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**Lee et al.**

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(54) **FEEDBACK SYSTEM AND METHOD FOR SLEEP DISORDERED BREATHING THERAPY**

**Related U.S. Application Data**

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(76) Inventors: **Kent Lee**, Shoreview, MN (US); **Jesse W. Hartley**, Lino Lakes, MN (US); **Jeffrey E. Stahmann**, Ramsey, MN (US); **Quan Ni**, Shoreview, MN (US)

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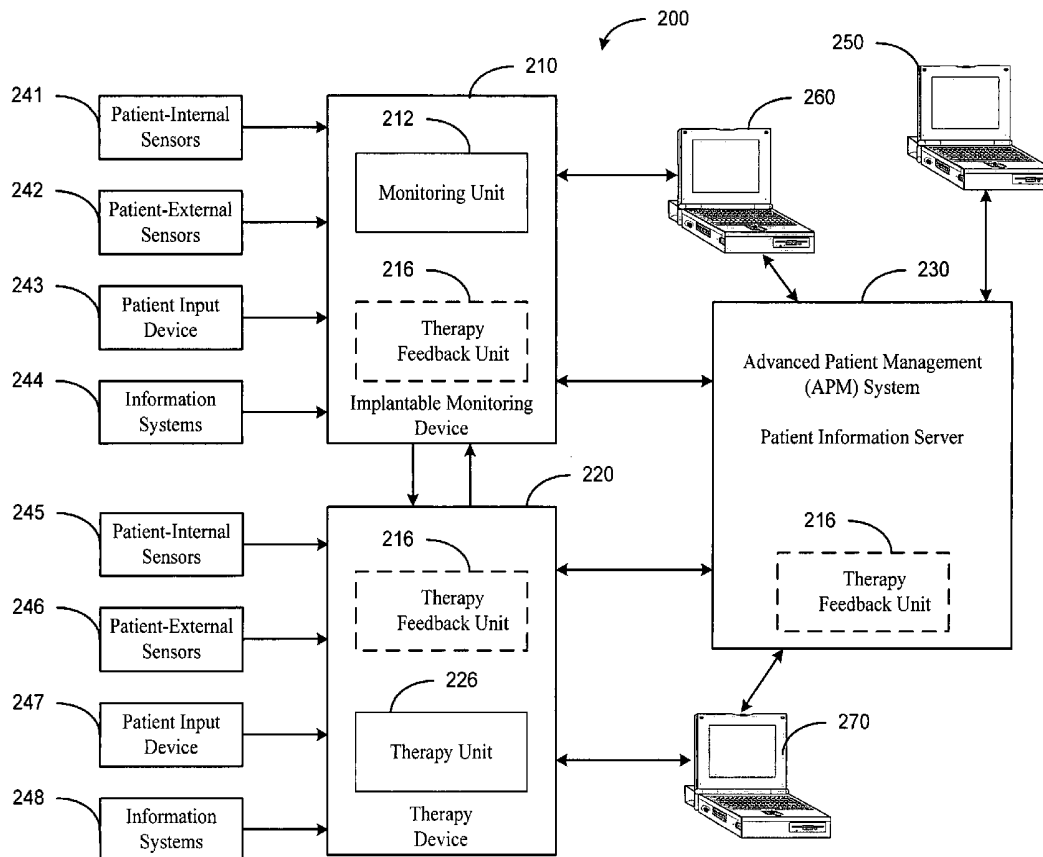
Correspondence Address:  
**Crawford Maunu PLLC**  
**Suite 390**  
**1270 Northland Drive**  
**St. Paul, MN 55120 (US)**

(57) **ABSTRACT**

Methods and systems involve monitoring one or more patient conditions using a monitoring device that is fully or partially implantable. Feedback information is developed based on the monitored conditions and is provided to a device delivering therapy to treat sleep disordered breathing. Components of the monitoring device are disposed within an implantable housing that is separate from the housing of the therapy device. The therapy device may comprise a housing that is implantable or patient-external. The feedback information may be used to adjust the sleep disordered breathing therapy.

