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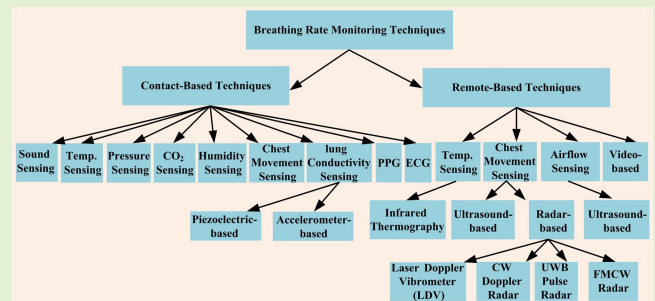
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Contact and Remote Breathing Rate Monitoring Techniques: A Review

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Yvon Savaria³, Fellow, IEEE, and Mohamad Sawan⁴, Fellow, IEEE

Abstract—Breathing rate monitoring is a must for hospitalized patients with the current coronavirus disease 2019 (COVID-19). We review in this paper recent implementations of breathing monitoring techniques, where both contact and remote approaches are presented. It is known that with non-contact monitoring, the patient is not tied to an instrument, which improves patients' comfort and enhances the accuracy of extracted breathing activity, since the distress generated by a contact device is avoided. Remote breathing monitoring allows screening people infected with COVID-19 by detecting abnormal respiratory patterns. However, non-contact methods show some disadvantages such as the higher set-up complexity compared to contact ones. On the other hand, many reported contact methods are mainly implemented using discrete components. While, numerous integrated solutions have been reported for non-contact techniques, such as continuous wave (CW) Doppler radar and ultrawideband (UWB) pulsed radar. These radar chips are discussed and their measured performances are summarized and compared.

Index Terms—Chronic obstructive pulmonary diseases (COPD), COVID-19, breathing monitoring techniques, Doppler radar, ultra-wideband (UWB) pulse radar.



I. INTRODUCTION

THE main function of the respiratory system is gas exchange. Oxygen is transferred from the external ambient into our bloodstream, while carbon dioxide is expelled outside [1]. Fig. 1 illustrates the respiratory system including the upper and lower respiratory tract regions. When inhaling, the air flow passes through the larynx and the trachea, and then splits into two bronchi. Each bronchus is divided into two

smaller branches to form bronchial tubes. These tubes form a multitude of pathways within the lung that terminate at the end with a link to the alveoli. Gases exchanges occur at the alveoli, where oxygen diffuses into the lung capillaries in exchange with carbon dioxide. Exhalation starts after the gas exchange and the air containing carbon dioxide begins to return across the bronchial pathways back out to the external ambient through the nose or mouth. In addition, the respiratory system has other secondary functions including filtering, warming, and humidifying the inhaled air.

The respiratory rate (RR), or the number of breaths per minute, is a clinical parameter that represents ventilation, i.e., the movement of air in and out of the lungs. A change in RR is often the first sign of deterioration as the body attempts to maintain oxygen delivery to the tissues [2], [3].

An accurate measurement of the RR is essential for vital signs monitoring (i.e., RR, oxygen saturation, temperature, blood pressure, pulse/heart rate, and alert, verbal, pain, unresponsive (AVPU) response) of patients with breathing troubles such as Chronic obstructive pulmonary disease (COPD) and COVID-19. The latter, which is caused by a coronavirus, induces severe respiratory illness to many. It has a major impact on society and it is currently receiving a great deal of attention. In the same vein, SARS-CoV-2 has also been a very significant cause of concerns. Patients with moderate or severe COVID-19 are usually hospitalized for close monitoring and supportive care, where indicators of severe disease are

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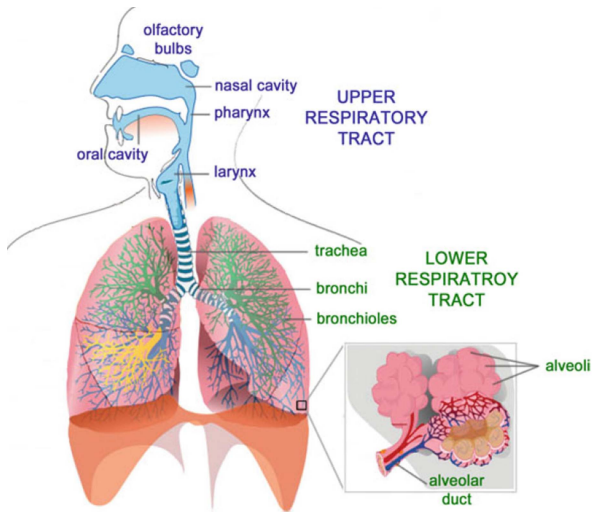


Fig. 1. Illustration of human respiratory system. [1].

marked Tachypnea (breathing rate, ≥ 30 breaths per minute) [4], [5]. Therefore, continuous breathing rate monitoring is required to evaluate the progress of hospitalized patients with COVID-19. In addition, remote breathing rate monitoring helps screening people infected with COVID-19 by detecting abnormal respiratory patterns [6], [7].

In addition, irregular cardiac rhythms and breathing cessation are thought to be the underlying triggers of sudden adult death syndrome (SADS) and infant sudden death syndrome (SIDS), which is the third leading cause of infant mortality [8]. Hence, continuous monitoring of respiratory rate can help minimizing life-threatening occurrences, especially for patients with respiratory and cardiovascular problems. Respiratory rates can be utilized along with breathing patterns to both diagnose and monitor a person's health conditions when it comes to pulmonary diseases. The normal respiratory rate varies from one person to another, but in general it lies between 12-20 breaths per minute at rest [9]. Abnormal respiratory rates can fall into three categories: Tachypnea (high respiratory rate), Bradypnea (low respiratory rate), or Apnea (cessation of breathing) [10]. The latter is often divided into two main categories called central, caused by respiratory system development deficiencies, and obstructive, caused by airway obstruction [11]. Other abnormal respiratory patterns such as Kussmaul's breathing, Apneustic breathing, Cheyne-Stokes respiration, Ataxic and Biot's breathing, and Agonal breathing have been reported in [12]. Ideal breathing monitoring systems should be non-invasive, comfortable, easy to use, low-cost, and should offer high accuracy.

This paper reviews recent implementations (discrete and integrated) of various respiratory monitoring techniques. These methods are classified as either contact or remote (non-contact). Contact and wearable respiratory devices have direct contact with the subject's body. On the other hand, non-contact monitoring techniques are based on measuring the respiration rate without making contact with the subject's body.

In the remaining parts of the paper, we introduce contact-based methods for respiration monitoring in Section II

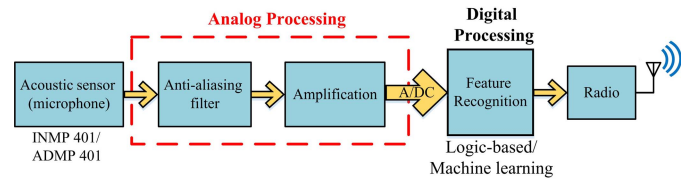


Fig. 2. Block diagram of the sound-based respiratory monitoring.

and non-contact approaches are presented in Section III, where the measured performance of the integrated solutions are summarized and compared. Our results and evaluation of the reviewed breathing monitoring techniques are presented in Section IV. Finally, conclusions from this review are drawn in Section V.

II. CONTACT RESPIRATORY MONITORING TECHNIQUES

Contact respiratory devices have direct contact with the subject's body. They are based on measuring one of the following parameters: respiratory sound, respiratory airflow, respiratory-related chest, or abdominal movements.

A. Sound-Based Respiratory Monitoring

One of the oldest type of medical examinations is auscultation, in which a physician assesses circulatory, respiratory, and gastrointestinal systems by examining the internal sounds of the body. In chronic respiratory diseases such as chronic obstructive pulmonary diseases (COPD), chronic bronchitis, and bronchial asthma, futile secretions (i.e. mucus and sputum) are produced in the breathing tracts. This leads to inflammation causing airways obstruction and thus the airflow speed changes resulting in abnormal breathing sounds [13]. Decades of medical studies have established correlations between anomalous breathing sounds including wheezing, crackles, rhonchi, broncho-vesicular and bronchial, and corresponding potential diagnoses.

