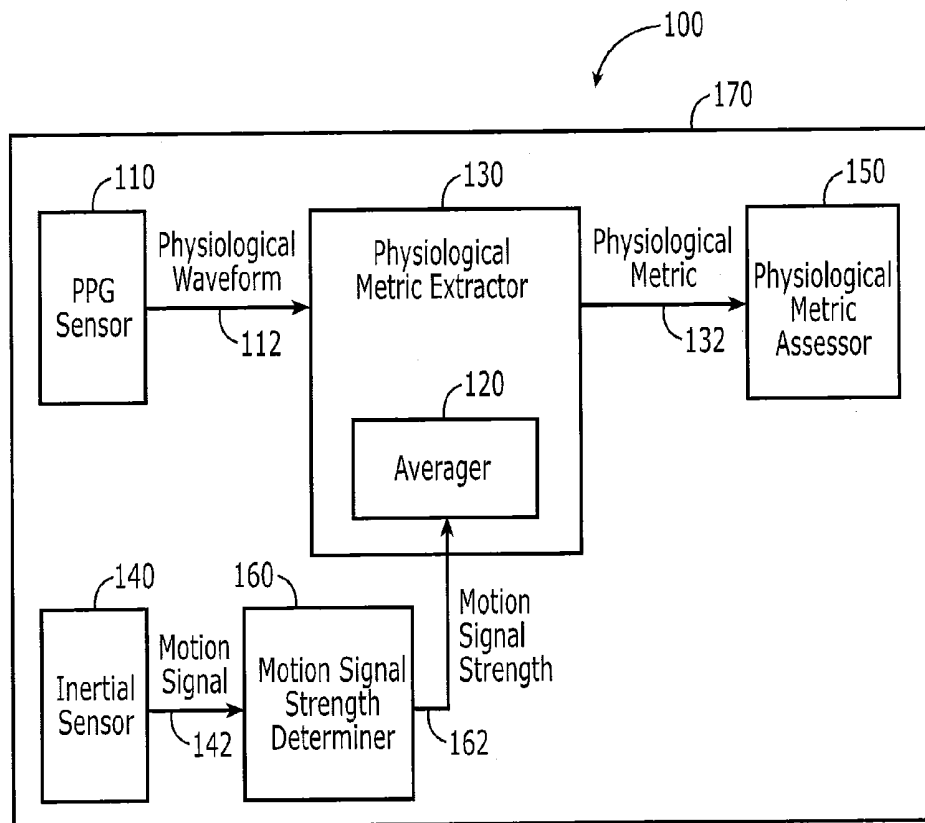
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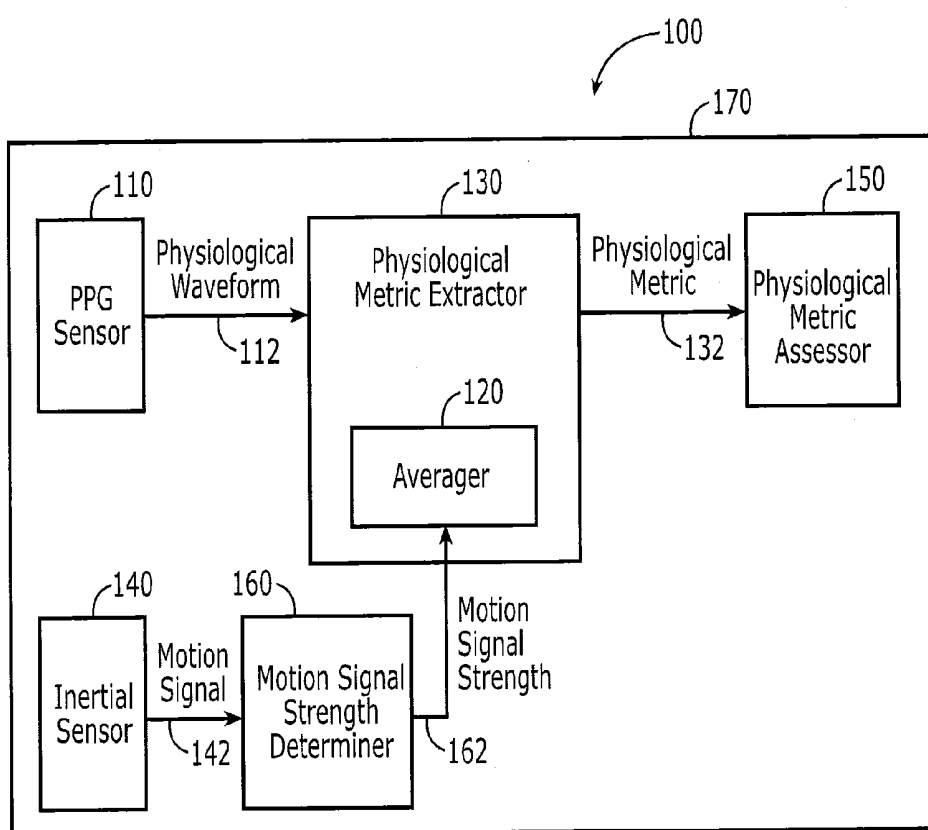
*A61B 5/11* (2006.01)

(57)

**ABSTRACT**

Physiological signal processing systems include a photoplethysmograph (PPG) sensor that is configured to generate a physiological waveform, and an inertial sensor that is configured to generate a motion signal. A physiological metric extractor is configured to extract a physiological metric from the physiological waveform that is generated by the PPG sensor. The physiological metric extractor includes an averager that has an impulse response that is responsive to the strength of the motion signal. Related methods are also described.