(21) Appl. No.: **10/864,287**

(22) Filed: **Jun. 9, 2004**



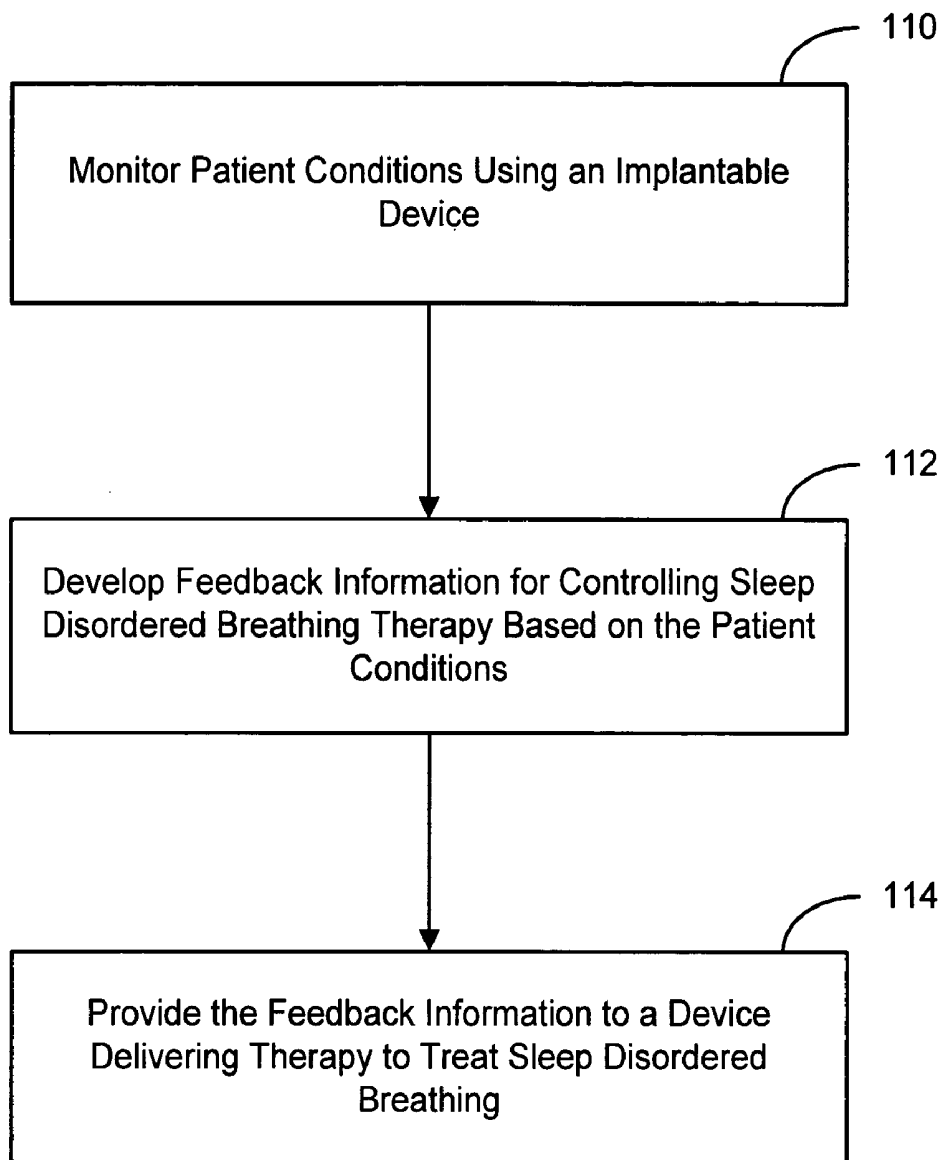


Figure 1A