However, the accuracy of information obtained by auscultation depends on the experience of the physician [14]. In addition, this method does not allow continuous monitoring [14]. To overcome these limitations, wireless and wearable acoustic monitoring devices are of essence to continuously follow up with patients. Fig. 2 shows a generic block diagram of the sound-based breathing monitoring system, where the sound is captured by a microphone. Then, the signal is processed through some analog circuits for filtering and amplification purposes. The processed analog signal is then digitized by means of an analog-to-digital converter (ADC) for further digital processing, including features recognition. In addition, a wireless transmission circuit may be used to update the patient's corresponding physician and to reduce power usage by processing the data over the base station i.e. a laptop, mobile phone, or internet servers. The use of acoustic devices varies from only coughing and breathing frequency detection to full wheeze detection and analysis [15], [16]. Many devices combine the use of acoustic breathing pattern with the chest displacement pattern to enhance accuracy [15], [17]. Sound detection devices (e.g. microphone) are usually located in chest area. In [17], the strengths of the acquired acoustic signals from three locations (the left interior of the first intercostal

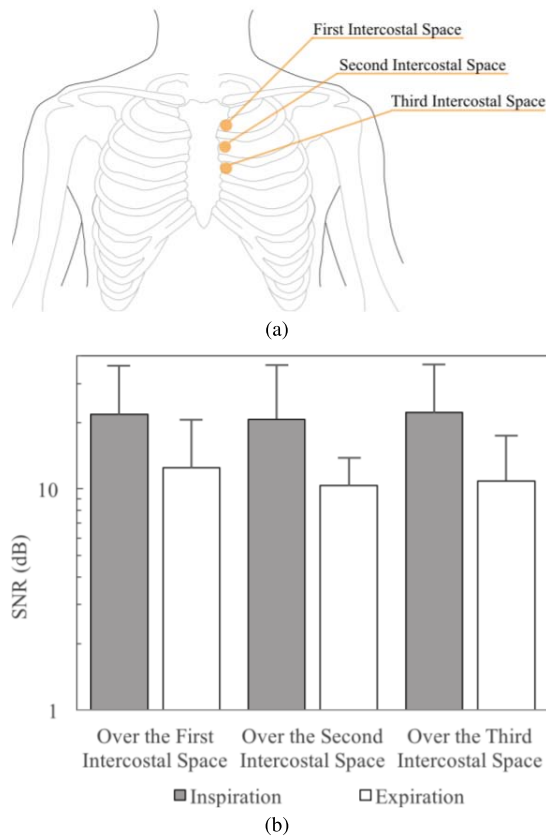


Fig. 3. (a) Possible locations for the sound detection device on the chest, and (b) Strengths of the acquired acoustic signal at each location [17].

space, the left interior of the second intercostal space, and the left margin of the third intercostal space) on the chest were compared (see Fig. 3). It was found that the acoustic signal is slightly stronger around the first intercostal space level.

To efficiently develop wheeze detection algorithms, a sufficient and reliable database for wheezing sounds is required. One of these databases was built in [18]. Other lung sounds recordings are also available online on different platforms used mainly to train medical students for auscultation. However, sufficient and reliable datasets for lung sounds other than wheezing sounds are still lacking. Another major challenge is that acoustic signals are susceptible to noise (artifacts) either from the surroundings or from other body voices, i.e. talking, coughing, and heartbeats [19]. Thus, the detection system should have high sensitivity in addition to consume low-power and be compact in order to cope with the wearable technology trends in biomedical engineering. The breathing sound analysis algorithm given in [19] archives a sensitivity of 91.51 %, while in [20], a 91.3 % success rate and relatively low-power implementation was achieved.

B. Airflow Sensing-Based Respiratory Monitoring

Respiratory rate can be extracted from airflow as expiratory air is warmer than inspiratory air. In addition, the pressure of the airflow can be used to extract the respiratory signal. To monitor patients' breathing, a sensor attached to the airways is required to measure the changes in these parameters. Moreover, the breathing activity could be extracted by detect-

ing the expired carbon dioxide (CO_2). Furthermore, humidity sensors could be adopted to detect the breathing rate as expiratory air has higher humidity than inspiratory air.

1) Airflow Temperature Sensing: In this technique, the difference in temperature between the inhaled and exhaled air is measured by means of a thermistor located under the nose. Authors in [21], employed a small temperature resistor clipped onto the nose, and its output was fed to a high-gain differential amplifier as shown in Fig. 4(a). This amplified signal is then applied to an envelope detector. The output signal is subsequently processed by a microcontroller unit (MCU) to calculate the respiration rate. An additional temperature sensor could be used to detect the ambient temperature so that the device is usable virtually at all temperatures. Also, the airflow temperature sensing-based breathing monitoring technique was implemented using one integrated circuit (IC), TMP100, which involves a temperature sensor and an ADC to digitize the measured signal as depicted in Fig. 4(b) [22]. This work used an additional module that uses a wireless GSM modem to send urgent results to the healthcare givers.

The backscattering technique that is based on a transponder response modulation has been used for wireless communication [23], [24]. The transponder is composed of an array of dipoles, loaded with a varactor diode, which implements a frequency selective surface as shown in Fig. 4(c). The measured temperature tunes the frequency of a low-frequency oscillator. Then, the oscillator output modulates the varactor diode, which in turn modulates the backscattered response of the transponder. This method helps to reduce the power consumption since the only active element is the oscillator; no ADC or MCU are needed in the transmitter side. A customized reader is then used to receive the backscattered signal and extract the temperature readings. The maximum reading distance achieved by this method is 3 m [23]. This system is mounted on the subject's head has shown in Fig. 4(d). Although backscattered communication was used in this system to reduce power consumption, it suffers from the sensitivity to the angle and distance variations from the transponder.

2) CMOS/MEMS-Based Airflow Pressure Sensing: A micro-electromechanical system (MEMS) micro-cantilever-based respiratory airflow sensor has been presented for the first time in [29]. When the airflow is applied to the sensor, it deforms and its resistance changes accordingly. This results in a linear change in the sensor output voltage. Since MEMS sensors are compatible with CMOS processes, fully integrated systems could be realized. Authors in [25] integrated three resistive MEMS sensors together with the CMOS processing circuits in one chip as shown in Fig. 5(a). In this design, the generated output voltage from the MEMS sensor is applied first to a chopper circuit to modulate the low-frequency respiratory signals to higher frequencies. Then, a differential difference amplifier (DDA) is employed to amplify the modulated signal. Next, another chopper is used to modulate the input offset of the DDA and other noises (like flicker noise) to the high-frequency range, while the original respiratory signal is demodulated back to the low-frequency range. This structure allows filtering noise by means of a low-pass filter (LPF). Since the needed total

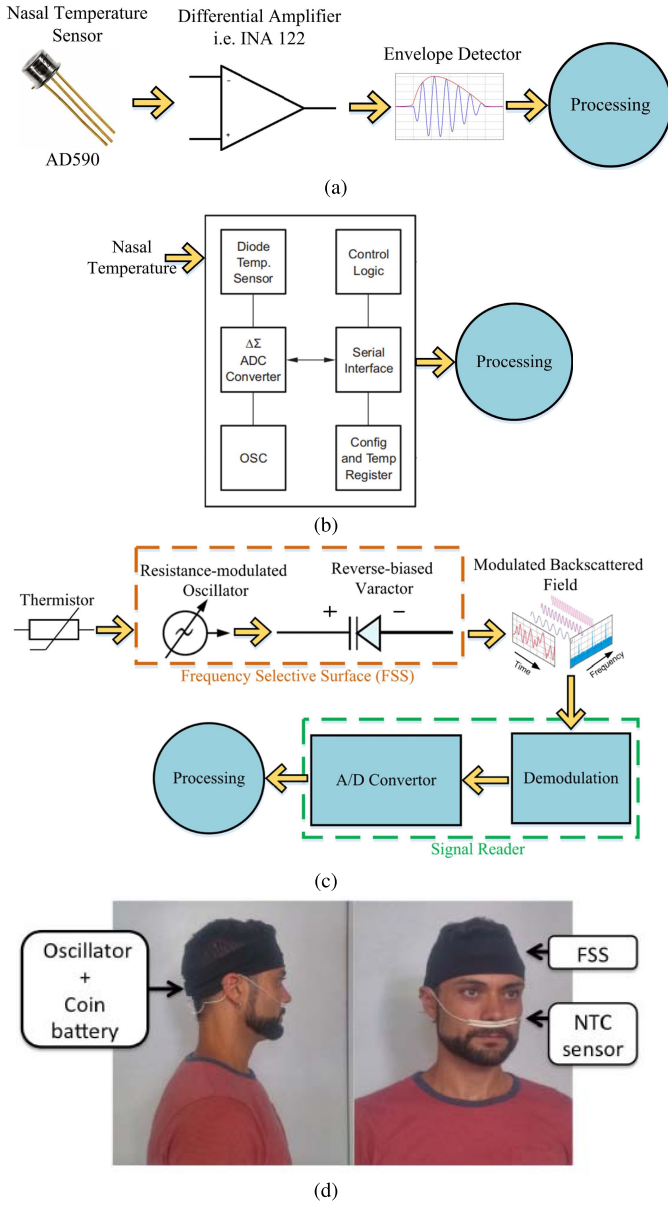


Fig. 4. Implementations of airflow temperature sensing-based respiratory monitoring: (a) Using analog components, (b) Using the TMP100 IC, (c) Backscattering approach, and (d) System's mounting on the subject's head [23].

gains of the three MEMS sensors may be different, a second amplifier stage is employed with an off-chip resistor to adjust its gain. A switched-capacitor (SC) circuit-based LPF with a bandwidth of 2.5 Hz was implemented. Also, an anti-aliasing filter was used before the SC filter to cancel signals with frequencies higher than half of the SC switching frequency. This work is implemented in $0.35\ \mu\text{m}$ CMOS/MEMS technology with a chip area of $1.8 \times 2.4\ \text{mm}^2$ as depicted in Fig. 5(b). However, integrated resistive MEMS sensors have DC offset as a result of inherent resistance mismatch due to process variations.