FIG. 1

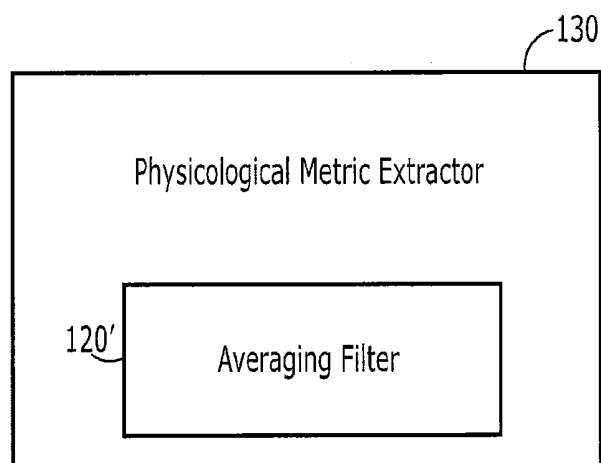


FIG. 2

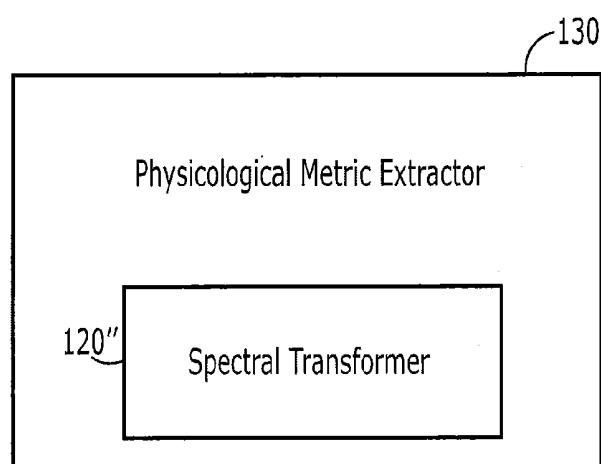


FIG. 3

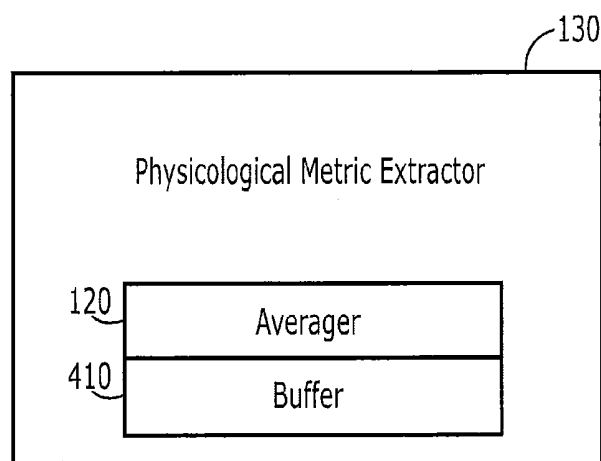
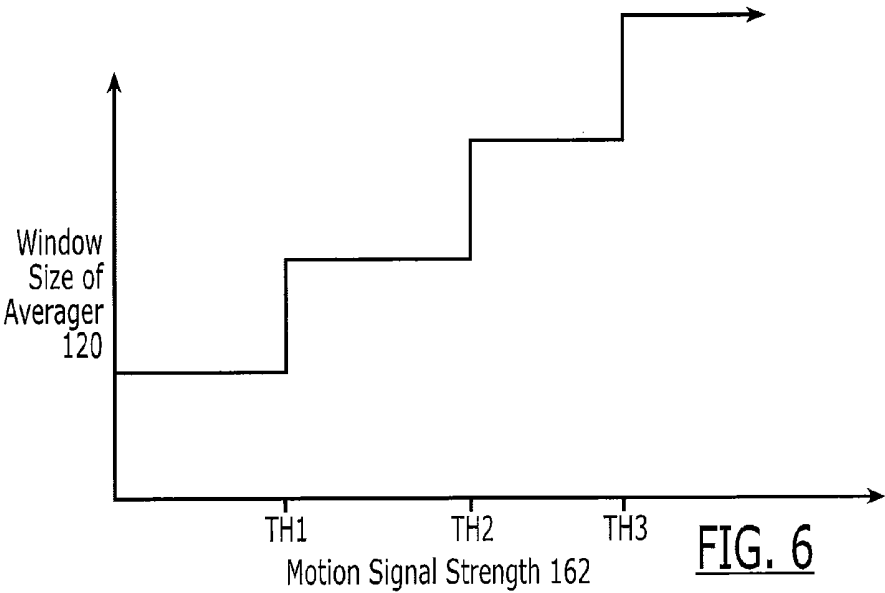
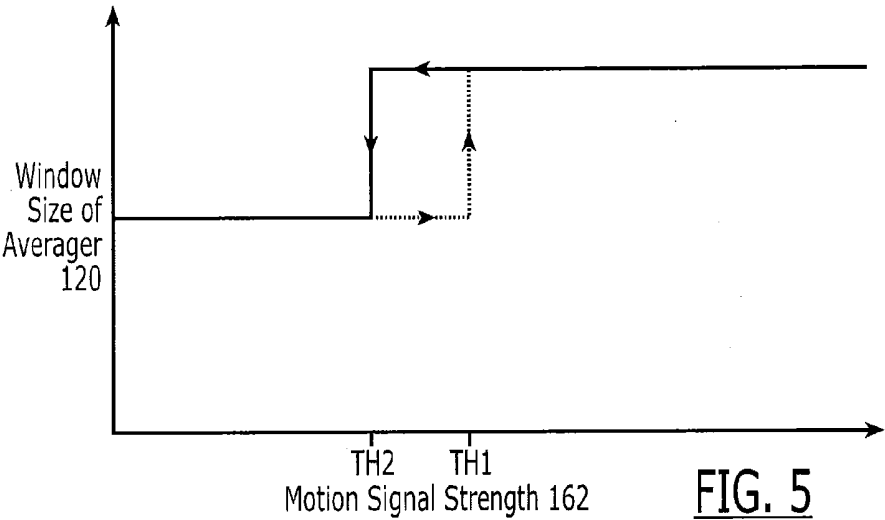


FIG. 4



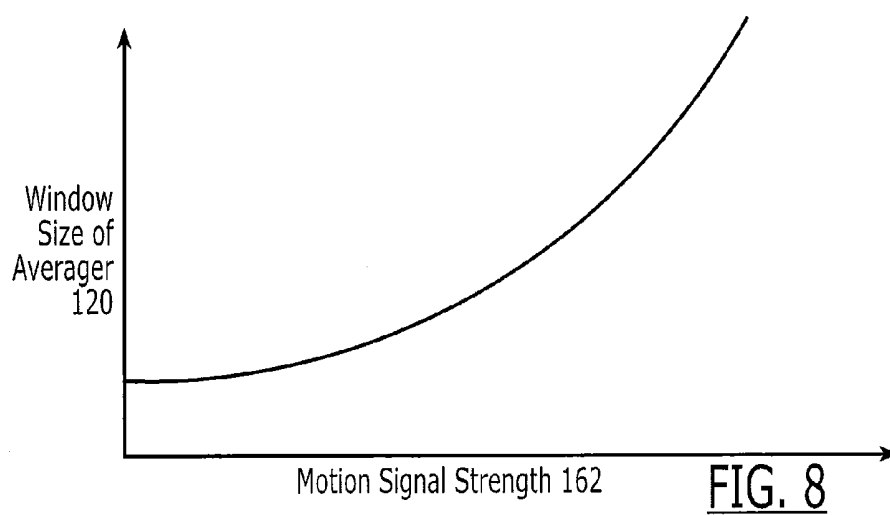
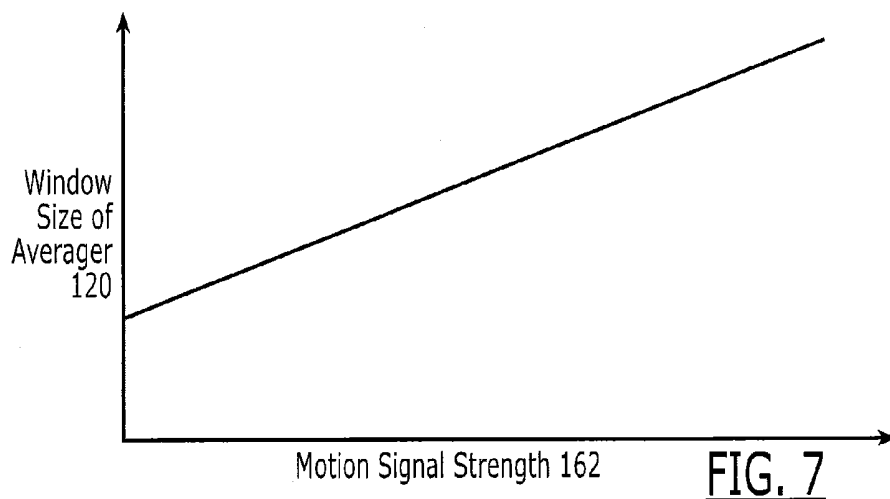


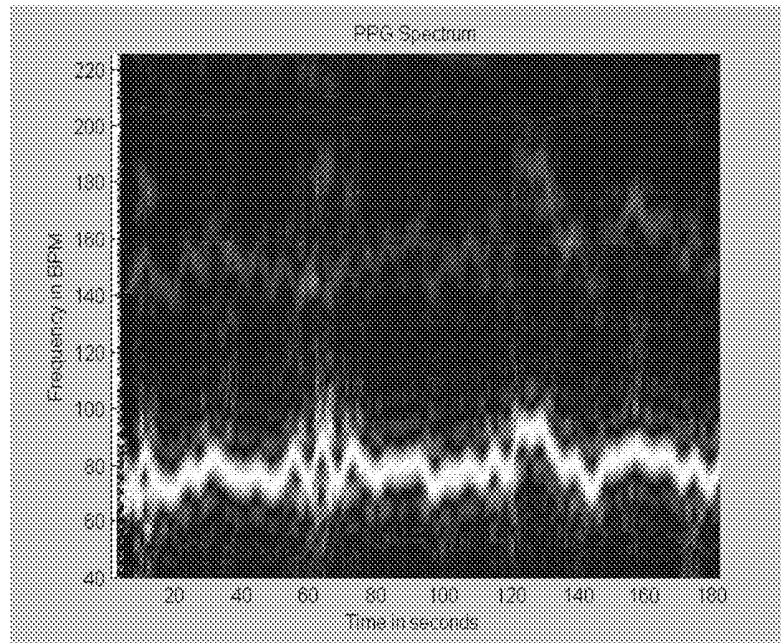
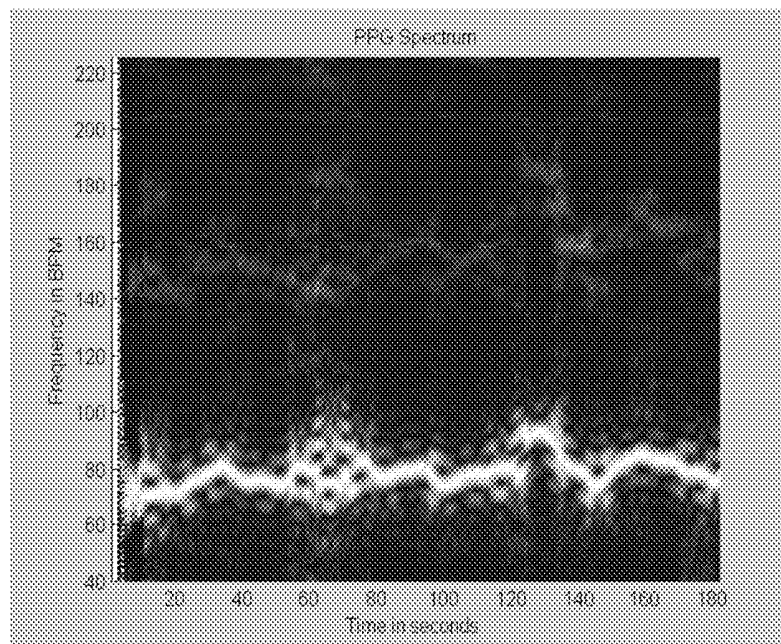
FIG. 9FIG. 10