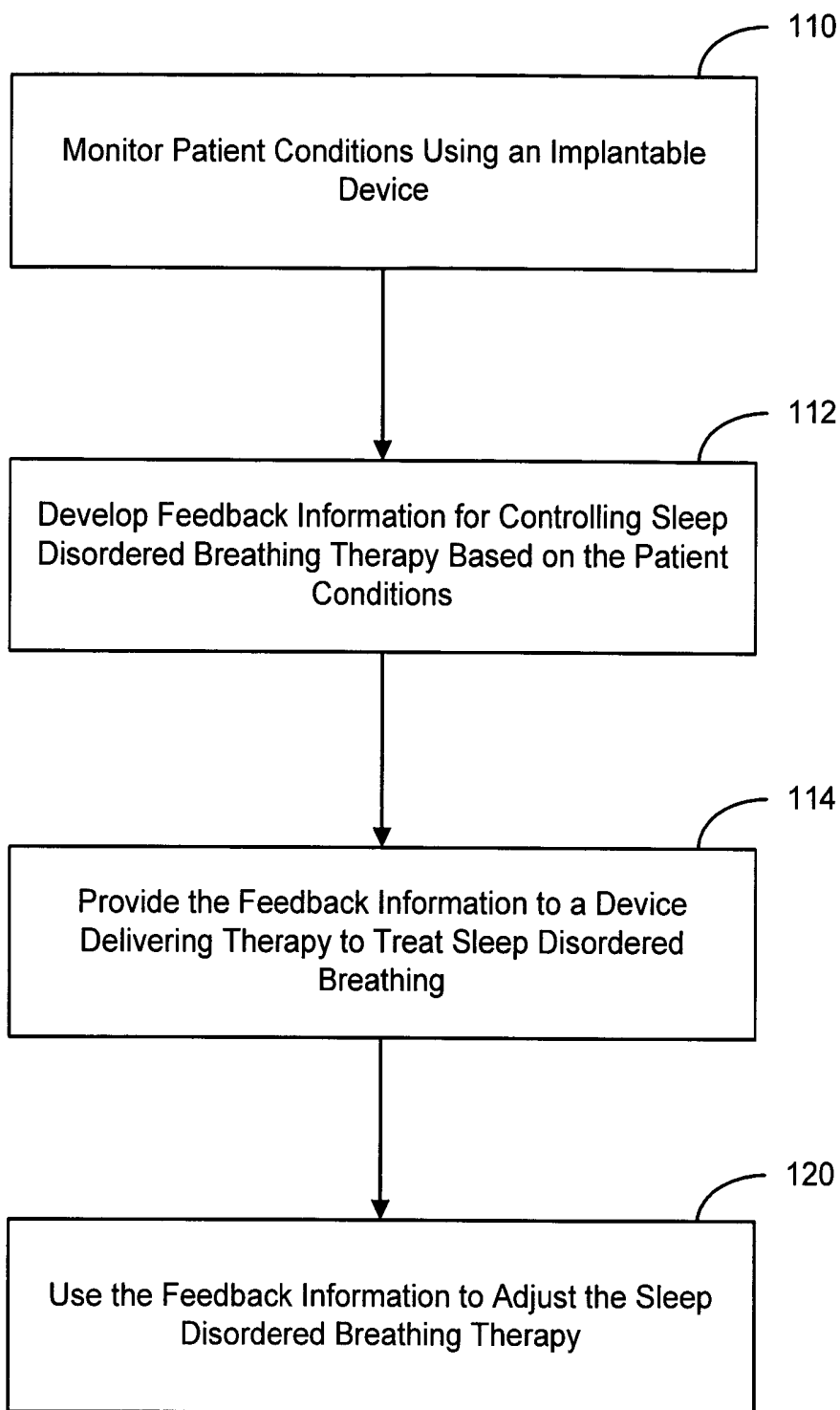


Figure 1B

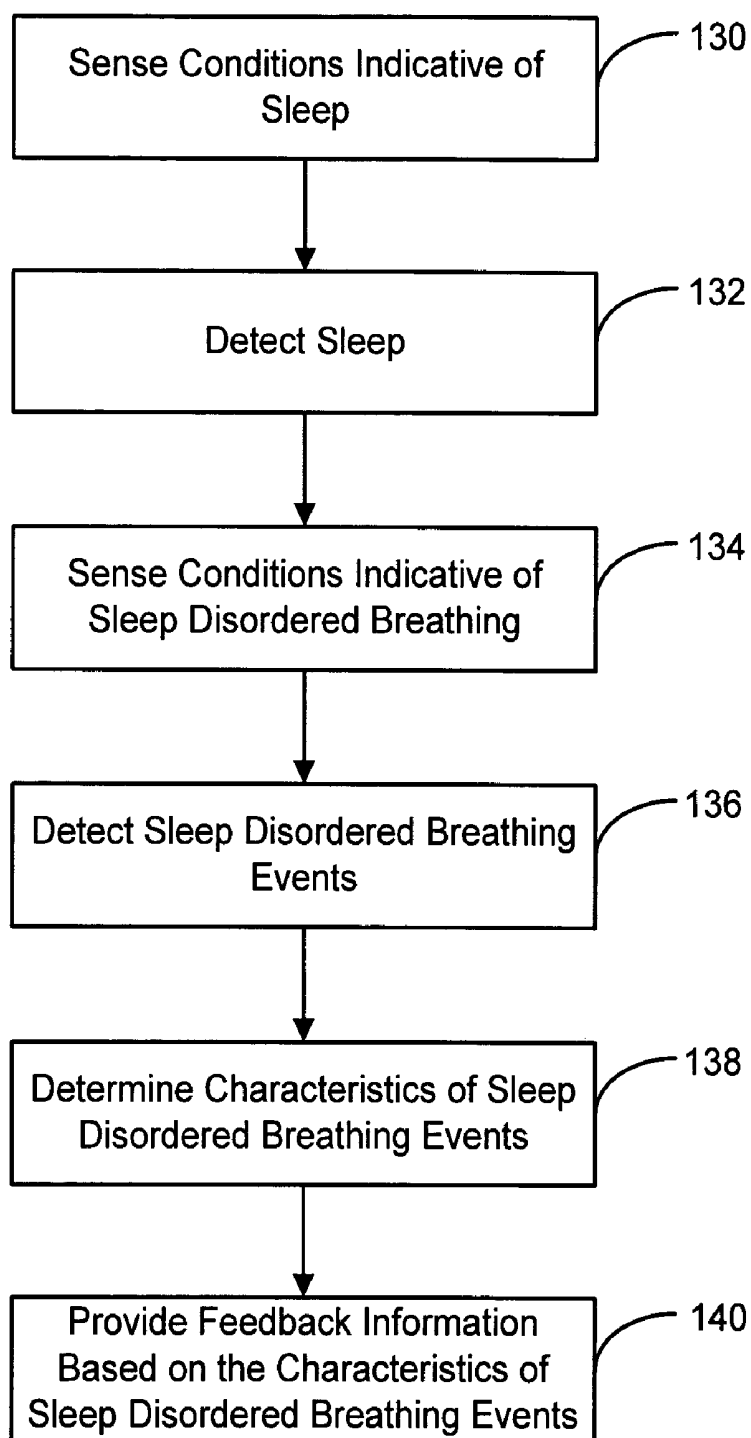


Figure 1C