Authors in [26] implemented a DC servo loop (DSL) offset calibration scheme as part of an airflow detection CMOS/MEMS chip to automatically eliminate DC offsets in the MEMS sensors. The mouth breathing airflow measure-

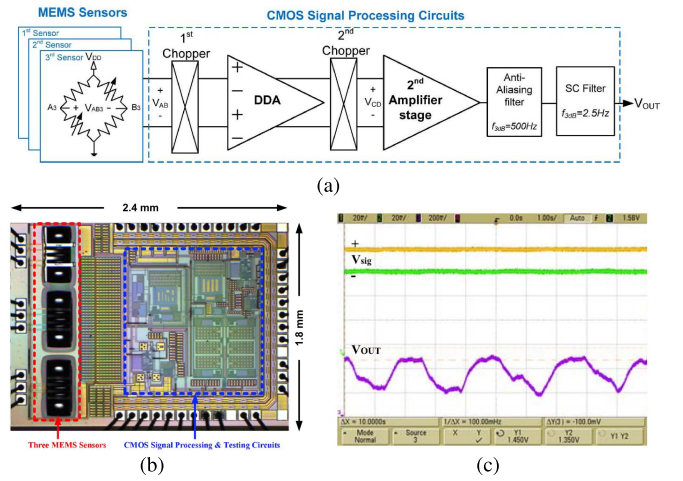


Fig. 5. CMOS/MEMS-based respiration detection system: (a) Block diagram [25], (b) Chip microphotograph [25], and (c) Measured mouth breathing airflow [26].

TABLE I
PERFORMANCE COMPARISON OF CMOS/MEMS CHIPS
FOR AIRFLOW PRESSURE DETECTION

References	[25]	[26]	[27]	[28]
Technology	$0.35\ \mu\text{m}$ CMOS/MEMS	$0.35\ \mu\text{m}$ CMOS/MEMS	$0.35\ \mu\text{m}$ CMOS/MEMS	$0.5\ \mu\text{m}$ CMOS
Supply Voltage (V)	3.3 and 5	3.3	3.15 – 4.5	5
Bandwidth (Hz)	2.56	4	NA	NA
Integrated MEMS sensor	Yes	Yes	Yes	No
Offset cancellation	None	DC servo loop (DSL)	Switched capacitor DSL	None
Power Cons.	NA	$0.54\ \text{mW}^*$	$2.53\ \text{mW}^{**}$	$33\ \mu\text{W}^*$
Chip area (mm^2)	4.32	4.23	4.52	0.163^{***}

* Power of processing circuits only.

** Power of processing circuits and MEMS sensors.

*** Active area only.

ment process exploiting this chip is illustrated in Fig. 5(c). Another fully integrated approach has been reported in [27], where it includes the MEMS sensors, analog sensing circuits, an ADC to allow further processing, and three capacitor-less low dropout voltage regulators so that the chip can be powered through a single Li-ion battery. Another similar work has been reported in [28], where an off-chip MEMS sensor has been used to detect the respiratory signal, while the processing circuits have been integrated in $0.5\ \mu\text{m}$ CMOS technology with an active silicon area of $0.163\ \text{mm}^2$. In addition, an Artaxflex wireless transceiver module has been utilized for data transmission. The performance of the CMOS/MEMS chips for airflow pressure detection to extract the breathing activity that were cited have been summarized in Table I.

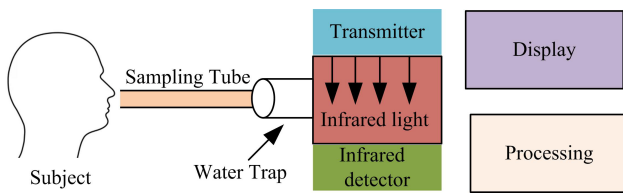


Fig. 6. Block diagram of infrared spectroscopy device.

3) CO₂ Monitoring (Capnometry): Breathing rate could be extracted by measuring the concentration of subject's expired carbon dioxide (CO₂). The Capnography method, which is the gold standard for RR measurements [30]–[33], is used for measuring patient's breathing rate in clinical studies. It continuously measures the concentration or partial pressure of CO₂ in respiratory gases, where the exhaled air contains more CO₂ than the inhaled air. Infrared spectroscopy is the most commonly used method to measure the amount of CO₂ in gas samples. With that method, a transmitter is used to emit a beam of infrared light through the gas sample. That beam falls onto an infrared detector as depicted in Fig. 6. The presence of CO₂ in the gas results in a reduction in the amount of the detected light, which results in voltage changes in the processing circuit. Although Capnography is potentially accurate, it requires sensitive CO₂ sensors to be attached to the subject through a medical face mask or nasal cannula, which results in a reduced comfort level to the patient. Various infrared carbon-dioxide sensors and their specifications have been reported in [34].

4) Humidity-Based Sensing: Since the air exhaled has higher humidity than the air inhaled, breathing rate monitoring could be done using a humidity sensor placed close to the patient's nose or mouth. Various humidity sensors could be adopted including resistive sensors [35], capacitive sensors [36], nanocrystal and nanoparticles sensors [37]–[39], fiber optic sensors [40], [41], and impedance sensors [42]. These different types of humidity sensors have been reviewed and their specifications were compared in [43]. A paper-based humidity sensor has been investigated in [39], where changes in resistance of a paper with printed graphite electrodes has been converted into an electrical signal.

As shown in Fig. 7, this compact sensor has been embedded into a medical mask. A data acquisition and processing unit has been built using off-the-shelf electronic components and supplied by a rechargeable 5V DC battery. This unit was used to apply a voltage across the paper electrodes. The resulting signal is received, amplified and digitized to produce a measurement transmitted over a wireless Bluetooth link to the display device (a tablet computer running a custom-built Android application). This cost-effective implementation was shown to be capable of continuous monitoring of breathing rate at rest and during walking (up to 60 breaths per minute). However, a facemask is required to allow measurements, which is unsuitable for patients with breathing troubles.

C. Chest Movement-Based Respiratory Monitoring

1) Using Piezoelectric Transducers: A thin sheet of polyvinylidene fluoride (PVDF), which is a piezoelectric material, can be used to measure the change in body volume

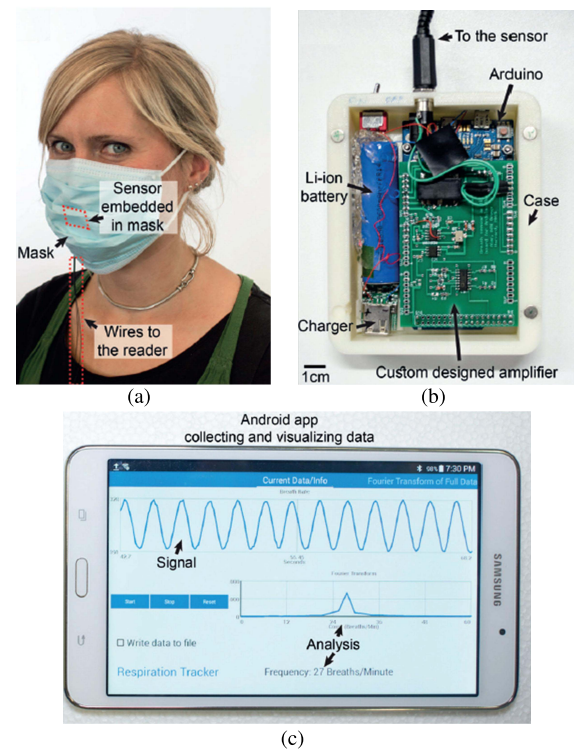


Fig. 7. Breathing rate monitoring prototype using a paper-based humidity sensor [39]: (a) A facemask with the embedded paper-based sensor, (b) Data acquisition board, and (c) Display device (A tablet computer running an Android application).

during respiration. An array of 4×1 sensors reported in [48] has been designed to be placed under the subject's back (between a bed cover and a bed mattress). The measured signals are applied to an apnea detection algorithm to extract the respiratory signal among various signals generated from the PVDF and then, detect apnea. This approach needs complex setup. Authors in [44] presented a wearable solution, where integrated processing circuits have been used to receive and process the signal from the PVDF sensor. In this design, the charge generated by the PVDF sensor is firstly converted to a voltage by means of a charge amplifier and then digitized using an ADC. In addition, wireless data transmission has been implemented with an impulse radio ultra-wideband (IR-UWB) radio transmitter working in the 3.1–5 GHz frequency range. A block diagram of the system exploiting this technique and the implemented chip are shown in Fig. 8. Although this approach has many advantages including low-power integrated CMOS circuits, low weight, and wireless telemetry, it needs to be attached to a jacket or a chest belt for proper operation, which decreases the patient's comfort level.