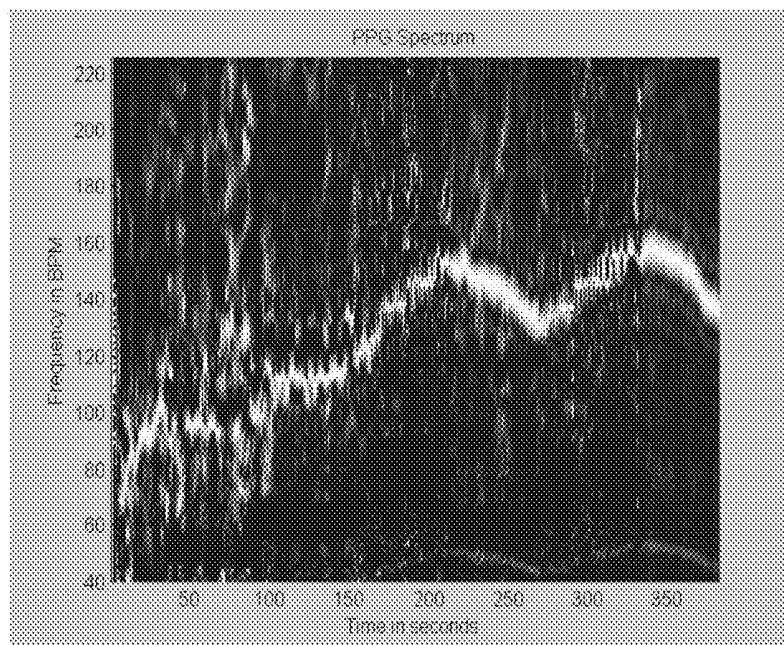
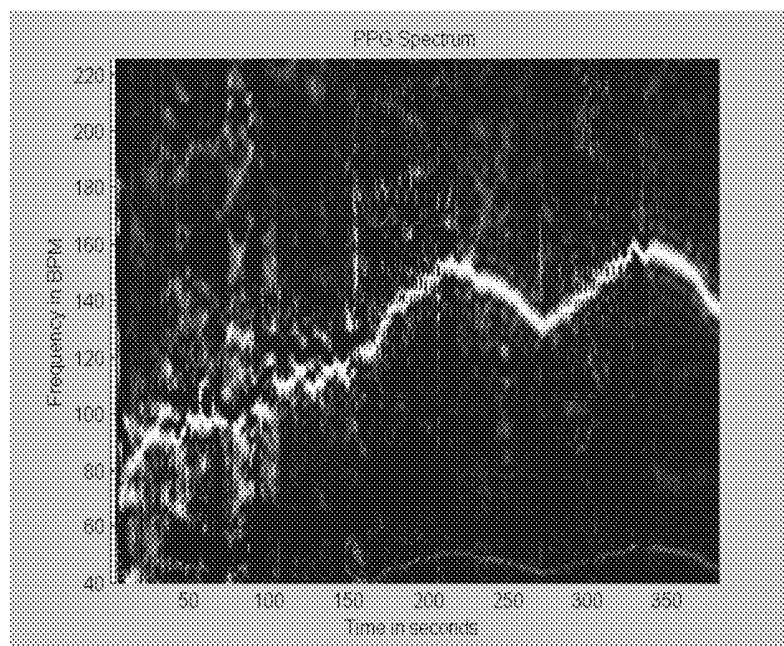
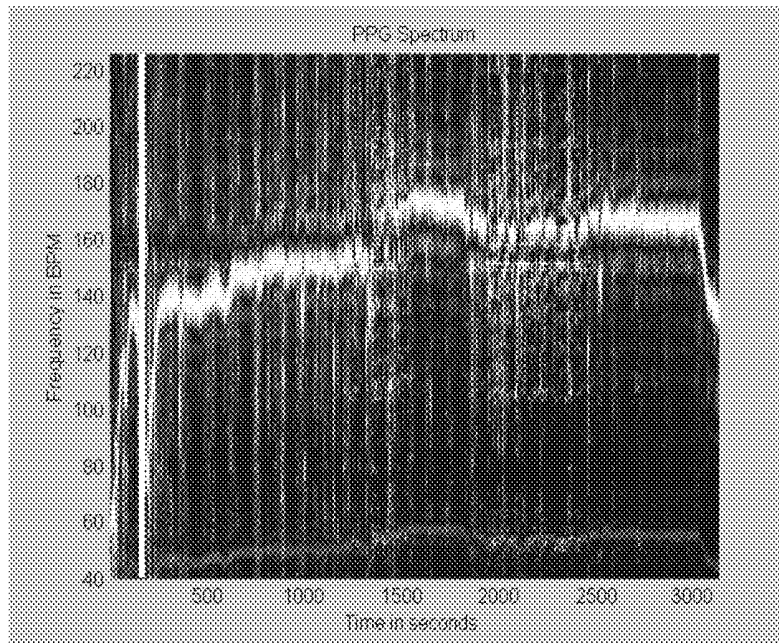
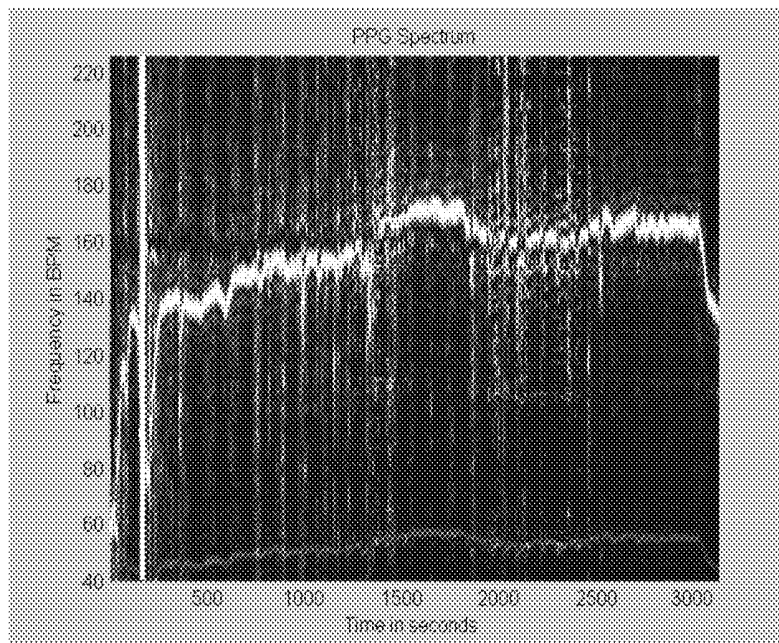
FIG. 11FIG. 12

FIG. 13FIG. 14

# **MOTION-DEPENDENT AVERAGING FOR PHYSIOLOGICAL METRIC ESTIMATING SYSTEMS AND METHODS**

## **CLAIM OF PRIORITY**

**[0001]** This application claims priority from U.S. Provisional Patent Application No. 62/359,962 entitled “MOTION-DEPENDENT AVERAGING FOR PHYSIOLOGICAL METRIC ESTIMATING SYSTEMS AND METHODS” filed Jul. 8, 2016, in the United States Patent and Trademark Office, the disclosure of which is incorporated by reference herein in its entirety.

## **BACKGROUND**

**[0002]** Various embodiments described herein relate generally to signal processing systems and methods, and more particularly to physiological signal processing systems and methods.

**[0003]** There is a growing market demand for personal health and environmental monitors, for example, for gauging overall health, fitness, metabolism, and vital status during exercise, athletic training, work, public safety activities, dieting, daily life activities, sickness and physical therapy. These personal health and environmental monitors process physiological signals that may be obtained from one or more physiological sensors, and are configured to extract one or more physiological metrics from physiological waveforms. Unfortunately, inaccurate physiological metric extraction can reduce the accuracy of health, fitness and/or vital status monitoring.

## **SUMMARY**

**[0004]** It should be appreciated that this Summary is provided to introduce a selection of concepts in a simplified form, the concepts being further described below in the Detailed Description. This Summary is not intended to identify key features or essential features of this disclosure, nor is it intended to limit the scope of the invention.

**[0005]** Various embodiments described herein can provide physiological signal processing systems that include a photoplethysmograph (PPG) sensor that is configured to generate a physiological waveform, and an inertial sensor that is configured to generate a motion signal. A physiological metric extractor is configured to extract a physiological metric from the physiological waveform that is generated by the PPG sensor. The physiological metric extractor includes an averager that has an impulse response that is responsive to the motion signal and, in some embodiments, to the strength of the motion signal.