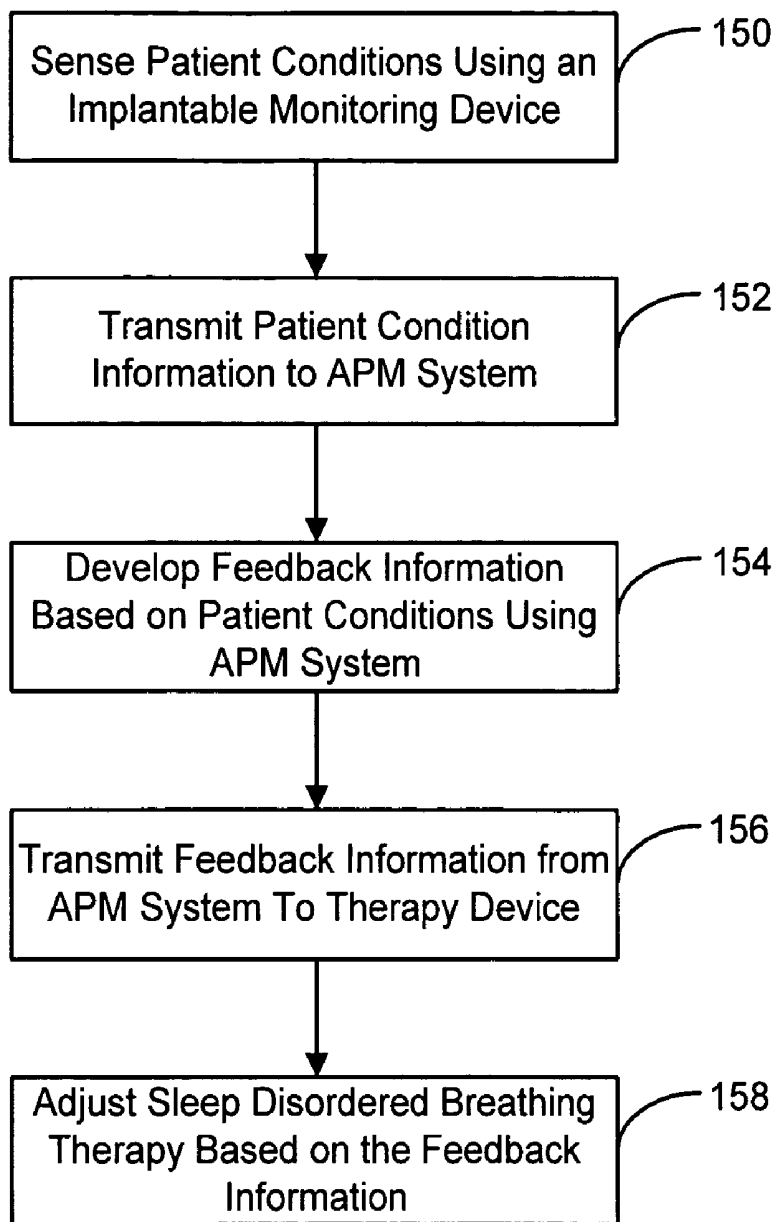


Figure 1D

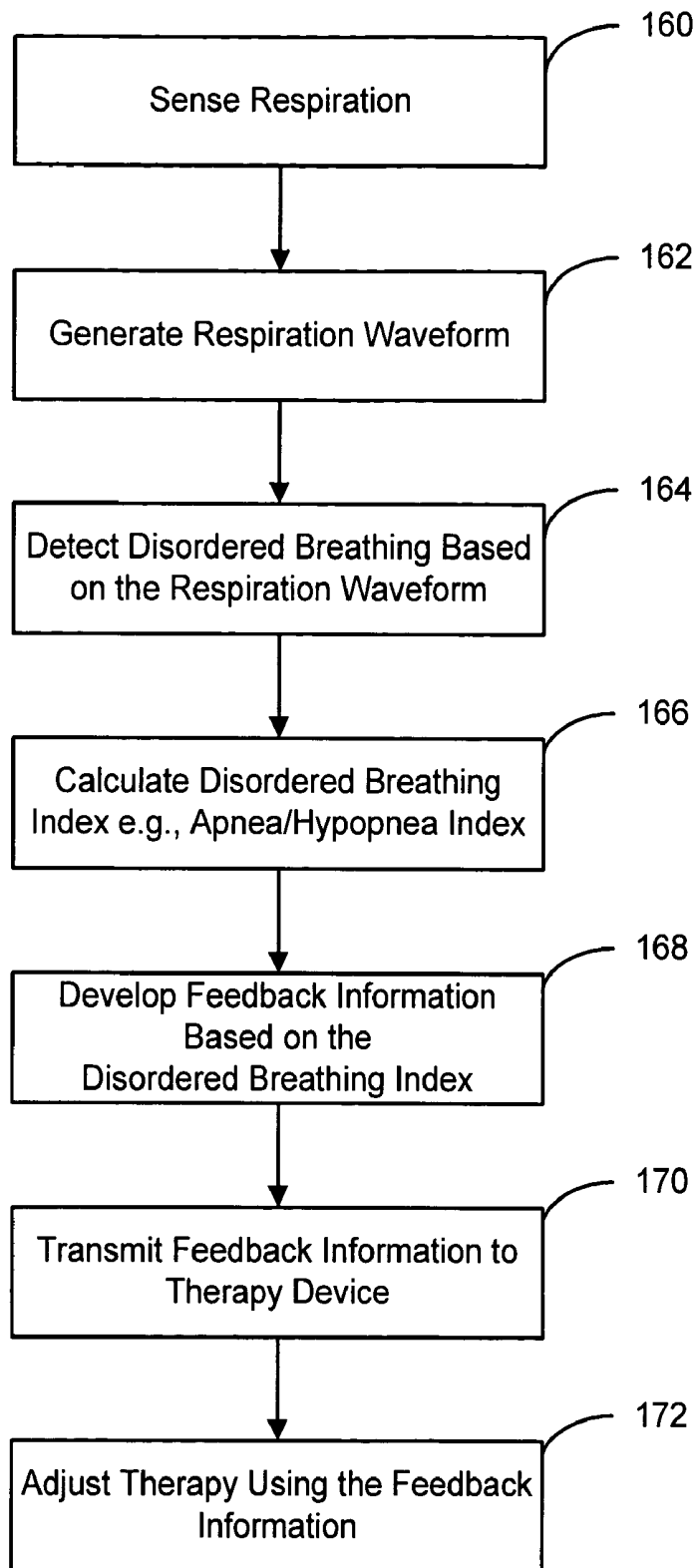


Figure 1E