2) Using Accelerometers: As shown in Fig. 9(a), respiration is expressed through both thoracic cage and abdominal cavity activities. So, during inspiration, the chest expands and the abdomen rises. While in case of expiration, the chest contracts and the abdomen falls. Therefore, thoracic and/or abdominal cavity motions could be monitored (by means of accelerometer and/or gyroscope sensors) to extract the breathing activity [15], [49]–[54]. Authors in [15], [49] used two sensor nodes, as shown in Fig. 9(b), to collect the thoracic and abdominal

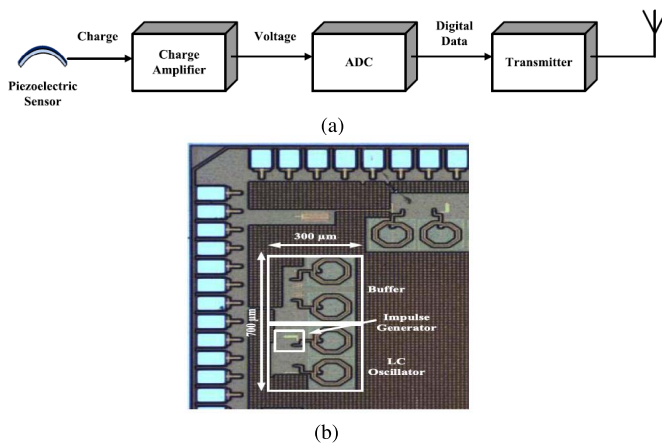


Fig. 8. Piezoelectric sensor-based breathing monitoring system [44]: (a) Block diagram and (b) Chip microphotograph.

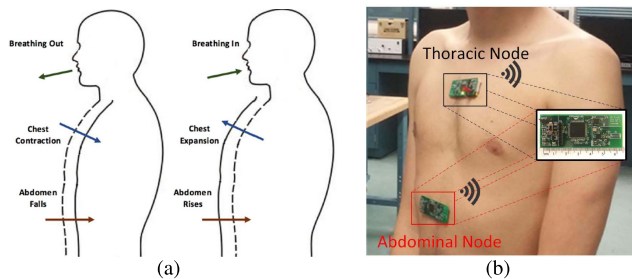


Fig. 9. (a) Chest and abdomen activities during respiration cycle [15] and (b) Two attached sensor nodes, equipped with inertial measurement units, to measure and transmit chest and abdomen motions [15].

cavity motions data. Each sensor node has an inertial measurement unit (LSM9DS0 provided by STMicroelectronics) to provide the accelerometer and gyroscope data that represent the thoracic or abdominal cavity motion. The data obtained from each inertial measurement unit is then transferred to an MCU (through an SPI interface bus) to perform angle calculations and filtering before being wirelessly transmitted to a base-station by means of a low-power radio module. The received signal is smoothed using a Savitzky-Golay smoothing filter and then applied to a peak detection algorithm to extract the breathing peaks. Although this prototype has some advantages including small size and low-weight, which allows better comfort to the person, it consumes a relatively high current (28.2 mA), that lead to an autonomy of only 6 hours when it is powered by a 100 mA-h lithium battery.

3) Ultrasound-Based; Wearable Approaches: Ultrasound waves can be used to monitor human's vital signs such as breathing and heart rates. In that class of systems, an ultrasound transmitter is used to emit ultrasound waves towards the subject's chest and the restored waves are changed either in amplitude or phase as a result of the motions of heart and respiratory systems. Ultrasound sensors can be either in close contact with the body [56] or separated [57], [58]. The rest of this section investigates the ultrasound-based wearable approaches, while the section dealing with remote-based techniques covers the ultrasound-based remote methods.

A piezo-ultrasound transducer is commonly used as it offers low cost and good performance. It is important when using

ultrasound transducers to place the sensor away from the bones as they introduce both large attenuation factor and acoustic impedance of 5 dB/cm and 6×10^6 rayl, respectively [56]. The intercostal area among T5-T8 ribs offers a good resolution for monitoring both the heart and internal organs movement [55], [59]. The axial resolution of the sensor, hence, must be adjusted to accurately catch this range. This range can be calculated simply by dividing the velocity of the wave by the double of the operating frequency [56]. Although increasing the frequency improves accuracy, it also increases the power consumption and computational complexity, which are undesirable with wearable devices.

An example of wearable ultrasound-based respiratory and heart rate system is shown in Fig. 11 [55], [59]. In this implementation, a high-voltage (HV) pulser is employed to produce ± 20 V with 1 MHz pulsed signal. This HV swing is used to improve the intensity of ultrasound waves. The generated pulses are applied to the PZT-4 piezo transducer. The reflected ultrasound beams are then amplified by a two-stage linear amplifier exploiting a wide band-pass passive filter to remove the unwanted high and low frequency components of the received signal. The magnified waveform is then applied to an envelope detector and a dynamic average threshold crossing (D-ATC) circuit to simplify digital processing. A 2-channel, 8-bit ADC is utilized to digitize the received signal before applying it to an FPGA for further processing. Then, the generated data from the FPGA is logged and processed by MATLAB with a user-friendly GUI interface, where low and high-pass finite impulse response (FIR) filters have been used to extract both low (respiration) and high (heart cycles) frequency elements of the signal, respectively. The results was compared to Spirometry and showed 89 % agreement. The obtained respiratory signal has sensitivity and specificity of 94.5% and 94.0%, respectively with the spirometer signals used as reference. Despite the promising results of the contact ultrasound sensor, it has few drawbacks such as the use of both adhesive patches to stabilize the sensor and conductive material, i.e. gel, which can cause some discomfort to the patient especially for prolonged monitoring. It is also sensitive to upper body movements and prone to error in cases of shallow breathing and obstructive sleep apnea [55], [59].

D. Lung Conductivity Sensing

Bioimpedance fluctuations in the thorax can be used to monitor respiration. This concept was first introduced in [60], where a magnetically coupled device was used to measure conductivity variations in the chest as a result of breathing. In this study, a three-coil differential transformer was used. The center coil induces eddy currents into the body by exciting it with a 100 kHz sine wave signal generated by a crystal oscillator that is amplified by a power amplifier. Then, the voltage induced in the secondary coils, which correlates with respiration, is measured to monitor conductivity changes. However, this approach uses three coils which results in a complex hardware. To overcome this inconvenient, several single coil-based systems have been presented [45]–[47], [61]. A Colpitts oscillator was designed using a single flexible coil placed on the body surface, where variations in coil impedance

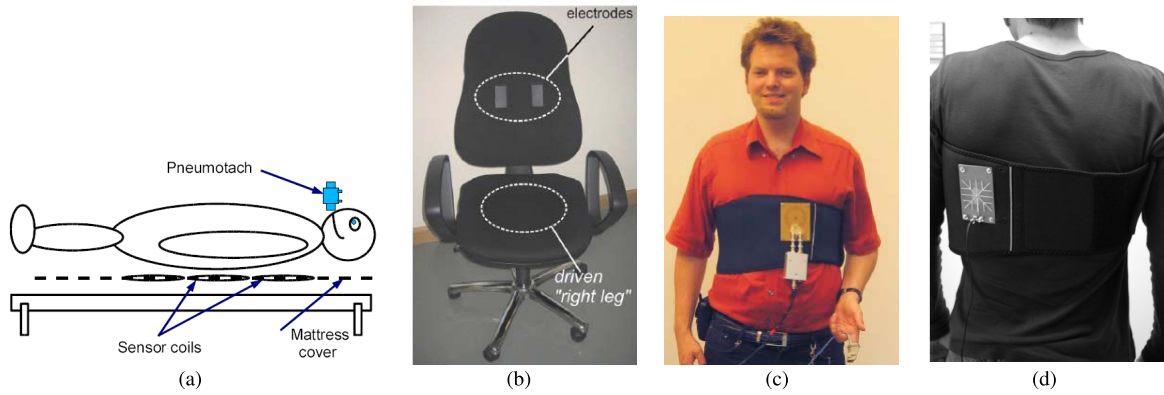


Fig. 10. Sensor (coil) locations of the impedance fluctuation sensing method: (a) In mattress cover [45], (b) Into an office chair [46], (c) In a textile carrier [46], and (d) Attached onto the body by a belt [47].