**[0006]** Various embodiments of averagers may be provided according to various embodiments described herein. For example, the averager may operate in the time domain or in the frequency domain. The averager may include a spectral transformer or an averaging filter, such as an averaging window. Moreover, the impulse response may be responsive to the motion signal according to a discrete, continuous, linear and/or nonlinear function that may include hysteresis. The strength of the motion signal may comprise a maximum, sum of squares, maximum of squares, sum of absolute values, maximum of absolute values, root-sum-squares, root-mean-squares and/or decimation of a magnitude of the motion signal over a given time interval.

Finally, the inertial sensor may comprise an accelerometer, an optical sensor, a blocked channel sensor, a capacitive sensor and/or a piezo sensor.

**[0007]** Various embodiments of a physiological metric extractor that includes an averager having an impulse response that is responsive to the motion signal will now be described. For example, in some embodiments, the impulse response has a first value in response to the strength of the motion signal exceeding a first threshold and a second value in response to the strength of the motion signal being less than a second threshold. The first value of the impulse response may set a first averaging window size of the averager and the second value of the impulse response may set a second averaging window size of the averager. Thus, the averaging window size of the averager may be a linear and/or nonlinear function of the strength of the motion signal. In other embodiments, the impulse response has a first value in response to the strength of the motion signal exceeding a first threshold but being less than a second threshold, a second value in response to the strength of the motion signal exceeding the second threshold but being less than a third threshold and a third value in response to the strength of the motion signal exceeding the third threshold. Thus, the first value of the impulse response may set a first averaging window size of the averager, the second value of the impulse response may set a second averaging window size of the averager and the third value of the impulse response may set a third averaging window size of the averager. Accordingly, two or more thresholds may be provided.

**[0008]** In other embodiments, the physiological metric extractor further comprises a spectral transformer that is configured to provide a weighted average spectral response over a window of samples that are derived from the physiological waveform that is generated by the PPG sensor. The weights and the number of samples in the window of samples define the impulse response.

**[0009]** In yet other embodiments, wherein a window size of the averager defines impulse response, the physiological metric extractor may further comprise a buffer configured to store a plurality of samples of the physiological waveform that is generated by the PPG sensor therein, ranging from a newest sample to an oldest sample. The buffer is further configured to store sufficient samples to correspond to a largest averaging window size.

**[0010]** The physiological metric may comprise a heart rate, respiration rate, heart rate variability (HRV), pulse pressure, systolic blood pressure, diastolic blood pressure, step rate, oxygen uptake ( $\text{VO}_2$ ), maximal oxygen uptake ( $\text{VO}_2 \text{ max}$ ), calories burned, trauma, cardiac output and/or blood analyte levels including percentage of hemoglobin binding sites occupied by oxygen ( $\text{SPO}_2$ ), percentage of methemoglobins, percentage of carbonyl hemoglobin and/or glucose level.

**[0011]** Moreover, in some embodiments, a portable housing may be provided, wherein the PPG sensor, the inertial sensor and the physiological metric extractor are all included in the portable housing. A physiological metric assessor also may be provided, within or external to the portable housing, that is responsive to the physiological metric extractor and that is configured to process the physiological metric to generate at-least-one physiological assessment. The at-least-one physiological assessment may include ventilatory

threshold, lactate threshold, cardiopulmonary status, neurological status, aerobic capacity ( $\text{VO}_2 \text{ max}$ ) and/or overall health or fitness.

**[0012]** Other embodiments described herein may provide a physiological processing system for a physiological waveform that is generated by a PPG sensor and a motion signal. These physiological signal processing systems may include a physiological metric extractor that is configured to extract the physiological metric from the physiological waveform that is generated by the PPG sensor. The physiological metric extractor has an averaging window of size that is responsive to the motion signal. In some embodiments, the averaging window size is responsive to the strength of the motion signal, as was described above. In some embodiments, the averaging size may have a first value and a second value or more than two different values, depending on the strength of the motion signal and one or more thresholds. Moreover, the averaging window size may be a linear and/or nonlinear function of the strength of the motion signal. The averager may operate in a time domain or in the frequency domain. A buffer may also be provided, as was described above. Finally, a physiological metric assessor may be provided as was described above.

**[0013]** Various embodiments were described above in connection with physiological signal processing systems. However, analogous physiological signal processing methods may also be provided according to various embodiments described herein. For example, some embodiments described herein can provide a physiological signal processing method comprising setting an impulse response in response to a motion signal, averaging a physiological waveform that is generated by a PPG sensor based on the impulse response that was set, and extracting a physiological metric from the physiological waveform that was averaged. In some embodiments, the setting may comprise setting an impulse response in response to the strength of the motion signal according to any of the embodiments described above. Moreover, the impulse response may have first, second, third, etc. values, depending on the strength of the motion signal relative to one or more thresholds, and these values may set averaging window sizes of the averaging, as was described above. The physiological metric may also be processed to generate at-least-one physiological assessment, as was described above.

**[0014]** Yet other embodiments of physiological signal processing methods may comprise setting an averaging window size in response to a motion signal, averaging a physiological waveform that is generated by a PPG sensor based on the averaging window size that was set, and extracting a physiological metric from the physiological waveform that was averaged. Again, the signal strength may be obtained according to any of the embodiments described herein, and the setting may comprise setting an average window size in response to the strength of the motion signal based on a linear and/or nonlinear function and/or the value of the motion signal relative to one or more thresholds.

#### BRIEF DESCRIPTION OF THE DRAWINGS

**[0015]** FIG. 1 is a functional block diagram of physiological signal processing systems and methods according to various embodiments described herein.

**[0016]** FIGS. 2-4 are functional block diagrams of physiological metric extractors according to various embodiments described herein.

**[0017]** FIGS. 5-8 graphically illustrate various window sizes of an averager as a function of motion signal strength according to various embodiments described herein.

**[0018]** FIGS. 9-14 illustrate waveform spectra according to various embodiments described herein.

#### DETAILED DESCRIPTION

**[0019]** The present invention will now be described more fully hereinafter with reference to the accompanying figures, in which various embodiments are shown. This invention may, however, be embodied in many different forms and should not be construed as limited to the embodiments set forth herein. Like numbers refer to like elements throughout. The sequence of operations (or steps) is not limited to the order presented in the figures and/or claims unless specifically indicated otherwise. Features described with respect to one figure or embodiment can be associated with another embodiment or figure although not specifically described or shown as such.

**[0020]** It will be understood that, when a feature or element is referred to as being “connected”, “attached”, “coupled” or “responsive” to another feature or element, it can be directly connected, attached, coupled or responsive to the other feature or element or intervening features or elements may be present. In contrast, when a feature or element is referred to as being “directly connected”, “directly attached”, “directly coupled” or “directly responsive” to another feature or element, there are no intervening features or elements present.

**[0021]** The terminology used herein is for the purpose of describing particular embodiments only and is not intended to be limiting of the invention. As used herein, the singular forms “a”, “an” and “the” are intended to include the plural forms as well, unless the context clearly indicates otherwise. It will be further understood that the terms “comprises” and/or “comprising,” when used in this specification, specify the presence of stated features, steps, operations, elements, and/or components, but do not preclude the presence or addition of one or more other features, steps, operations, elements, components, and/or groups thereof. As used herein, the term “and/or” includes any and all combinations of one or more of the associated listed items.

**[0022]** It will be understood that although the terms first and second are used herein to describe various features/elements, these features/elements should not be limited by these terms. These terms are only used to distinguish one feature/element from another feature/element. Thus, a first feature/element discussed below could be termed a second feature/element, and similarly, a second feature/element discussed below could be termed a first feature/element without departing from the teachings of the present invention.

**[0023]** Unless otherwise defined, all terms (including technical and scientific terms) used herein have the same meaning as commonly understood by one of ordinary skill in the art to which this invention belongs. It will be further understood that terms, such as those defined in commonly used dictionaries, should be interpreted as having a meaning that is consistent with their meaning in the context of the specification and relevant art and should not be interpreted in an idealized or overly formal sense unless expressly so defined herein. Well-known functions or constructions may not be described in detail for brevity and/or clarity.

**[0024]** The term “headset” includes any type of device or earpiece that may be attached to or near the ear (or ears) of a user and may have various configurations, without limitation. Headsets as described herein may include mono headsets (one earbud) and stereo headsets (two earbuds), earbuds, hearing aids, ear jewelry, face masks, headbands, and the like.

**[0025]** The term “real-time” is used to describe a process of sensing, processing, or transmitting information in a time frame which is equal to or shorter than the minimum timescale at which the information is needed. For example, the real-time monitoring of pulse rate may result in a single average pulse-rate measurement every minute, averaged over 30 seconds, because an instantaneous pulse rate is often useless to the end user. Typically, averaged physiological and environmental information is more relevant than instantaneous changes. Thus, in the context of embodiments of the present invention, signals may sometimes be processed over several seconds, or even minutes, in order to generate a “real-time” response.