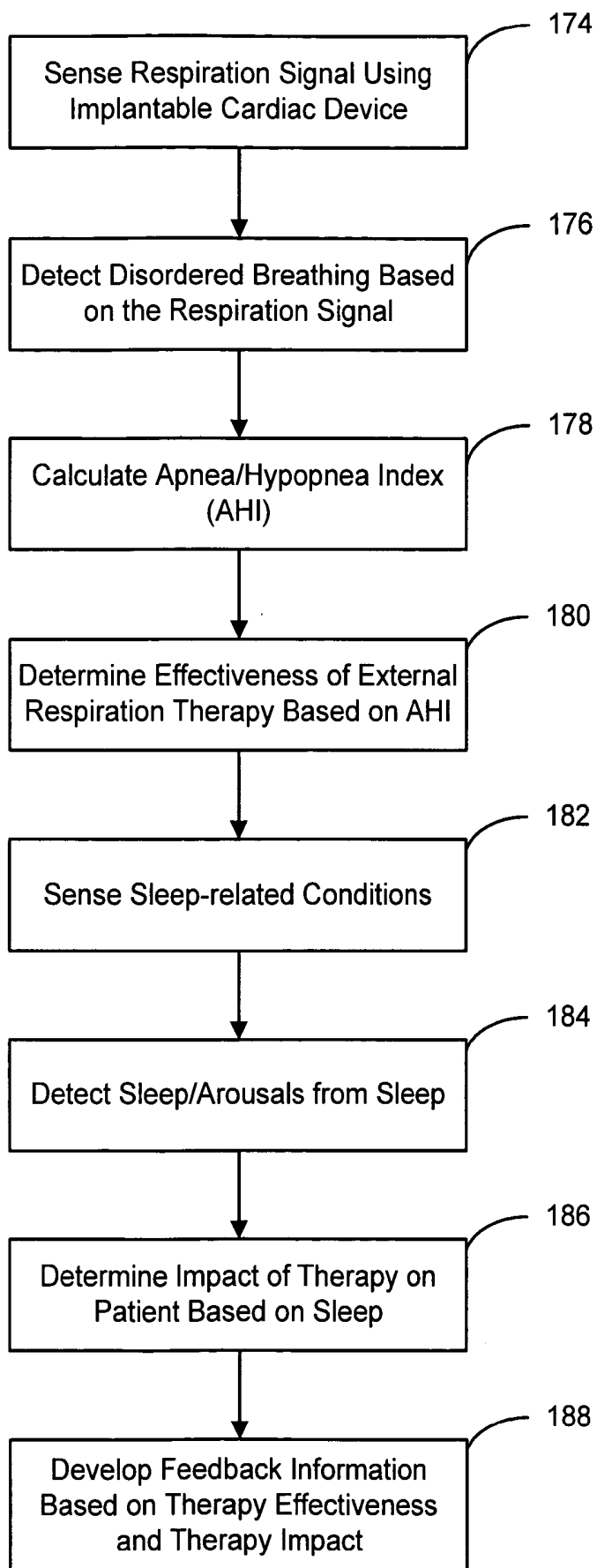


Figure 1F

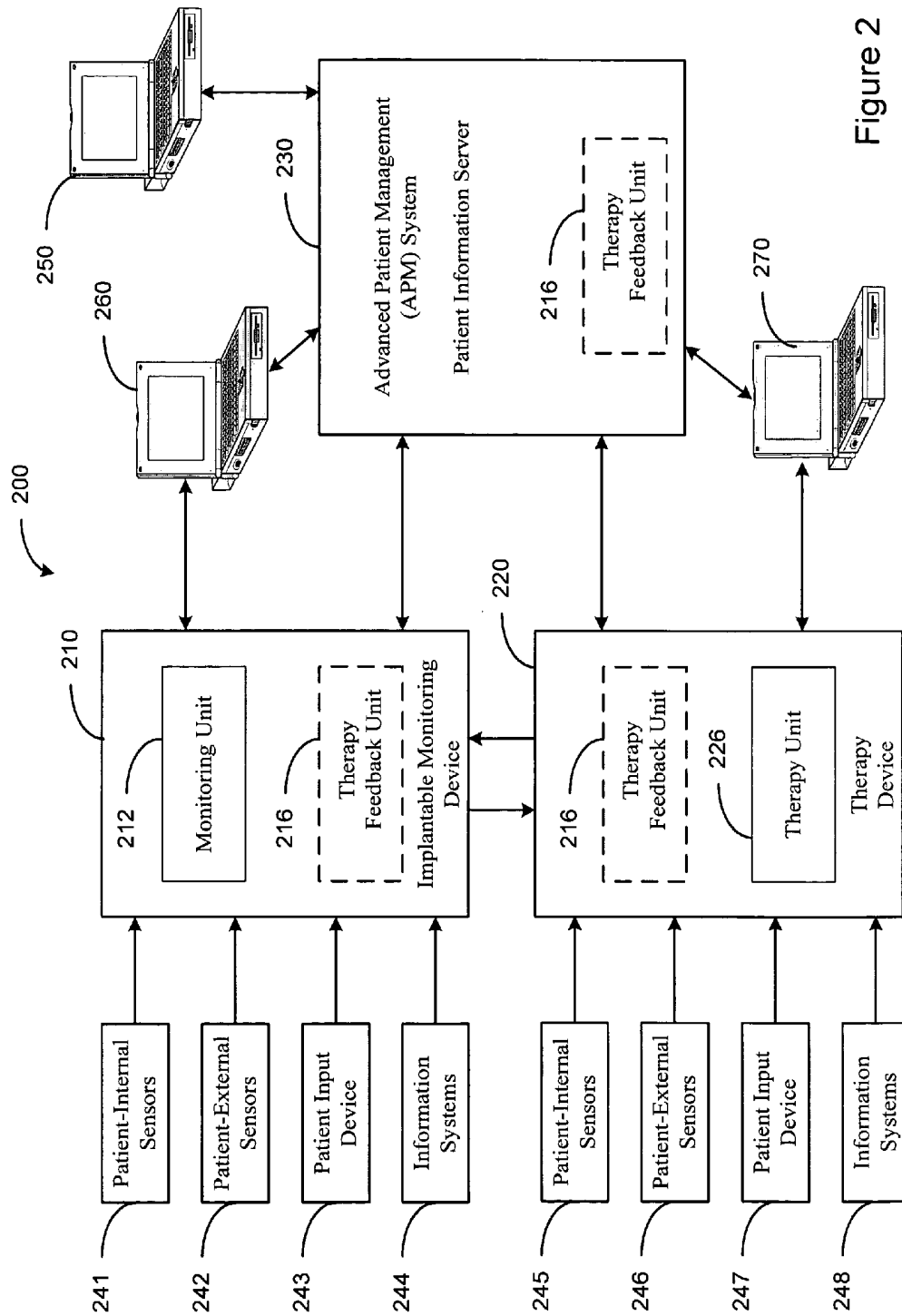


Figure 2

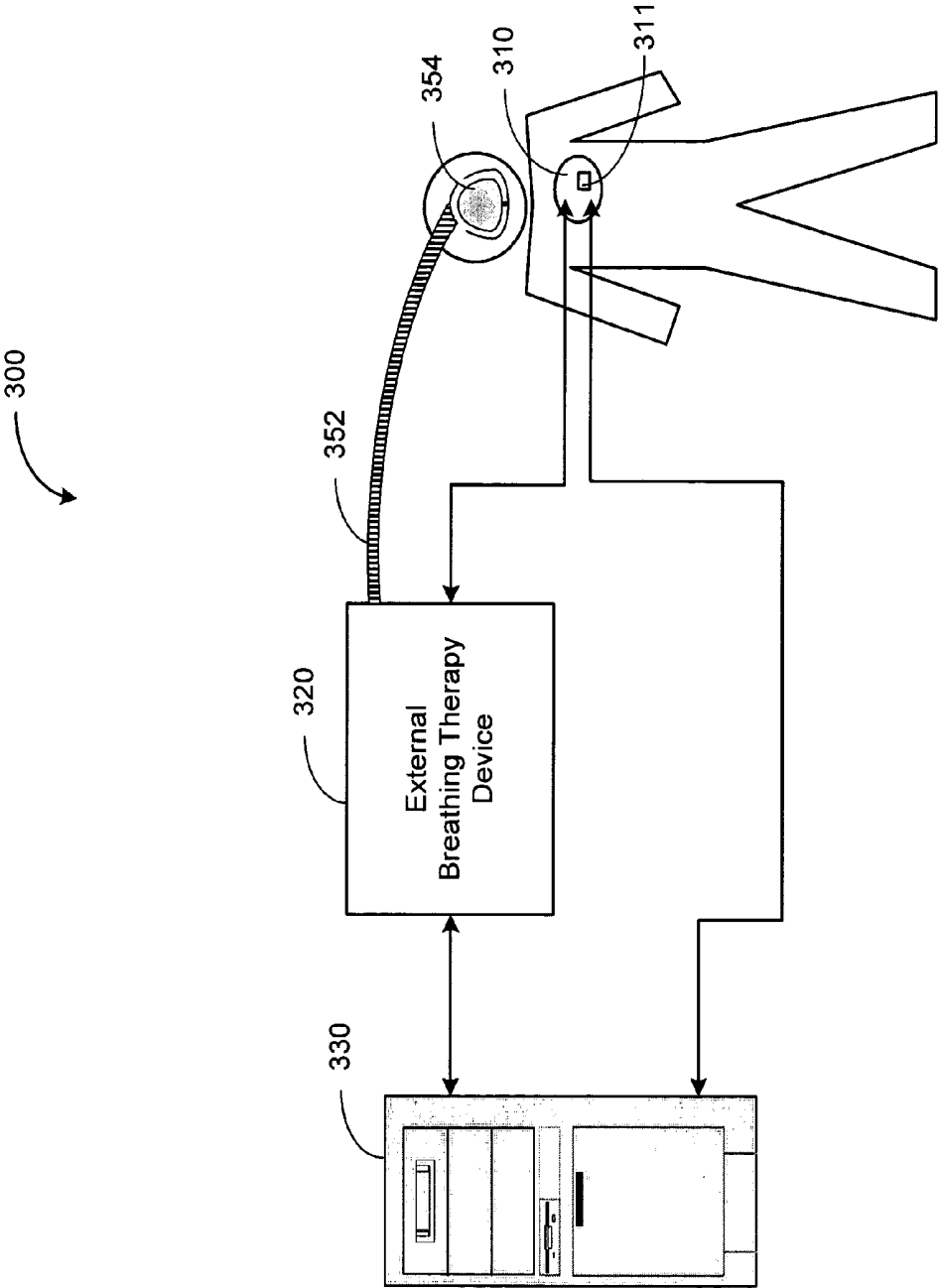