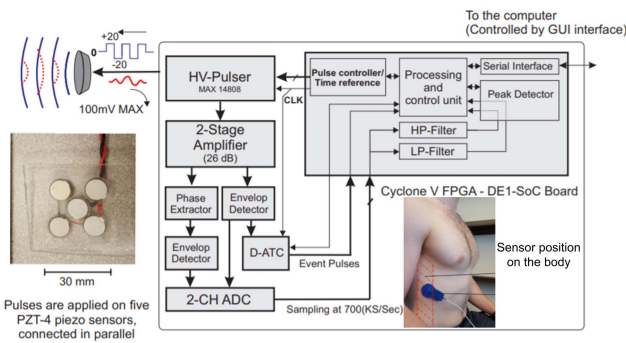


Fig. 11. A wearable ultrasound-based breathing monitoring system [55].

as a result of changes in lung conductivity modulate the coil frequency [45], [61]. This frequency change is measured by a frequency counter. Although this method uses only one coil placed in a mattress under the subject, it shows inaccurate measurements when the subject moves and, as shown in Fig. 10, the coil should be attached to the subject's mattress cover, chair, cloths, or through a belt. Another conductivity sensing technique is the on body bioimpedance sensing [62]. In this technique, a bioimpedance signal is extracted using a wearable device with four electrodes attached to the patients' shoulders by injecting a current through the central arteries and trachea. The authors were able to read low and high respiratory rates with an accuracy of 100% in 10 adult subjects.

E. Photoplethysmography-Based Respiratory Monitoring

Photoplethysmography (PPG) is an optical non-invasive method used to measure blood perfusion through tissues. It is based on illuminating blood vessels with infrared light (usually through patient's finger). Then, a PPG sensor measures the amount of infrared light absorbed or reflected by blood, which reflects changes in blood volume [63]. Fortunately, breathing rate modulates the PPG waveform in three ways (as shown in Fig. 12); frequency, intensity, and amplitude [64], [65]. Firstly, the heart rate increases during inspiration and decreases during expiration, causing respiratory induced frequency variations (RIFVs) of the PPG signal. Secondly, exchange of blood between the pulmonary circulation and the systemic circulation leads to variations of perfusion baseline, called

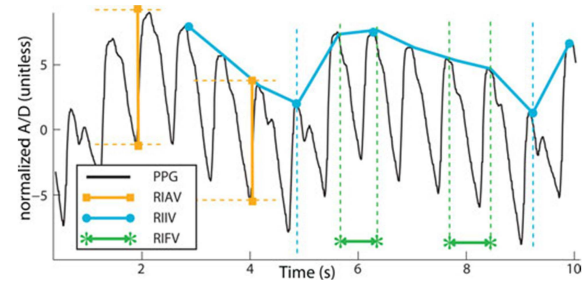


Fig. 12. Respiratory-induced variations in the PPG waveform [64].

the respiratory-induced intensity variation (RIIV). Finally, the respiratory-induced amplitude variation (RIAV) is caused as a result of a reduction in cardiac output due to reduced ventricular filling. Various algorithms has been presented to estimate the BR from a measured PPG waveform, including Fourier transforms [66], digital filters [67], wavelet decomposition [68], variable-frequency complex demodulation [69], and autoregression [70].

F. Electrocardiography-Based Respiratory Monitoring

Electrocardiography (ECG) devices measure the electrical field induced by the heart and respiratory activity in the chest [71]. During the respiratory cycle, chest movements due to filling and emptying of the lungs, results in a rotation of the electrical axis of the heart, which impacts beat morphology [72].

In addition, heart rate is modulated by respiration (increases during inspiration and decreases during expiration). Furthermore, it has been shown that respiratory frequencies occur in the ECG spectrum due to heart movement [73]. Several ECG-derived respiration (EDR) techniques have been proposed to extract the breathing activity from the recorded ECG. Some of these techniques extract the breathing information through respiration-induced variations in beat-to-beat morphology [74], [75], while others extract it from the heart rate [76], [77].

III. NON-CONTACT BREATHING MONITORING TECHNIQUES

In non-contact respiratory monitoring techniques, the device does not contact the patient's body. These methods may be

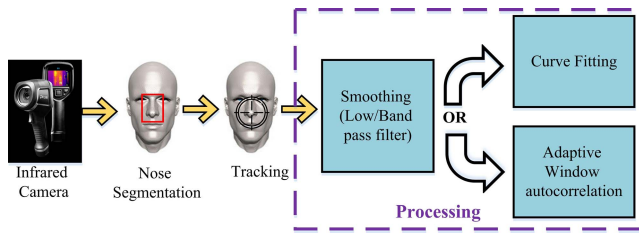


Fig. 13. Block diagram of the infrared thermography-based breathing monitoring.

more suitable in some critical settings, including the current COVID-19 pandemic and with children. In these techniques, remote monitoring could be used to screen people who are infected with COVID-19 by detecting abnormal respiratory patterns. However, non-contact techniques need complex and costly installation. In the following sections, we present in detail various techniques used to implement non-contact respiratory monitoring.

A. Camera-Based Respiratory Monitoring

1) *Infrared Thermography*: Since the temperature around the nostrils fluctuates during the respiratory cycle (e.g. 31.17 °C during inspiration and 31.44 °C during expiration [78]), infrared thermography can be used to monitor breathing rate. As shown in Fig. 13, infrared thermography consists of three main steps; identification of a region of interest (ROI) i.e. the nose, tracking the ROI, and extracting the breathing rate via processing. Various methods have been used to identify the ROI such as segmentation [79]–[81], classification [82], or depth maps extraction [83].

Authors in [80] and [82] adopted a tracking algorithm, while in [84], a camera combined an infrared sensor has been mounted on a tilt-platform in attempt to reduce the computation power used in segmentation and tracking. Processing is usually done after the signal is applied to a low-pass filter to remove the noise. Autocorrelation and curve fitting are the most common techniques used to process the filtered signal [81], [84], [85]. An algorithm to extract respiration signals based on pixel time series has been presented in [86], where it does not need nose-tracking and image segmentation. In addition, a depth camera was used to collect depth images of a subject (chest, abdomen, and shoulder) at 1–4 m from the depth camera [6]. Then, these images are processed to extract the respiratory signal. Authors in [7] extracted breathing signals of the video obtained from a thermal camera. Normal and abnormal breathing patterns were classified from such video through a deep learning neural network.

Even if infrared thermography can be very helpful for medical robotics and sleep study applications, it is computationally intensive and relatively expensive. Also, it is prone to error due to tracking inaccuracies in highly mobile subjects. In [78], the ability of the presented method to extract breathing rate during head motion and breathing disorders was reported. Breathing through both mouth and nose can be a source of error too if segmentation does not cover the mouth.

2) *Video-Based*: Breathing activity could be extracted from analyzing motions in different ROIs captured by a video camera. In [87], a charged-coupled device (CCD) camera

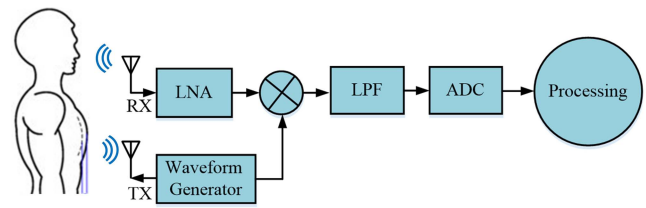


Fig. 14. Typical continuous wave CW doppler radar for vital sign detection.

was used to extract remotely the breathing activity due to detecting the optical flow of surface movement of the body during respiration. In [88], the breathing signal was obtained by using two CCD cameras and two fiber grating (FG) three dimensional (3D) vision sensors to detect volume changes in the location caused by respiratory rhythms. Other studies used depth image sensing cameras exploiting time-of-flight (ToF) sensors [89] or Kinect sensors [90]. In [89], a camera exploiting time-of-flight (ToF) sensors was adopted to compute a dense estimation of the 3D respiratory motion of a patient. With this method, a dense 3D surface model of patient's chest and abdomen was acquired at more than 15 frames per second. However, depth image sensing cameras have short detection ranges in addition to their high associated costs [91], [92]. In other study [91], a monochrome camera was used to track the respiratory signal and non-respiratory motions. Then, a classifier was adopted to select only the correct breath measurements. The authors in [93] presented a generic blind deconvolution technique to obtain breathing signals from videos by modeling every pixel in the abdominal-thoracic region as the output of a linear time-invariant (LTI) channel connected in parallel with an unknown dynamics response.

