A continuous probabilistic approach to sleep and daytime sleepiness modeling

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Introduction: We propose and validate a continuous, entirely probabilistic model of all night sleep and daytime sleepiness processes. The model is implemented as a hierarchical Gaussian Mixture Model (hGMM). We use features extracted from recordings following a polysomnographic (PSG) setting. In the study we focus on describing sleep and transitions to sleep as a continuous process. The output of a GMM is a set of curves representing probability of each sleep or wakefulness state at a given time point. Results are based on data recorded in the SIESTA and SENSATION projects.

Methods: We use data from C3-M2 and C4-M2 EEG channels for the sleep process modeling task. To unify laboratory differences we downsample data to 100 Hz and bandpass filter data with a Butterworth filter of order 8 and the frequencies range from 0.4 to 40 Hz. We cut data into segments of three seconds and we compute a compact spectral representation of the individual segments using autoregressive (AR) model coefficients. Next, we use hierarchical mixtures to model the distribution of the AR coefficients (Figure 1).

Figure 1: A hierarchical GMM structure.

GMMs are used in the lower part of the hierarchy. Inference about the model parameters is done in a semi-supervised manner, where information from the R&K sleep profiles is used for model selection and parameters initialization. In the second step, unlabeled data is used to allow the models to adapt more freely to the data (Figure 2). Finally, Bayes’ theorem is applied to compute the probabilities of group membership for unseen data.

We validate the new sleep representation through a comparison with the R&K sleep profiles. We correlate the features extracted from both the discrete R&K and continuous GMM sleep profiles with 26 external criteria of sleepiness from both the discrete R&K and continuous GMM sleep profiles. We validate the new sleep representation through a comparison of the Karolinska Drowsiness Scores (KDS) computed per 20 sec.

Results:

Statistically significant rank correlations were observed with 12 psychometric variables (p-values < 0.01).

Correlations of the selected R&K and hGMM based sleep features with:

- Top left: Sleep Quality Index (Saletu et al. 1987)
- Top right: Fine motor activity test (Grunberger 1977)
- Left: Alphabetic cross-out test (Grunberger 1977)

The confusion matrix of classifying the 4 sec long segments of low drowsiness (KDS=0) versus the segments of high drowsiness (KDS=50) representing “sleep onset”. 29 subjects, 10654 (5433/5221) segments, 10 x 10-fold CV.

Conclusions: The continuous sleep model has shown the same or a higher level of information about the sleep process in the investigated correlation tasks. The continuous sleep model can successfully complement the R&K standard for a comprehensive description of sleep. Promising preliminary results were obtained when discriminating low and high drowsiness states of subjects driving on a simulator.

Acknowledgement: Björn Peters from VTI, Sweden, and Göran Kecklund, Torbjörn Åkerstedt and Anna Anund from Department of Public Health Sciences, Karolinska Institute, Sweden, for providing and scoring driving simulator data. Research supported by the EU project SENSATION. The Austrian Research Institute for Artificial Intelligence is supported by the Austrian Federal Ministry of Education, Science and Culture and the Austrian Federal Ministry of Transport, Innovation and Technology.

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