Figure 3

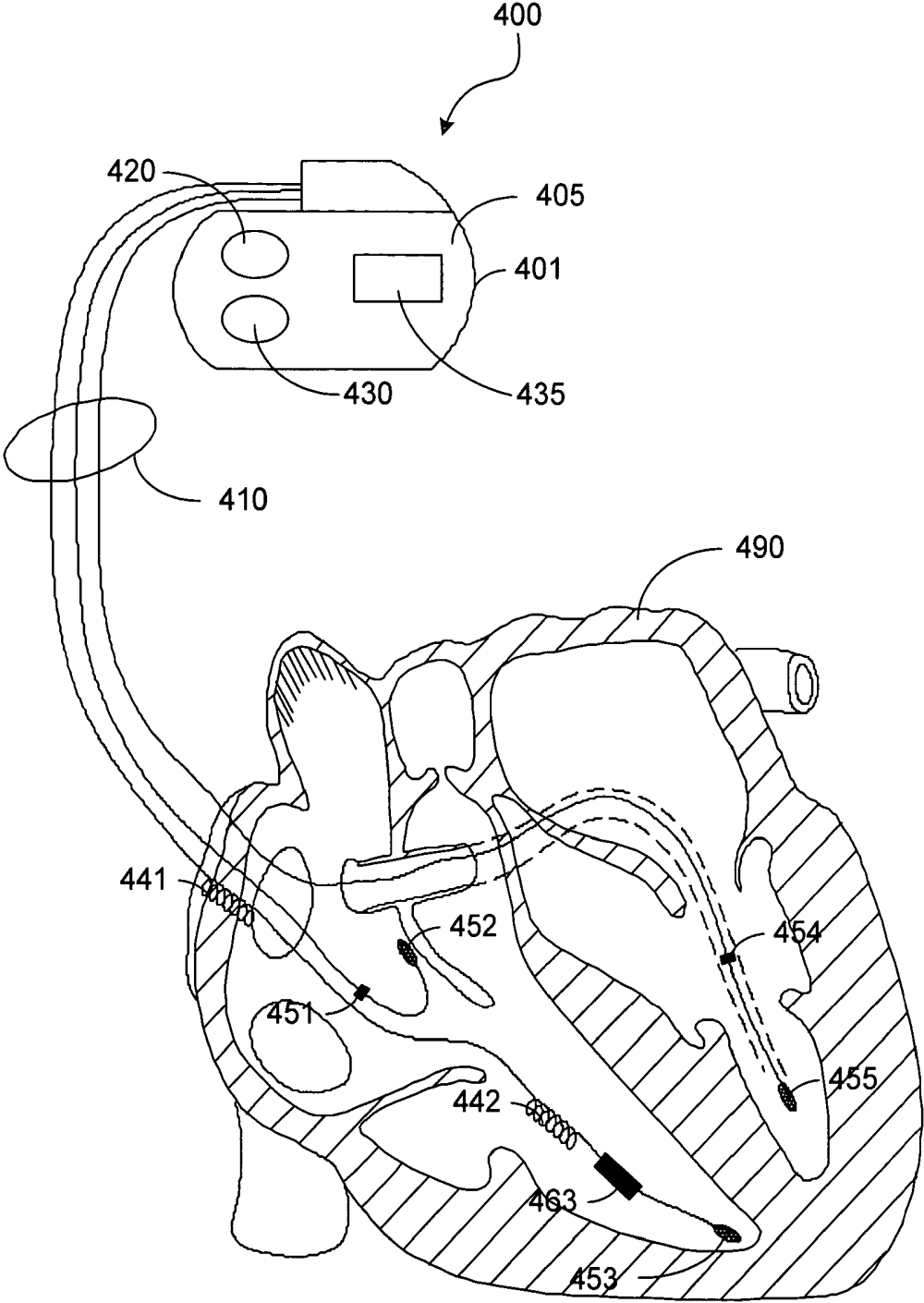


Figure 4A

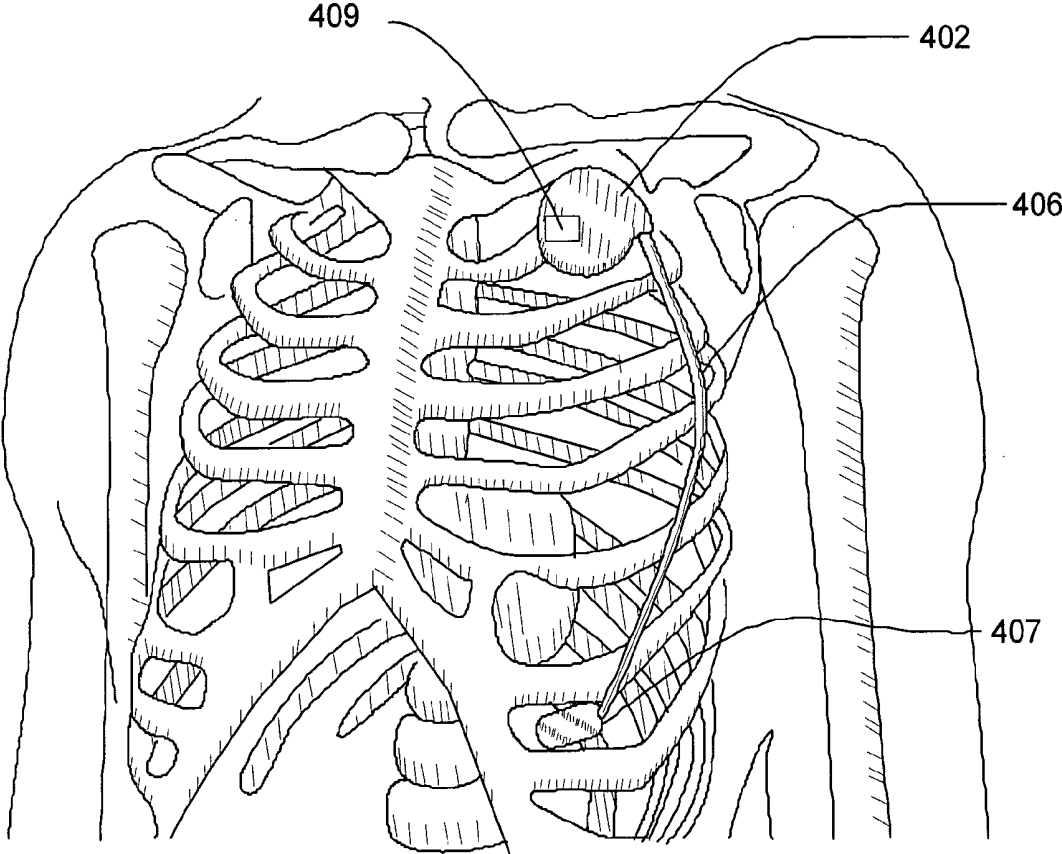