B. Radar-Based Respiratory Monitoring

During breathing, both the chest and abdomen move. These movements range from 4 mm to 12 mm based on each individual and the amount of inspired air [96]. Based on this concept, many contactless monitoring techniques could be used to extract the breathing rate. Continuous wave (CW) doppler radar is one of these methods, where RF signals are transmitted and then modulated by chest and abdomen movements. Also, short pulses could be transmitted towards the target and the reflected ones are then received and processed, where the time delay between the transmitted pulse and the received echo is thus proportional to the distance between the target and the radar. The latter is known as ultra-wideband (UWB) pulse radar. In the following subsections, we provide a deep review on these two radar types and highlight the main differences between them. In addition, the measured performance of the integrated solutions for radar-based respiratory monitoring are summarized and compared.

1) *CW Doppler Radar*: Fig. 14 presents the block diagram of a typical CW doppler radar for vital sign detection. In this technique, a carrier is transmitted toward a human body, where its frequency or phase is modulated by the physiological movement (i.e., heartbeat and respiration). By comparing the transmitted and the received signals (by means of a mixer), the change in frequency and phase can be derived from the

TABLE II
PERFORMANCE COMPARISON OF CW DOPPLER RADAR CHIPS (VALUES OBTAINED IN RESEARCH LABS SETTINGS)

Ref.	Architecture	Integration	Freq. (GHz)	Technology	Chip area (mm ²)	Output power (dBm)	Power Cons. (mW)	BR (breaths per minute)	Max. BR range (m)
[101]	Double-Sideband	TX+RX	5	0.18 μ m CMOS	NA	-12	75.6	17	2
[102]		TX+RX	1.6	0.25 μ m CMOS	14	6.5	NA	NA	0.5
[96]		RX	5.8	0.13 μ m CMOS	1.44	NA	NA	14	3
[103]	Direct Conversion	TX+RX	2.4	0.25 μ m CMOS	12.92	1	100	12.8	2
[104]		TX+RX	60	90 nm CMOS	4	3	217	24	0.75
[105]		TX+RX	60	90 nm CMOS	4.68	3	243	24	1.2
[106]	Circularly Polarized	RX	24	6-in InGaP/ GaAs	3.93	NA	NA	21	0.5
[100]	Hetero-dyne	TX+RX	60	90 nm CMOS	2.26	1	377	15	0.3
[107]	Self-Injection	TX+RX	5.8	65 nm CMOS	0.3	-8	10	10	3

received signal. The resulting baseband signal is then filtered and converted into digital form by means of an ADC for post processing to extract various features, mainly the breathing rate.

Several architectures have been presented to implement CW doppler radar including homodyne [97], heterodyne [98], double-sideband [99], direct IF sampling [94], [100]–[103], circularly Polarized [104], and self-injection locking [105]. These architectures and their baseband signal processing have been reviewed in [106]. We summarize and compare the measured performance of the integrated CW doppler radar chips in Table II. As shown in this table, the listed designs achieve different performance parameters such as operating frequency, silicon area, power consumption, breathing rate, and detection range. The ability of radar designs listed in Table II to detect the breathing rate was validated in research laboratories environment. Also, few authors compared the breathing rate obtained from a radar with that found from a reference method. For example, breathing rates obtained with the radar sensor reported in [101] were compared with those found using a piezoelectric respiratory effort belt. The authors reported a 95% match.

Front-end architecture must be carefully selected to maximize the sensitivity and extend the detection range. Fig. 15(a) shows an example of a direct conversion 5.8 GHz radar receiver chip integrated in 130 nm CMOS technology [94]. The baseband signal and spectrum detected using this chip are depicted in Fig. 15(b).

2) Laser Doppler Vibrometer (LDV)-Based Radar: Laser Doppler Vibrometer (LDV) is an optical and non-contact technique used to measure surface velocity and displacement on the basis of the Doppler shift. It adopts laser radar (instead of radio-frequency radar) to obtain the shift in laser frequency as a result of movements of the surface of interest.

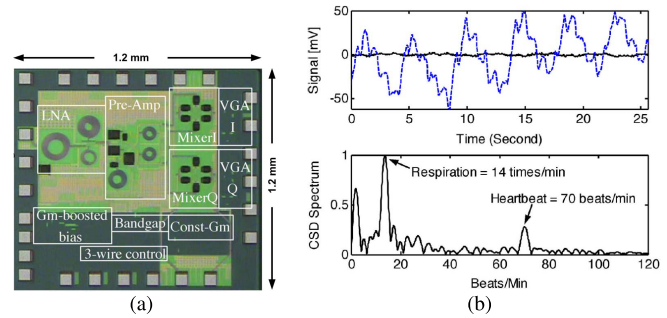


Fig. 15. A direct conversion 5.8 GHz radar receiver [94]: (a) Integrated chip in 130 nm CMOS technology and (b) Detected signals.

This approach was used to monitor breathing activity by measuring displacements of the chest-wall [107]–[110]. The LDV-based non-contact breathing rate monitoring system proposed in [109] was operated at a distance of 1.5 m, on different points of the patients' thoracic and abdominal area. Another LDV method was proposed in [110] to monitor breathing activity of preterm infants. LDV-based systems offer high sensitivity (high displacement resolution) and they require low-power density (less than 1 mW), which implies no biological impacts on patients [110]. However, they are highly affected by motion artifacts and subjects' movements in addition to their associated high cost [92], [111].

3) UWB Pulse Radar: The ultra-wideband (UWB) frequency range that extends from 3.1 to 10.6 GHz is free from interference, except for the Wi-Fi at 5 GHz. UWB systems offer some benefits over narrowband systems, including low implementation complexity, good immunity to both noise and multi-path fading, low power dissipation, and better coexistence with other existing narrowband links [122]. Since its transmitted

TABLE III
PERFORMANCE COMPARISON OF UWB PULSE RADAR CMOS CHIPS (VALUES OBTAINED IN RESEARCH LABS SETTINGS)

Ref.	Architecture	Integration	Freq. (GHz)	Technology (CMOS)	Chip area (mm ²)	Output power	Power Cons. (mW)	BR (breaths per minute)	Max. BR range (m)
[97], [115]	Correlation	TX+RX	3-5	90 nm	2	NA	73.2	24	0.45
[116]	Direct sampling	TX+RX	3-10	0.13 μ m	2	-1.5	20	20	0.5
[117]	DS (Equivalent time method)	TX+RX	0.8-5	0.13 μ m	11.88	NA	695	NA	0.75
[118]		TX+RX	6.1-8.4	90 nm	4	-13.3	120	22.27	1.3
[119]		RX	NA	65 nm	1.82	NA	76	NA	15
[120]		TX+RX	3-5	0.13 μ m	3.27	3	25	12.6	10
[121], [122]	DS (swept-threshold method)	TX+RX	7.29 and 8.748	55 nm	NA	6.4	118.1	16	9

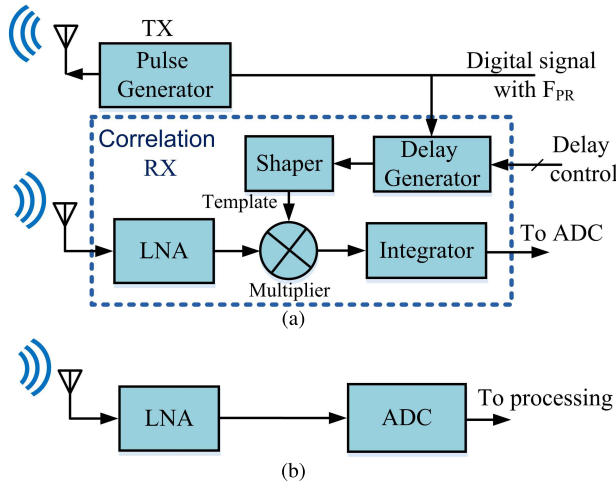


Fig. 16. UWB pulse radar: (a) Correlation receiver [95] and (b) Direct sampling receiver.

power is low (< -41.3 dBm/MHz), it has no harmful effects on human body. The main drawback of UWB link is the limited coverage. Based on this promising technology, UWB pulsed radars have been developed, where narrow pulses are transmitted with a wide instantaneous bandwidth. However, with this wide bandwidth, receiver architectures for narrowband systems cannot be used. One solution is the correlation receiver [95], [113], [123] shown in Fig. 16(a), where short pulses are produced by the pulse generator and transmitted towards the target. The reflected signals are first applied to a low-noise amplifier (LNA) to be amplified and then multiplied with a template signal that is a delayed replica of the transmitted pulses produced by means of a Shaper. The resulting signal from the multiplier is then integrated to increase the signal-to-noise ratio (SNR) and get the envelope holding the information on the movement rate. The time delay between the transmitted pulse and the received echo is thus proportional to the distance between the target and the radar. An approach based on correlations allows sampling the signal at a rate lower than

the bandwidth of the actual signal. However, to track and detect objects, the delayed pulses must be swept in the range of interest, which results in complex downstream processing and control logic.