**[0026]** The term “monitoring” refers to the act of measuring, quantifying, qualifying, estimating, sensing, calculating, interpolating, extrapolating, inferring, deducing, or any combination of these actions. More generally, “monitoring” refers to a way of getting information via one or more sensing elements. For example, “blood health monitoring” includes monitoring blood gas levels, blood hydration, and metabolite/electrolyte levels.

**[0027]** The term “physiological” refers to matter or energy of or from the body of a creature (e.g., humans, animals, etc.). In embodiments of the present invention, the term “physiological” is intended to be used broadly, covering both physical and psychological matter and energy of or from the body of a creature. However, in some cases, the term “psychological” is called-out separately to emphasize aspects of physiology that are more closely tied to conscious or subconscious brain activity rather than the activity of other organs, tissues, or cells.

**[0028]** The term “body” refers to the body of a subject (human or animal) who may wear a headset incorporating embodiments of the present invention.

**[0029]** In the included figures, various embodiments will be illustrated and described. However, it is to be understood that embodiments of the present invention are not limited to those worn by humans.

**[0030]** The ear is an ideal location for wearable health and environmental monitors. The ear is a relatively immobile platform that does not obstruct a person’s movement or vision. Headsets located at an ear have, for example, access to the inner-ear canal and tympanic membrane (for measuring core body temperature), muscle tissue (for monitoring muscle tension), the pinna and earlobe (for monitoring blood gas levels), the region behind the ear (for measuring skin temperature and galvanic skin response), and the internal carotid artery (for measuring cardiopulmonary functioning), etc. The ear is also at or near the point of exposure to: environmental breathable toxicants of interest (volatile organic compounds, pollution, etc.); noise pollution experienced by the ear; and lighting conditions for the eye. Furthermore, as the ear canal is naturally designed for transmitting acoustical energy, the ear provides a good location for monitoring internal sounds, such as heartbeat, breathing rate, and mouth motion.

**[0031]** Wireless, Bluetooth®-enabled, and/or other personal communication headsets may be configured to incorporate physiological and/or environmental sensors, according to some embodiments of the present invention. As a specific example, Bluetooth® headsets are typically lightweight, unobtrusive devices that have become widely accepted socially. Moreover, Bluetooth® headsets are cost effective, easy to use, and are often worn by users for most of their waking hours while attending or waiting for cell phone calls. Bluetooth® headsets configured according to embodiments of the present invention are advantageous because they provide a function for the user beyond health monitoring, such as personal communication and multimedia applications, thereby encouraging user compliance. Exemplary physiological and environmental sensors that may be incorporated into a Bluetooth® or other type of headsets include, but are not limited to accelerometers, auscultatory sensors, pressure sensors, humidity sensors, color sensors, light intensity sensors, pressure sensors, etc.

**[0032]** Optical coupling into the blood vessels of the ear may vary between individuals. As used herein, the term “coupling” refers to the interaction or communication between excitation light entering a region and the region itself. For example, one form of optical coupling may be the interaction between excitation light generated from within a light-guiding earbud and the blood vessels of the ear. Light guiding earbuds are described in co-pending U.S. Patent Application Publication No. 2010/0217102, which is incorporated herein by reference in its entirety. In one embodiment, this interaction may involve excitation light entering the ear region and scattering from a blood vessel in the ear such that the intensity of scattered light is proportional to blood flow within the blood vessel. Another form of optical coupling may be the interaction between excitation light generated by an optical emitter within an earbud and the light-guiding region of the earbud.

**[0033]** Various embodiments described herein are not limited to headsets that communicate wirelessly. In some embodiments of the present invention, headsets configured to monitor an individual’s physiology and/or environment may be wired to a device that stores and/or processes data. In some embodiments, this information may be stored on the headset itself. Furthermore, various embodiments described herein are not limited to earbuds. Some embodiments may be employed around another part of the body, such as a digit, finger, toe, limb, wrist, around the nose or earlobe, or the like. Other embodiments may be integrated into a patch, such as a bandage that sticks on a person’s body.

**[0034]** Photoplethysmograph (PPG) sensors are widely used in physiological signal processing systems and methods to generate a physiological waveform. A PPG sensor is a device that measures the relative blood flow using an infrared or other light source that is transmitted through or reflected off tissue, detected by a photodetector and quantified. Less light is absorbed when blood flow is greater, increasing the intensity of light reaching the detector. A PPG sensor can measure blood volume pulse, which is the phasic change in blood volume with each heartbeat. A PPG sensor can also measure heart rate, heart rate variability and/or other physiological metrics. Moreover, many other types of sensors may also be used in physiological signal processing systems described herein.

**[0035]** Unfortunately, these sensors may be highly sensitive to noise. When used with a portable physiological signal

processing system/method, these sensors may be particularly susceptible to motion noise. Moreover, a PPG sensor also may be particularly sensitive to “sunlight interference”, which may occur, for example, when a user is running beneath trees.

**[0036]** Averaging measurements may be used to reduce noise. Accordingly, many digital signal processing systems, and in particular physiological signal processing systems, may include an averager, such as an averaging filter or a spectral transform that effectively averages the response over a window of samples. The window function defines an impulse response. For example, when a filter is applied to a sequence of samples (either direct sensor samples or processed sensor samples), this may provide a weighted average of present and past samples, which may be specified as an impulse response. More broadly stated, an impulse response of a dynamic system represents its output when presented with a brief input signal called an “impulse”. The impulse response may be used to fully characterize the operation of a dynamic system on an input signal, so that it may be used to represent a weighted or unweighted average of a variable number of samples, also referred to as a “sampling window size”.

**[0037]** The selection of an impulse response for an averager can present a dilemma for the designer of a physiological signal processing system. In particular, there is a tradeoff between the window size versus the resolution of temporal changes of the measurement. Moreover, there is an inverse relationship between temporal resolution and frequency resolution.

**[0038]** Various embodiments described herein may arise from recognition that a desired or optimum tradeoff may vary with the nature of the noise. Pursuant to this recognition, various embodiments described herein can vary the averaging in time for physiological metric estimation based on conditions that set the noise. Thus, various embodiments described herein can provide a physiological metric extractor for a physiological waveform that is generated by a PPG sensor or other physiological sensor, wherein the physiological metric extractor includes an averager having an impulse response that is responsive to a motion signal that is generated by an inertial sensor. By being responsive to the motion signal, a smaller sampling window may be provided for low strength motion signals (for example, the subject at rest), whereas a larger sample window can be provided for a higher strength motion signal (for example, the subject in motion). Thus, higher resolution and higher noise rejection may be obtained, regardless of the presence of motion or other noise.

**[0039]** FIG. 1 is a functional block diagram of physiological signal processing systems and methods according to various embodiments described herein. Referring now to FIG. 1, these physiological signal processing systems/methods **100** may be used to process a physiological waveform **112** that is produced by a physiological sensor, such as a PPG sensor **110**. The PPG sensor **110** generates an electrical physiological waveform. However, other physiological sensors may be provided to generate a physiological waveform that may include an electrical physiological waveform including an electroencephalogram (EEG), an electrocardiogram (ECG) and/or a radio frequency (RF) waveform, an electro-optical physiological waveform, an electro-photoacoustic waveform including a photoacoustic waveform, an electro-mechanical physiological waveform including an

auscultation waveform, a piezo sensor waveform and/or an accelerometer waveform, and/or an electro-nuclear physiological waveform. When a PPG sensor **110** is used, the physiological waveform **112** may include both cardiovascular and pulmonary signal components therein.

**[0040]** Still referring to FIG. 1, a physiological metric extractor **130** extracts the physiological metric **132** from the physiological waveform **112**. When a PPG sensor is used, the physiological metric **132** may include a heart rate, respiration rate, heart rate variability (HRV), pulse pressure, systolic blood pressure, diastolic blood pressure, step rate, oxygen uptake ( $\text{VO}_2$ ), maximal oxygen uptake ( $\text{VO}_2$  max), calories burned, trauma, cardiac output and/or blood analyte levels including percentage of hemoglobin binding sites occupied by oxygen ( $\text{SPO}_2$ ), percentage of methemoglobins, percentage of carbonyl hemoglobin and/or glucose level. The physiological metric extractor **130** may extract the physiological metric **132** using one or more conventional techniques. Moreover, a physiological metric assessor **150** may be provided to extract a metric according to one or many known physiological metric assessment techniques. The physiological assessment may include ventilatory threshold, lactate threshold, cardiopulmonary status, neurological status, aerobic capacity ( $\text{VO}_2$  max) and/or overall health or fitness.

**[0041]** Still referring to FIG. 1, the physiological metric extractor **130** may include an averager **120**. The averager is configured to obtain an average of the physiological waveform **112**. It will be understood that the physiological waveform **112** may be directly averaged, or the physiological waveform **112** may be processed and/or conditioned prior to averaging by the averager **120**. The averager **120** may operate in the time domain or in the frequency domain. The operation of the averager **120** defines an impulse response. For example, when the averager **120** provides a weighted average response over a window of samples that are derived from the physiological waveform **112**, the weights and the number of samples in the window define the impulse response of the averager.