Figure 4B

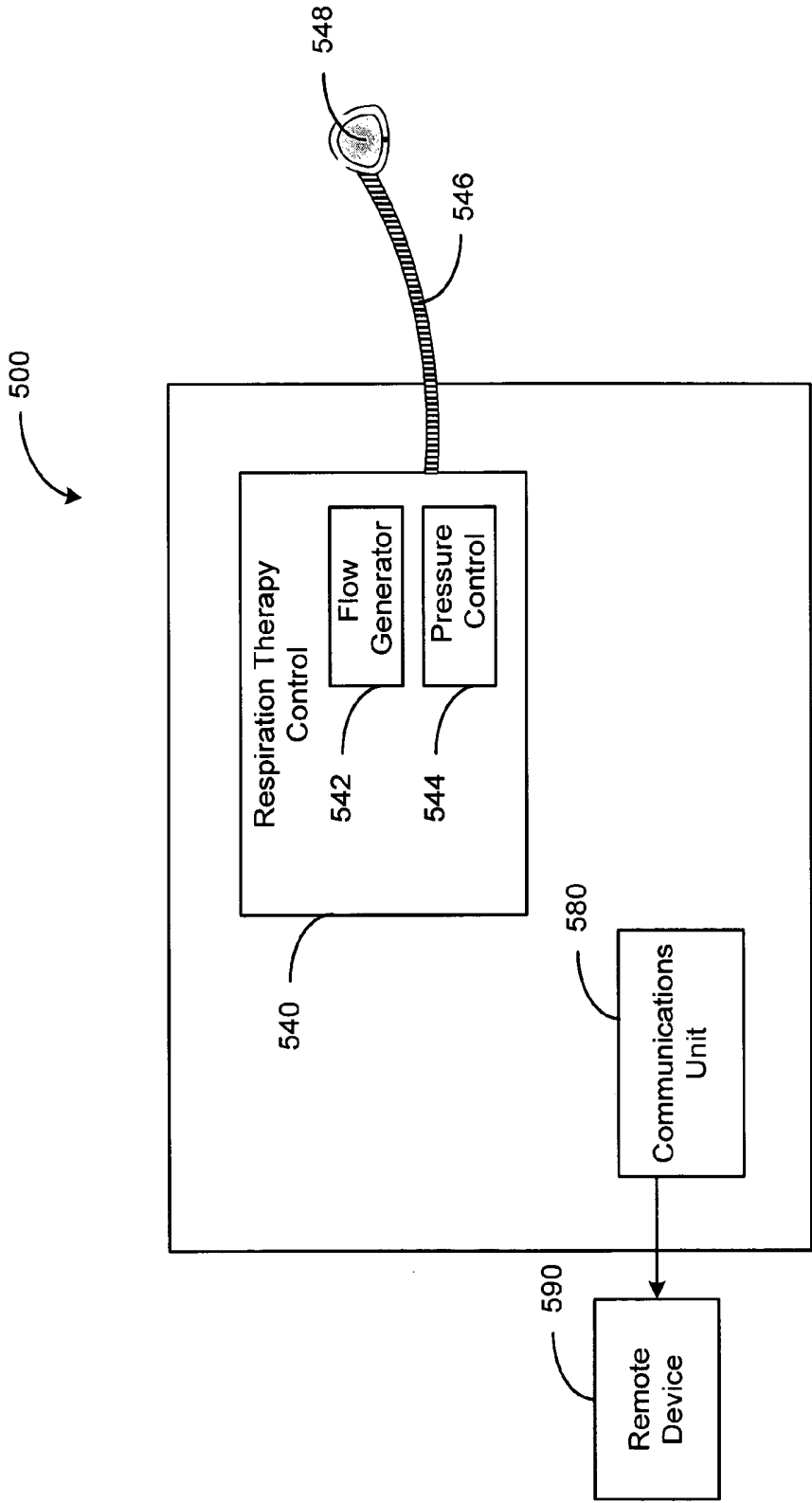


Figure 5

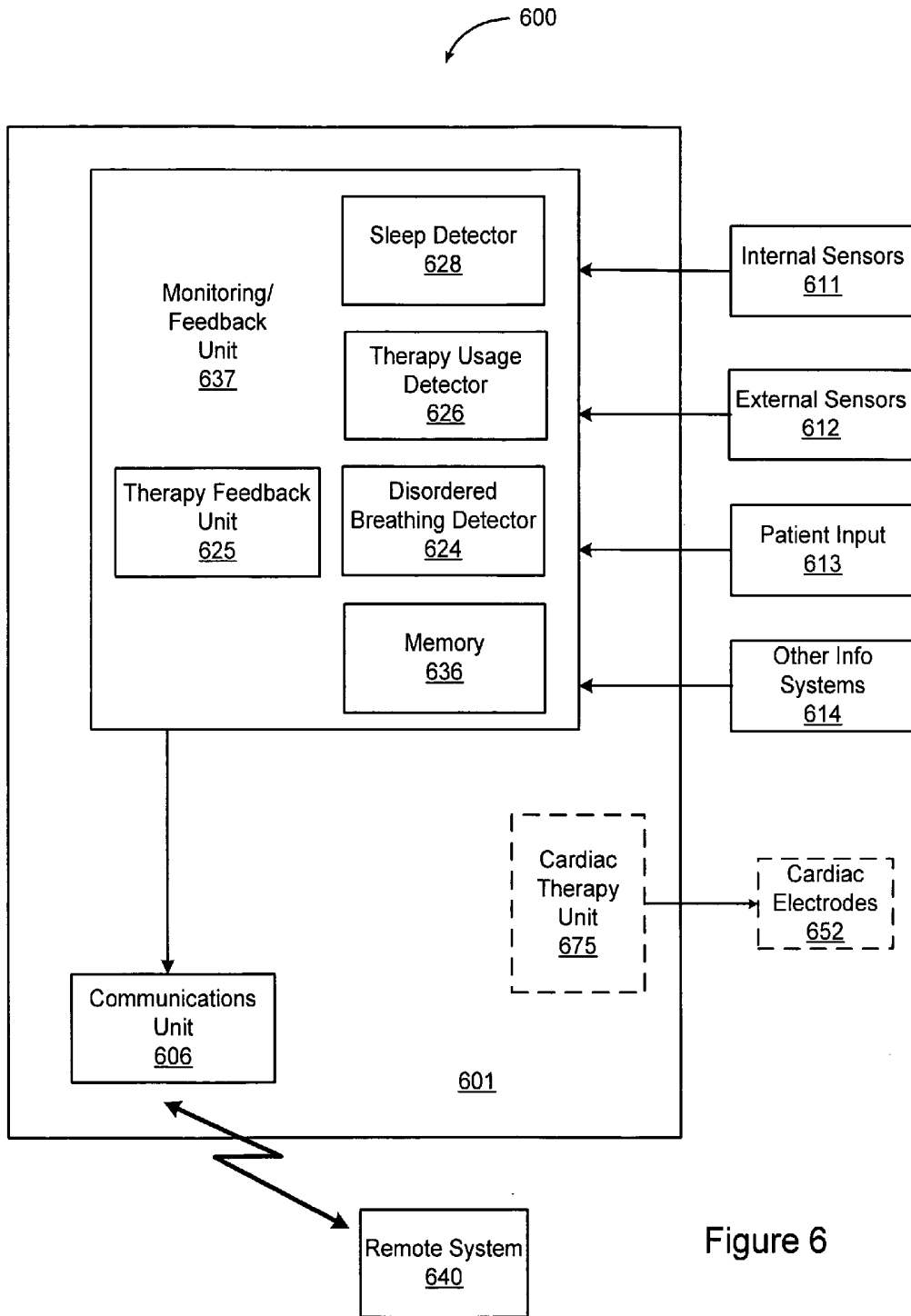