Directly sampling the signal at RF frequency is another approach (see Fig. 16(b)), which preserves all the information carried in the received waveform in the digital domain [114]–[117], [119], [120], [124], [125]. This relaxes the selection of subsequent processing and detection algorithms. However, this method results in higher power consumption and hardware complexity, since a high sampling rate is required. To solve this issue, non real-time sampling techniques like equivalent time sampling (ETS) [115]–[117], swept-threshold (ST) sampling [119], and time-extension [124] method can be utilized because the target moves slowly. Table III compares the measured performance of various UWB pulse radar chips. Unlike CW radars, no frequency conversions are needed in UWB pulse radar transceivers, which results in lower hardware complexity, leading to lower power consumption for longer battery autonomy.

4) *FMCW Radar*: Another method that has shown potential for remote healthcare applications is the frequency-modulated continuous-wave (FMCW) radar. Fig. 17(a) shows the principle of operation of a FMCW radar, where the frequency shifts (Δf) of the emitted radar signals over time allow determining the distance to the patient [126]. The breathing or movement of the patient changes the amplitude of the reflected waveform. Therefore, breathing activity is detected by measuring the distance between the chest wall and the transceiver device. FMCW requires very high bandwidth since the chest displacements are in millimeters [127]. On the other hand, the FMCW wide-band radar can be compact and light weight, while consuming less power, and allowing real time processing [128].

In [112], a 24 GHz FMCW radar prototype with 250 MHz bandwidth has been implemented to detect the vital signs of multiple adjacent subjects. Fig. 17(b) shows the measured range estimation for two subjects at a distance of 100 cm

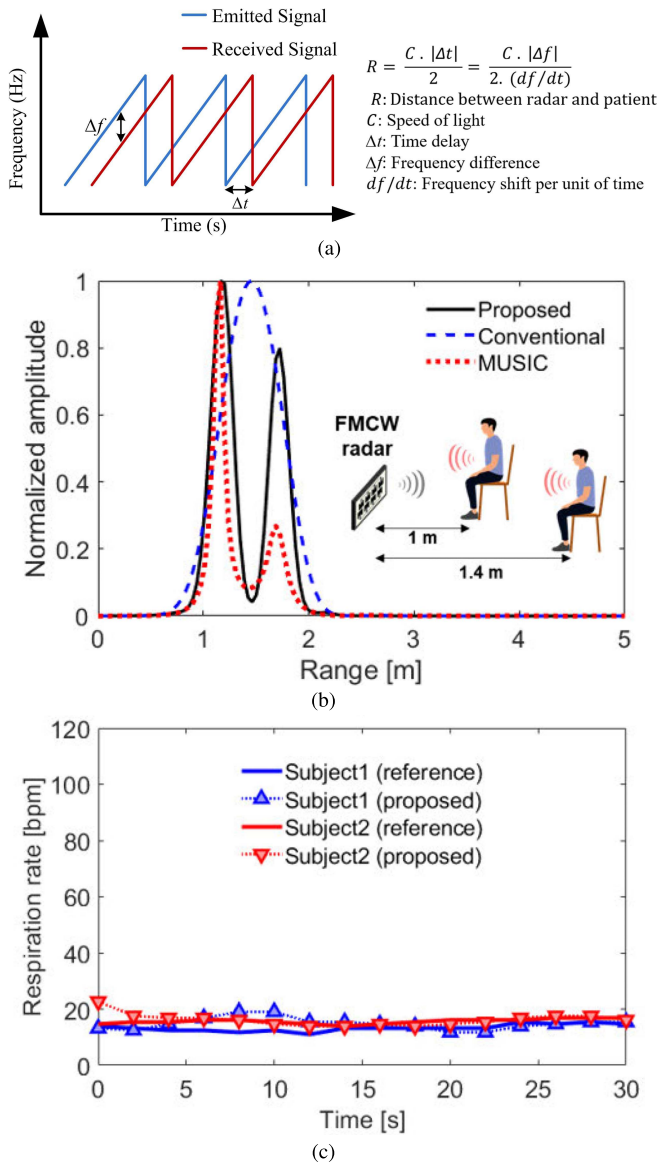


Fig. 17. FMCW radar: (a) Principle of operation, (b) Measured range estimation for two subjects at a distance of 100 cm and 140 cm [112], and (c) Measured respiration rate of these two subjects [112].

and 140 cm, while the measured respiration rate of these two subjects is illustrated in Fig. 17(c).

5) Processing Algorithms: Common processing algorithms used in research are fast Fourier transform (FFT) [129], wavelet analysis [130], and time-frequency analysis [131]. Signal processing methods like the one reported in [132] use a combination of various algorithms to judge the signal in different situations adding to the adaptability of the algorithm and its robustness. FFT takes the DFT of the signal for a given time window and selects the dominant frequency components. On the other hand, wavelets were used to detect the breathing pattern, hence, various wavelet formulas such as continuous wavelet transform (CWT) [133] and 8th order Gaussian pulse [134] have been used to model the signal in order to extract features of interest.

Other algorithms detect zero-crossing used to estimate the breathing rate based on counting negative-to-positive

transitions in the obtained signal. Linear predictive coding (LPC) [135] builds a linear relationship using the least-square error method for a given time-window, then, this relationship plays the role of a filter and it is used to determine the location of the dominant spectral shape and least-squares harmonic (LSH), which uses the Geortzl algorithm in order to model the breathing pattern using a finite sum of harmonics [132].

Combining several algorithms enhances the accuracy of estimating the breathing rate [136]. However, for retrieving the whole breathing pattern for tidal volume studying, continuous wavelet transform is better equipped to do so since it provides time-frequency analysis, which helps extracting many features such as energy, entropy, frequency distribution, and power along with patterns recognition techniques for characterising the breathing disorders in addition to filtering-out the motion artefacts [133]. It is of interest that wavelet analysis is less prone to the errors caused by non-periodic breathing patterns [133], [134].

C. Ultrasound-Based: Contactless Approaches

Contactless ultrasound implementations [57], [58], [121], [137] are more suitable for sleep studies and apnea detection. It is mainly used to calculate the breathing rate and offers no discomfort to the patient. First, the distance at which the sensor is located from the subject is determined using the attenuation characteristics of the sensor [58]. The processing includes smoothing the signal, mainly using low-pass filters adjusted at the average respiration frequency, which is around 0.25 Hz. Then, various methods can be applied for peak detection such as phase portrait reconstruction [58]. Finally, phase detection is used to distinguish artifacts of non-respiratory and caretakers motions. Detection of these movements can be used to assess caretakers effort, detect seizures and determine sleep state [139]. A 40kHz self-injection-locked (SIL) ultrasound radar to detect heartbeat and respiration activities was presented for the first time in [121]. This design involves a phase-canceling feedback demodulation topology to extract the movements of the target, which greatly improves the linearity of the SIL radar. This allows the detection of large body movements and lung movements without significant distortion to the respiration and heartbeat signals. The reported prototype was tested to detect the movements of the chest at a distance of 30 cm. Resulting time-domain and the frequency-domain plots of the chest movements recorded over one-minute are provided in Fig. 18(a) and Fig. 18(b), respectively, where small involuntary body movements, breathing pattern, and heartbeat have been detected.

The work in [138] showed a method depending on air-flow measurements, where the presented system measures the frequency shift resulting from the velocity difference between the exhaled air flow and the ambient environment. In this design, a 40 kHz ultrasound transducer is placed at a distance of 50 cm above the patient head, where it emits a signal with 100 dB/0.0002 μ bar emission level and 6 dB beamwidth. Then, the reflected ultrasound wave is collected by an ultrasound receiver, placed at a distance of 30 cm from the patient head. The resulting signal is subject to amplification and shaping before it further processed for visualization. The

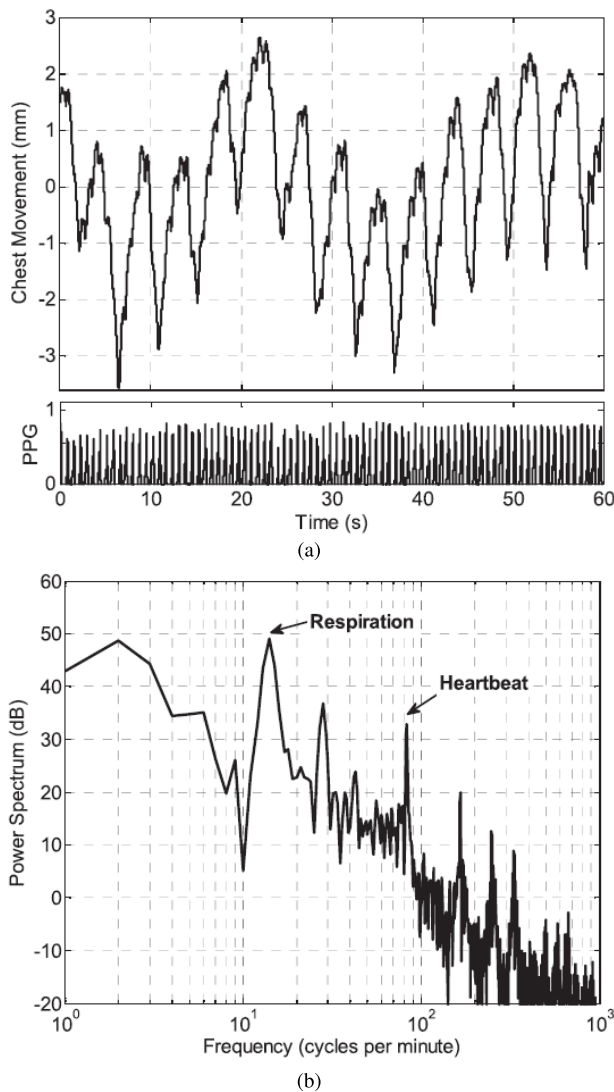


Fig. 18. Detected chest movement signals through self-injection-locked ultrasound radar represented in [121]: (a) Time-domain and (b) Frequency-domain.

results obtained with this method showed that the inclination of the subject's head affects the signal intensity. In addition, the resulting breathing signal is embedded in the doppler shift during rapid subject movements, such as sleeping position changes, which affects the detection of breathing activity.