**[0042]** According to various embodiments described herein, the impulse response of the averager **120** is responsive to a motion signal, and in some embodiments a strength of a motion signal. For example, referring again to FIG. 1, an inertial sensor **140** may be provided to generate a motion signal **142**. The inertial sensor **140** may comprise an accelerometer, an optical sensor, a blocked channel sensor, a capacitive sensor and/or a piezo sensor. A blocked channel sensor is described, for example, in U.S. Patent Application Publication No. 2010/0217102 to LeBoeuf et al. entitled Light-Guiding Devices and Monitoring Devices Incorporating Same, the disclosure of which is hereby incorporated herein by reference as if set forth fully herein. The inertial sensor **140** generates a motion signal **142**. In some embodiments, the motion signal **142** is applied to a motion signal strength determiner **160** that provides a motion signal strength **162** to the averager **120**. The motion signal strength determiner **160** may determine the motion signal strength **162** as a maximum, sum of squares, maximum of squares, sum of absolute values, maximum of absolute values, root-sum-squares, root-mean-squares and/or decimation of a magnitude of the motion signal over a given time interval.

**[0043]** Finally, one or more of the elements illustrated in FIG. 1 may be included in a portable housing **170** along with a power supply, such as a battery and/or capacitor power

supply for the components in the housing 170. An example of such a housing is described, for example, in U.S. Patent Application Publication 2010/0217098 to LeBoeuf et al. entitled Form-Fitted Monitoring Apparatus for Health and Environmental Monitoring, the disclosure of which is hereby incorporated herein by reference as if set forth fully herein. However, in other embodiments, one or more of the elements of FIG. 1 may be external to the housing 170. For example, the PPG sensor 110, the inertial sensor 140, the motion signal strength determiner 160 and/or the physiological metric assessor 150 may be external to the housing 170.

[0044] It will also be understood that the averager 120 is functionally illustrated in FIG. 1 as being within the functional block of the physiological metric extractor 130. However, the averager 120 may be physically separate from the physiological metric extractor 130, so that the averager 120 operates on the physiological waveform 112 before it enters the physiological metric extractor 130, to provide an average of the physiological waveform 112 over a given time interval, and provides this average to the physiological metric extractor 130. For example, the averager may be included in an output buffer of the PPG sensor or provided as a separate interface between the PPG sensor 110 and the physiological metric extractor 130. Functionally, however, the averager 120 may be regarded as being included in physiological metric extraction, regardless of its physical location.

[0045] FIG. 1 also illustrates physiological signal processing systems according to various other embodiments described herein for a physiological waveform 112 that is generated by a PPG sensor 110 and a motion signal 142, wherein these physiological signal processing systems include a physiological metric extractor 130 that is configured to extract a physiological metric 132 from the physiological waveform 112 that is generated by the PPG sensor 110. The physiological metric extractor includes an averager 120 having an averaging window size that is responsive to the motion signal 142. FIG. 1 also illustrates physiological signal processing methods according to various embodiments described herein that comprise setting an impulse response in response to a motion signal 142, averaging a physiological waveform 112 that is generated by a PPG sensor 110 based on the impulse response that was set, and extracting a physiological metric 132 from the physiological waveform that was averaged. FIG. 1 also describes physiological signal processing methods according to various embodiments described herein that comprise setting an averaging window size in response to a motion signal 142, averaging a physiological waveform that is generated by a PPG sensor 110 based on the averaging window size that was set, and extracting a physiological metric 132 from the physiological waveform that was averaged.

[0046] The averager 120 may be embodied in many forms, as illustrated in FIGS. 2-4. For example, in FIG. 2, the averager 120 may be embodied by an averaging filter 120', which provides a weighted average of samples of the physiological waveform 112. In these embodiments, both the weights and the number of samples in a sampling window can define an impulse response, and are responsive to the motion signal 142. In FIG. 3, the averager 120 is embodied by a spectral transformer 120'' that is configured to provide a weighted average spectral response over a window of samples that are derived from the physiological waveform 112 that is generated by the PPG sensor 110, wherein the weights and the number of samples in the

window of samples define the impulse response. Finally, in FIG. 4, the physiological metric extractor 130 may further comprise a buffer 410 that is configured to store a plurality of processed or unprocessed samples of the physiological waveform 112 therein, ranging from a newest sample to the oldest sample. The buffer 410 may be configured to store sufficient samples to correspond to a largest desired averaging window size. Many other examples of averagers 120 may also be provided.

[0047] As was described in connection with FIG. 1, the averager 120 has an impulse response that is responsive to the motion signal 142 and, in some embodiments, to the motion signal strength 162. The impulse response may a linear, nonlinear, discrete and/or continuous function of the strength of the motion signal. Various examples will now be described wherein it is assumed that the averager 120 operates in the time domain, and wherein a window size of a moving average of the averager 120 defines the impulse response. Thus, in the embodiments that will now be described, the window size of the moving average of the averager 120 is a linear, nonlinear, discrete and/or continuous function of the strength of the motion signal 162. It will be understood, however, that the averager 120 may operate in the frequency domain, and that the impulse response of the averager 120 may be defined by a window size and a weight that is applied to each of the samples and/or using other techniques.

[0048] For example, FIG. 5 graphically illustrates a window size of the averager 120 relative to motion signal strength 162. As shown in FIG. 5, a first averaging window size is provided in response to the motion signal strength 162 exceeding a first threshold TH1 and a second value of the window size of the averager 120 is provided in response to the strength of the motion signal 162 being less than a second threshold TH2. It will be understood that the first and second thresholds may be the same in some embodiments. In other embodiments, different thresholds may be used, as shown in FIG. 5, to provide hysteresis and reduce the likelihood of rapid switching of window size when the motion signal value is in the vicinity of the thresholds. In one example, a six second sampling interval (averaging window size) may be provided when the motion signal strength is below a given threshold and a ten second sampling interval (averaging window size) may be provided when the motion signal strength is above a given threshold. These examples will be illustrated below with actual data. Accordingly, FIG. 5 illustrates various embodiments wherein the impulse response has a first value in response to the strength of the motion signal exceeding a first threshold, and a second value in response to the strength of the motion signal being less than a second threshold.

[0049] Thus, a simple form of various embodiments described herein uses a motion flag, where motion is declared when the accelerometer strength is greater than a predetermined threshold, and where rest is otherwise declared. The motion flag then determines which of two predetermined window sizes are used for a spectral transform. A more complex form can map the accelerometer strength to multiple window sizes and/or further characteristics, as will be described in connection with FIGS. 6-8 below.

[0050] More than two thresholds may be used, as illustrated in FIG. 6. For example, FIG. 6 illustrates that the impulse response has a first value that sets a first averaging

window size of the averager in response to the strength of the motion signal exceeding the first threshold TH1, but being less than the second threshold TH2, a second value that sets a second averaging window size of the averager in response to the strength of the motion signal exceeding the second threshold TH2, but being less than a third threshold TH3, and a third value that sets a third averaging window size of the averager in response to the strengths of the motion signal exceeding the third threshold TH3. In one specific example, the averaging window size may be four, seven or ten seconds long in response to the three different threshold ranges that are defined. It will be understood that more than three thresholds may be used, and that hysteresis may also be used.

**[0051]** FIG. 7 illustrates other embodiments wherein the averaging window size of the averager is a linear function of a strength of the motion signal. Specifically, in FIG. 7, the averaging window size increases linearly with the strength of the motion signal. FIG. 8 illustrates other embodiments wherein the averaging window size of the averager is a nonlinear function, such as a parabolic function, of the strength of the motion signal. Thus, in FIG. 8, the window size increases parabolically with the strength of the motion signal. Various other linear and/or nonlinear functions may be employed and the various functions of FIGS. 5-8 may also be combined in various combinations and subcombinations.

**[0052]** It will be understood that in any of the embodiments described herein, it may be desirable to avoid discontinuities when changing averaging window sizes. Accordingly, it may be desirable to use a delay line or a buffer corresponding to the largest anticipated window size, and allow the smaller window to encompass the newest samples in the delay line. Discontinuity may thereby be reduced or minimized. Hysteresis, as was described in FIG. 5, may also reduce discontinuity.