D. Remote Plethysmography

Remote plethysmography could be done using mobile phones cameras which allows monitoring blood volume changes based on variations in the recorded light intensity [140]–[143]. It is based on using an imaging array instead of a single photo detector as in the case of contact plethysmographic sensor. One example of plethysmographic imaging was reported in [143]. This study showed the feasibility of estimating the BR by placing a finger on a mobile phone camera. Firstly, a video is recorded with the camera once a finger is correctly placed on the lens followed by detecting the optimal region of interest (ROI) from the red channel of the video. Then, a proposed algorithm extracts the

imaging photoplethysmogram from this ROI, and calculates the position and amplitude of the measured pulses.

IV. RESULTS

Several breathing rate monitoring techniques were presented in this paper. Each method offers some advantages and also suffers from some limitations as summarized in Table IV. Non-contact monitoring techniques including infrared thermography, radar-based, and ultrasound-based allow remote breathing detection, which results in improved patient's comfort compared to contact methods in which the patient is tied to an equipment. These methods, however, require a complex and static setup in addition to their susceptibility to target movements (artifacts), which affects the monitoring accuracy. On the other hand, sound detection-based breathing monitoring allows a wearable solution, in which the breathing signal could be measured without restricting much the patient's motion. However, the measured sound signal is highly susceptible to noise either from the surroundings or from other body voices, including talking, coughing, and heartbeats.

The hardware required to implement radar-based breathing monitoring systems is fairly simple, which is particularly useful in medical conditions that require continuous monitoring such as sleep studies and apnea monitoring. Radar-based systems are also immune to environmental changes coming from light and temperature. In addition, they are less computationally expensive than thermography-based approaches, which implement complex segmentation and tracking algorithms. However, radar-based breathing monitoring systems suffer from several disadvantages such as sensitivity to the target distance (the closer the distance to the transmitter-receiver pair, the higher the error [132]) and the so-called null-point problem. Other sources of errors include noise coming from subject movements and activities, artifacts from metal objects, and the existence of more than one person in the same location of observation.

CW Doppler and UWB radars are shown to have comparable performance. Both techniques are simple and allow low power consumption while offering limited detection range. CW radars suffer from clutter noise, micro-Doppler scattering resulting from other parts of a body (e.g., arm and leg), and multiple-target identification [106]. On the other hand, FM-CW radars have shown their ability to localize targets from some distance [144]. Thus, FMCW radars could be adopted for patients and elderly care in smart homes and ambulatory environments, where the subjects could be very mobile.

Although ultrasonic technology allows remote breathing monitoring, it requires a fixed setup. Also, the obtained results from this method are affected by subjects' movements, inclination of the subject's head, and sleeping position changes. CMOS/MEMS-Based airflow pressure sensing is a promising technique, where both the pressure sensor (MEMS sensor) and the CMOS processing circuits are fabricated in a single chip. This fully integrated solution achieves low power, which allows a battery-powered solution. However, it suffers from the associated fabrication cost due to the large required silicon area by the MEMS sensors. In addition, its

TABLE IV
OVERVIEW OF THE REVIEWED BREATHING MONITORING SYSTEMS

Method	Integrated solutions	Measuring parameter	Installation on the body	Comfort level	Pros	Cons	Ref.
Sound detection	No	Airflow sound	Direct contact	High	Allows detection with freely behaving user; Allows wireless telemetry	Complex hardware; Lower accuracy; Lack of reliable dataset for lung sounds; Susceptible to noise	[15]–[17], [19], [20]
Temp. sensing	No	Airflow Temp.	Direct contact	Low	Simple hardware implementation	Lower comfort level (temperature sensor in or in front of nasal/oral region)	[21]–[24]
CMOS MEMS-Based	Yes	Airflow pressure	Direct contact	Low	Fully integrated solutions (allows low power and weight)	High cost	[25]–[28]
CO ₂ Sensing	No	CO ₂ in airflow	Direct contact	Low	High-level of accuracy, allows continuous measuring of breathing rate in clinical studies	Requires a medical face-mask or nasal cannula, which results in a lower comfortable level	[30]–[33]
Humidity Sensing	No	Humidity of airflow	Direct contact	Low	Low cost, allows continuous monitoring	The sensor should attach to a facemask or nasal cannula, which results in a lower comfortable level	[35]–[41]
Using Piezoelectric Transducers	Yes	Chest movement	On a dress or a bed mattress	Low	Allows low-power CMOS circuits, low weight, and wireless telemetry	Needs to be attached to a bed mattress, jacket, or chest belt; Lower patient's comfort level	[44], [48]
Using Accelerometers	No	Chest movement	Direct contact	Low	Small size and low-weight; Allows wireless telemetry	High power consumption; Needs to be attached directly to subject's chest and abdomen	[15], [49]–[54]
Impedance Fluctuation Sensing	No	conductivity changes of the lungs	On a dress or chair	High	Low cost hardware implementation; Both breathing and heart activity could be monitored	Needs to be attached with subject's mattress, chair, or clothes; Affects by subject moves and sensor position	[45]–[47], [62], [63]
Infrared Thermography	No	Airflow Temp.	Without contact	High	Allows remote detection; Helpful for medical robotics and sleep study applications	Complex segmentation and tracking algorithms; Relatively expensive; Prone to error due to tracking inaccuracies in highly mobile subjects	[78], [80], [81], [83], [84], [86]
Radar-based	Yes	Chest movement	Without contact	High	Allows integrated solutions; Low power; Immune to environmental changes such as light and temperature	Requires a static setup; Sensitivity to the target distance; null-point problem; Subjects to noises from subject movements and activities, artifacts from metal objects, and the existence of more than one person in the same location of observation	[94], [95], [98]–[105], [113]–[117], [119], [120]
Ultrasound-based	No	Chest movement or velocity of exhaled airflow	Direct or without contact	High	Allows remote solution	Affected by subject movements, inclination of the subject's head, and sleeping position changes	[55], [56], [57], [58], [121], [137], [138]

ability to monitor breathing for a moving target was not yet evaluated.

In general, for biosecurity (e.g. to prevent cross-contamination) and ergonomic reasons (e.g. patient's comfort

and ease of use), non-contact or remote techniques may be the best suited for continuous breathing monitoring of hospitalized patients, while for diagnosis of breathing troubles, the most accurate techniques should be used regardless whether they are implemented with contact or remote sensors.

To the best of the authors' knowledge, only the thermal imaging technique has been presented for screening people who are infected with COVID-19 by detecting abnormal respiratory patterns [6], [7]. We believe that radar-based breathing monitoring could also be considered for screening people who are infected with COVID-19, since it shows many advantages including the remote detection and immunity to environmental changes such as light and temperature. Thus, it could be used outside an hospital environment, which helps in screening large scale of people. Also, unlike infrared thermography-based breathing monitoring, radar-based could be used to screen people wearing masks. Moreover, radar-based monitoring allows a wider detection range compared to that achieved by the ultrasound-based method.

V. CONCLUSION

Implementation techniques for both contact and non-contact breathing monitoring have been reviewed in this paper. Non-contact monitoring methods have several advantages over contact methods, including improved patients' comfort, especially for long-term monitoring, because patients are not tied to an instrument. Moreover, the distress generated by a contact device (e.g. a mask) may alter the breathing rate. Sensitivity to environmental changes such as light and temperature is avoided in non-contact techniques, which results in better accuracy. We confirmed through this review that remote breathing monitoring allows screening of people infected with COVID-19 by detecting abnormal respiratory patterns. However, non-contact methods are more complex compared to contact ones and are affected by target movements. Finally, we evaluated various breathing monitoring systems, to identify their respective advantages and limitations.

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