**[0053]** FIGS. 9-14 are oscillographs of spectra of a physiological metric 132 (here, heart rate in beats per minute (BPM)) over time, based on a physiological waveform 112 from a PPG sensor 110 that is processed by a physiological metric extractor 130 including a spectral transformer 120" having a sampling window in the time domain of six seconds or ten seconds. Specifically, FIG. 9 illustrates a subject at rest, so that the motion signal strength 162 is low, and a six second spectral transform window is applied. FIG. 10 illustrates a subject at rest with a ten second spectral transform window. Comparing FIGS. 9 and 10, it can be seen that a six second window resolves the physiological waveform more clearly than the ten second window. Compare, for example, the physiological waveform at about 60 seconds, which is clearly resolvable in FIG. 9, but not clearly resolvable in FIG. 10. Accordingly, for a subject at rest (low motion signal strength 162), a smaller averaging window provides greater agility in tracking the dynamic heart rate with a six second spectral transform window.

**[0054]** Now compare FIGS. 11 and 12, which both illustrate a subject in motion (motion signal strength 162 high). FIG. 11 uses a six second spectral transform window, whereas FIG. 12 uses a ten second spectral transform window. Comparing FIGS. 11 and 12, the physiological waveform 112 is more resolvable using the larger sampling window of FIG. 12 than the smaller sampling window of FIG. 11. Compare the sharp or crisp signal in FIG. 12 to the fuzzy signal of FIG. 11, and the greater amount of noise of

FIG. 11 compared to FIG. 12. Thus, for example, when running, a sharper signal is obtained and less noise is obtained when using a larger sampling window of FIG. 12 compared to the smaller sampling window of FIG. 11.

**[0055]** Finally, FIGS. 13 and 14 compare a subject in motion with "sunlight interference". Sunlight interference refers to interference in an optical signal, such as a PPG signal, when a user is running beneath trees on a sunny day. A six second spectral transform window is used in FIG. 13 and a ten second spectral transform window is used in FIG. 14. As with FIGS. 11 and 12, the larger spectral transform window of FIG. 14 provides a more resolvable signal in the presence of motion and in the presence of sunlight interference, compared to FIG. 13. Compare the sharper signal in FIG. 14 with the fuzzy signal in FIG. 13, and the lower amount of background noise in FIG. 14 with the higher amount of background noise in FIG. 13. Thus, FIG. 14 illustrates an unexpected potential benefit of various embodiments described herein, which may provide reduced sunlight interference sensitivity as well. Accordingly, a runner running indoors may obtain a more accurate physiological metric using various embodiments described herein, and a runner running outdoors subject to sunlight interference may obtain an added benefit when using various embodiments described herein.

**[0056]** Various embodiments have been described herein primarily with respect to physiological signal processing systems. However, FIGS. 1-8 also illustrate analogous physical signal processing methods according to various embodiments described herein.

**[0057]** Various embodiments have been described herein with reference to block diagrams of methods, apparatus (systems and/or devices) and/or computer program products. It is understood that a block of the block diagrams, and combinations of blocks in the block diagrams, can be implemented by computer program instructions that are performed by one or more computer circuits. These computer program instructions may be provided to a processor circuit of a general purpose computer circuit, special purpose computer circuit, and/or other programmable data processing circuit to produce a machine, such that the instructions, which execute via the processor of the computer and/or other programmable data processing apparatus, transform and control transistors, values stored in memory locations, and other hardware components within such circuitry to implement the functions/acts specified in the block diagrams, and thereby create means (functionality), structure and/or methods for implementing the functions/acts specified in the block diagrams.

**[0058]** These computer program instructions may also be stored in a computer-readable medium that can direct a computer or other programmable data processing apparatus to function in a particular manner, such that the instructions stored in the computer-readable medium produce an article of manufacture including instructions which implement the functions/acts specified in the block diagrams and/or flow-chart block or blocks.

**[0059]** A tangible, non-transitory computer-readable medium may include an electronic, magnetic, optical, electromagnetic, or semiconductor data storage system, apparatus, or device. More specific examples of the computer-readable medium would include the following: a portable computer diskette, a random access memory (RAM) circuit, a read-only memory (ROM) circuit, an erasable program-

mable read-only memory (EPROM or Flash memory) circuit, a portable compact disc read-only memory (CD-ROM), and a portable digital video disc read-only memory (DVD/Blu-ray™).

**[0060]** The computer program instructions may also be loaded onto a computer and/or other programmable data processing apparatus to cause a series of operational steps to be performed on the computer and/or other programmable apparatus to produce a computer-implemented process or method such that the instructions which execute on the computer or other programmable apparatus provide steps for implementing the functions/acts specified in the block diagrams.

**[0061]** Accordingly, the invention may be embodied in hardware and/or in software (including firmware, resident software, micro-code, etc.) that runs on a processor such as a digital signal processor, which may collectively be referred to as “circuitry,” “a module” or variants thereof.

**[0062]** It should also be noted that in some alternate implementations, the functions/acts noted in the blocks may occur out of the order noted in the blocks. For example, two blocks shown in succession may in fact be executed substantially concurrently or the blocks may sometimes be executed in the reverse order, depending upon the functionality/acts involved. Moreover, the functionality of a given block of the block diagrams may be separated into multiple blocks and/or the functionality of two or more blocks of the block diagrams may be at least partially integrated. Finally, other blocks may be added/inserted between the blocks that are illustrated.

**[0063]** Many different embodiments have been disclosed herein, in connection with the above description and the drawings. It will be understood that it would be unduly repetitious and obfuscating to literally describe and illustrate every combination and subcombination of these embodiments. Accordingly, the present specification, including the drawings, shall be construed to constitute a complete written description of all combinations and subcombinations of the embodiments described herein, and of the manner and process of making and using them, and shall support claims to any such combination or subcombination.

**[0064]** In the drawings and specification, there have been disclosed embodiments of the invention and, although specific terms are employed, they are used in a generic and descriptive sense only and not for purposes of limitation, the scope of the invention being set forth in the following claims.

1. A physiological signal processing system comprising: a photoplethysmograph (PPG) sensor that is configured to generate a physiological waveform; an inertial sensor that is configured to generate a motion signal; and a physiological metric extractor that is configured to extract a physiological metric from the physiological waveform that is generated by the PPG sensor; the physiological metric extractor including an averager having an impulse response that is responsive to the motion signal.
2. A physiological signal processing system according to claim 1 wherein the impulse response of the averager is responsive to a strength of the motion signal.
3. A physiological signal processing system according to claim 2:

wherein the strength of the motion signal comprises a maximum, sum of squares, maximum of squares, sum of absolute values, maximum of absolute values, root-sum-squares, root-mean-squares and/or decimation of a magnitude of the motion signal over a given time interval; or

wherein the impulse response has a first value in response to the strength of the motion signal exceeding a first threshold and a second value in response to the strength of the motion signal being less than a second threshold, and wherein the first value of the impulse response sets a first averaging window size of the averager and the second value of the impulse response sets a second averaging window size of the averager; or

wherein the impulse response and/or an averaging window size of the averager is a linear or nonlinear function of the strength of the motion signal.

4.-7. (canceled)

8. A physiological signal processing system according to claim 2 wherein the impulse response has a first value in response to the strength of the motion signal exceeding a first threshold but being less than a second threshold, a second value in response to the strength of the motion signal exceeding the second threshold but being less than a third threshold and a third value in response to the strength of the motion signal exceeding the third threshold,

wherein the first value of the impulse response sets a first averaging window size of the averager, the second value of the impulse response sets a second averaging window size of the averager and the third value of the impulse response sets a third averaging window size of the averager.

9. (canceled)

10. A physiological signal processing system according to claim 1 wherein the physiological metric extractor further comprises a spectral transformer that is configured to provide a weighted average spectral response over a window of samples that are derived from the physiological waveform that is generated by the PPG sensor, wherein weights and a number of samples in the window of samples define the impulse response.

11. A physiological signal processing system according to claim 1 wherein the averager operates in a time domain and/or a window size of a moving average of the averager defines the impulse response.

12. (canceled)

13. (canceled)

14. A physiological signal processing system according to claim 11 wherein the physiological metric extractor further comprises a buffer configured to store a plurality of samples of the physiological waveform that is generated by the PPG sensor therein, ranging from a newest sample to an oldest sample, and wherein the buffer is further configured to store sufficient samples to correspond to a largest averaging window size.

15. A physiological signal processing system according to claim 1:

wherein the inertial sensor comprises an accelerometer, an optical sensor, a blocked channel sensor, a capacitive sensor and/or a piezo sensor; or

wherein the physiological metric comprises a heart rate, respiration rate, heart rate variability (HRV), pulse pressure, systolic blood pressure, diastolic blood pressure, step rate, oxygen uptake (VO<sub>2</sub>), maximal oxygen

- uptake ( $\text{VO}_2$  max), calories burned, trauma, cardiac output and/or blood analyte levels including percentage of hemoglobin binding sites occupied by oxygen ( $\text{SPO}_2$ ), percentage of methemoglobins, percentage of carbonyl hemoglobin and/or glucose level; or further comprising a portable housing, wherein the PPG sensor, the inertial sensor and the physiological metric extractor are all included in the portable housing.
16. (canceled)
17. (canceled)
18. A physiological signal processing system according to claim 1 further comprising:
- a physiological metric assessor that is responsive to the physiological metric extractor and that is configured to process the physiological metric to generate at-least-one physiological assessment,
  - wherein the at-least-one physiological assessment includes ventilatory threshold, lactate threshold, cardiopulmonary status, neurological status, aerobic capacity ( $\text{VO}_2$  max) and/or overall health or fitness.
19. (canceled)
20. A physiological signal processing system for a physiological waveform that is generated by a photoplethysmograph (PPG) sensor and a motion signal, the physiological signal processing system comprising:
- a physiological metric extractor that is configured to extract a physiological metric from the physiological waveform that is generated by the PPG sensor;
  - the physiological metric extractor including an averager having an averaging window size that is responsive to the motion signal.
21. A physiological signal processing system according to claim 20 wherein the averaging window size is responsive to a strength of the motion signal.
22. A physiological signal processing system according to claim 21:
- wherein the strength of the motion signal comprises a maximum, sum of squares, maximum of squares, sum of absolute values, maximum of absolute values, root-sum-squares, root-mean-squares and/or decimation of a magnitude of the motion signal over a given time interval; or
  - wherein the averaging window size has a first value in response to the strength of the motion signal exceeding a first threshold and a second value in response to the strength of the motion signal being less than a second threshold; or
  - wherein the averaging window size is a linear or nonlinear function of the strength of the motion signal.
23. (canceled)
24. (canceled)
25. A physiological signal processing system according to claim 20:
- wherein the averager operates in a time domain; or
  - wherein the physiological metric extractor further comprises a buffer configured to store a plurality of samples of the physiological waveform that is generated by the PPG sensor therein, ranging from a newest sample to an oldest sample, and wherein the buffer is further configured to store sufficient samples to correspond to a largest averaging window size; or
  - wherein the physiological metric comprises a heart rate, respiration rate, heart rate variability (HRV), pulse pressure, systolic blood pressure, diastolic blood pressure, step rate, oxygen uptake ( $\text{VO}_2$ ), maximal oxygen uptake ( $\text{VO}_2$  max), calories burned, trauma, cardiac output and/or blood analyte levels including percentage of hemoglobin binding sites occupied by oxygen ( $\text{SPO}_2$ ), percentage of methemoglobins, percentage of carbonyl hemoglobin and/or glucose level.
26. (canceled)
27. (canceled)
28. A physiological signal processing system according to claim 20 further comprising:
- a physiological metric assessor that is responsive to the physiological metric extractor and that is configured to process the physiological metric to generate at-least-one physiological assessment;
  - wherein the at-least-one physiological assessment includes ventilatory threshold, lactate threshold, cardiopulmonary status, neurological status, aerobic capacity ( $\text{VO}_2$  max) and/or overall health or fitness.
29. (canceled)
30. A physiological signal processing method comprising:
- setting an impulse response in response to a motion signal;
  - averaging a physiological waveform that is generated by a photoplethysmograph (PPG) sensor based on the impulse response that was set; and
  - extracting a physiological metric from the physiological waveform that was averaged.
31. A physiological signal processing method according to claim 30 wherein the setting comprises setting an impulse response in response to a strength of the motion signal.
32. A physiological signal processing method according to claim 31:
- wherein the strength of the motion signal comprises a maximum, sum of squares, maximum of squares, sum of absolute values, maximum of absolute values, root-sum-squares, root-mean-squares and/or decimation of a magnitude of the motion signal over a given time interval; or
  - wherein the impulse response has a first value in response to the strength of the motion signal exceeding a first threshold and a second value in response to the strength of the motion signal being less than a second threshold, and wherein the first value of the impulse response sets a first averaging window size of the averaging and the second value of the impulse response sets a second averaging window size of the averaging.
33. (canceled)
34. (canceled)
35. A physiological signal processing method according to claim 30:
- wherein the physiological metric comprises a heart rate, respiration rate, heart rate variability (HRV), pulse pressure, systolic blood pressure, diastolic blood pressure, step rate, oxygen uptake ( $\text{VO}_2$ ), maximal oxygen uptake ( $\text{VO}_2$  max), calories burned, trauma, cardiac output and/or blood analyte levels including percentage of hemoglobin binding sites occupied by oxygen ( $\text{SPO}_2$ ), percentage of methemoglobins, percentage of carbonyl hemoglobin and/or glucose level.
36. A physiological signal processing method according to claim 30 further comprising:
- processing the physiological metric to generate at-least-one physiological assessment,

wherein the at-least-one physiological assessment includes ventilatory threshold, lactate threshold, cardiopulmonary status, neurological status, aerobic capacity ( $\text{VO}_2$  max) and/or overall health or fitness.

37. (canceled)

38. A physiological signal processing method comprising: setting an averaging window size in response to a motion signal;

averaging a physiological waveform that is generated by a photoplethysmograph (PPG) sensor based on the averaging window size that was set; and

extracting a physiological metric from the physiological waveform that was averaged.

39. A physiological signal processing method according to claim 39 wherein the setting comprises setting an averaging window size in response to a strength of the motion signal.

40. A physiological signal processing method according to claim 39:

wherein the strength of the motion signal comprises a maximum, sum of squares, maximum of squares, sum of absolute values, maximum of absolute values, root-sum-squares, root-mean-squares and/or decimation of a magnitude of the motion signal over a given time interval; or

wherein the averaging window size has a first value in response to the strength of the motion signal exceeding

a first threshold and a second value in response to the strength of the motion signal being less than a second threshold; or

wherein the averaging window size is a linear or nonlinear function of the strength of the motion signal.

41. (canceled)

42. (canceled)

43. A physiological signal processing method according to claim 38 wherein the averaging is performed in a time domain; or

wherein the physiological metric comprises a heart rate, respiration rate, heart rate variability (HRV), pulse pressure, systolic blood pressure, diastolic blood pressure, step rate, oxygen uptake ( $\text{VO}_2$ ), maximal oxygen uptake ( $\text{VO}_2$  max), calories burned, trauma, cardiac output and/or blood analyte levels including percentage of hemoglobin binding sites occupied by oxygen ( $\text{SPO}_2$ ), percentage of methemoglobins, percentage of carbonyl hemoglobin and/or glucose level.

44. (canceled)

45. A physiological signal processing method according to claim 38 further comprising:

processing the physiological metric to generate at-least-one physiological assessment,

wherein the at-least-one physiological assessment includes ventilatory threshold, lactate threshold, cardiopulmonary status, neurological status, aerobic capacity ( $\text{VO}_2$  max) and/or overall health or fitness.

46. (canceled)

\* \* \* \* \*

|                |                                                                                                                                                                                                               |         |            |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|------------|
| 专利名称(译)        | 生理度量估计系统和方法的运动相关平均                                                                                                                                                                                            |         |            |
| 公开(公告)号        | <a href="#">US20180008200A1</a>                                                                                                                                                                               | 公开(公告)日 | 2018-01-11 |
| 申请号            | US15/643965                                                                                                                                                                                                   | 申请日     | 2017-07-07 |
| [标]申请(专利权)人(译) | 瓦倫賽爾公司                                                                                                                                                                                                        |         |            |
| 申请(专利权)人(译)    | VALENCELL INC.                                                                                                                                                                                                |         |            |
| 当前申请(专利权)人(译)  | VALENCELL INC.                                                                                                                                                                                                |         |            |
| [标]发明人         | ROMESBURG ERIC DOUGLAS                                                                                                                                                                                        |         |            |
| 发明人            | ROMESBURG, ERIC DOUGLAS                                                                                                                                                                                       |         |            |
| IPC分类号         | A61B5/00 A61B5/0205 G06F19/00 A61B5/0225 A61B5/024 A61B5/08 A61B5/11 A61B5/145 A61B5/1455                                                                                                                     |         |            |
| CPC分类号         | A61B5/0205 A61B5/721 A61B5/6898 A61B5/6803 A61B5/7253 A61B5/725 G06F19/3406 A61B5/14552 A61B5/02427 A61B5/02255 A61B5/14532 A61B5/0816 A61B5/1118 A61B2562/0219 A61B5/4866 A61B2562/0238 A61B5/6815 G16H40/63 |         |            |
| 优先权            | 62/359962 2016-07-08 US                                                                                                                                                                                       |         |            |
| 外部链接           | <a href="#">Espacenet</a> <a href="#">USPTO</a>                                                                                                                                                               |         |            |

#### 摘要(译)

生理信号处理系统包括：光电容积描记器（PPG）传感器，其被配置为生成生理波形；以及惯性传感器，被配置为生成运动信号。生理度量提取器被配置为从PPG传感器生成的生理波形中提取生理度量。生理度量提取器包括平均器，其具有响应于运动信号的强度的脉冲响应。还描述了相关方法。