Figure 6

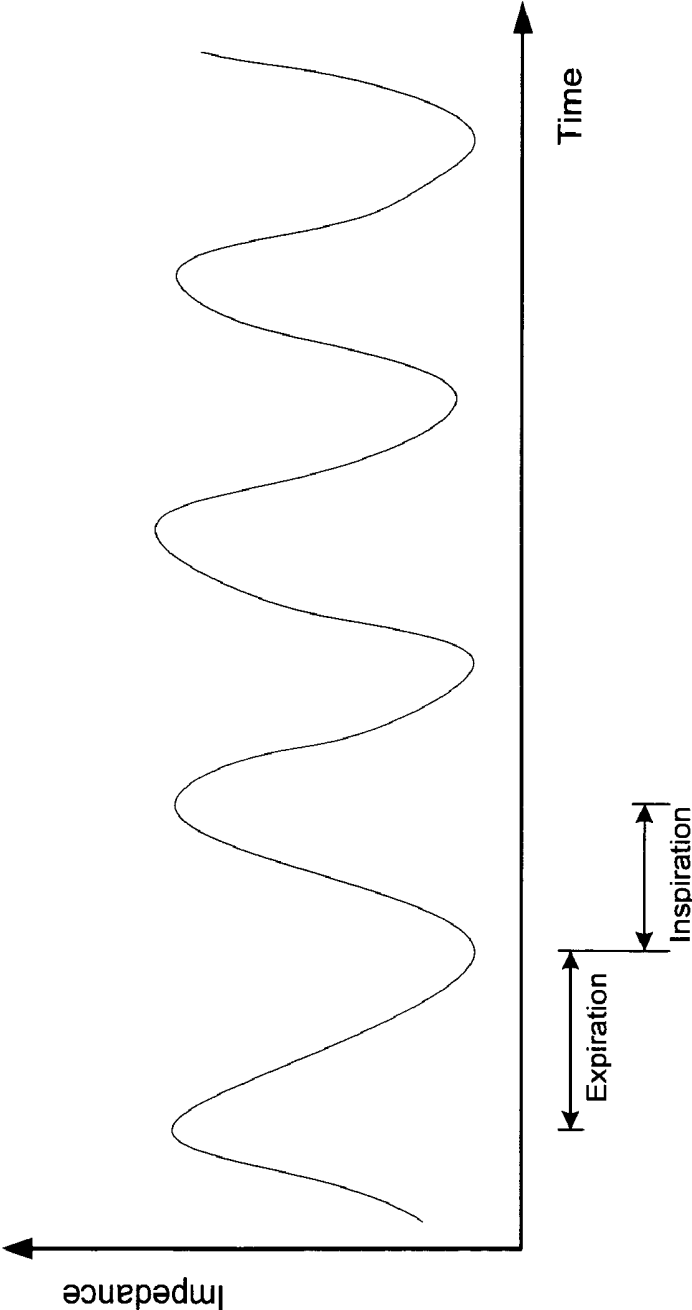


Figure 7

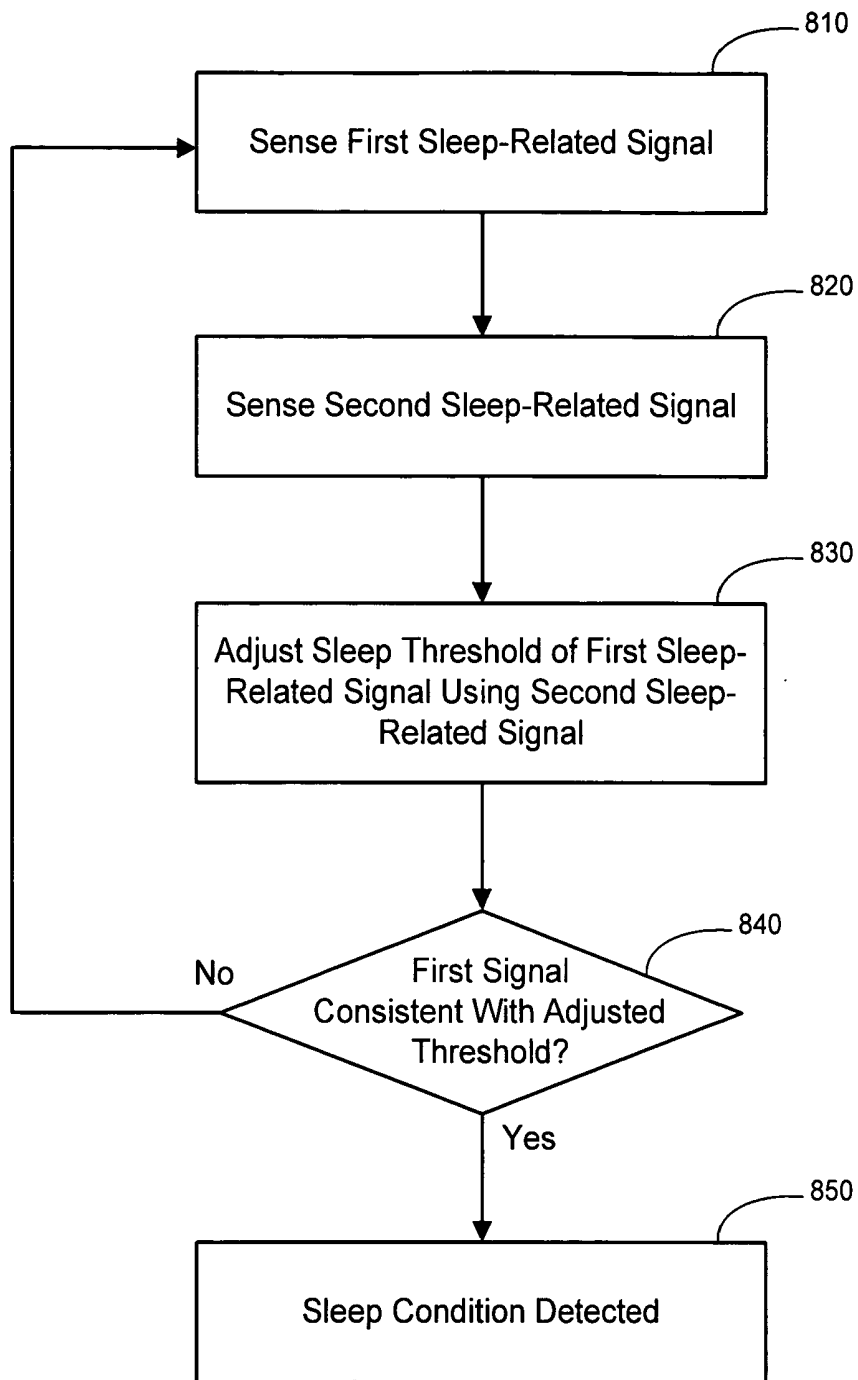


Figure 8

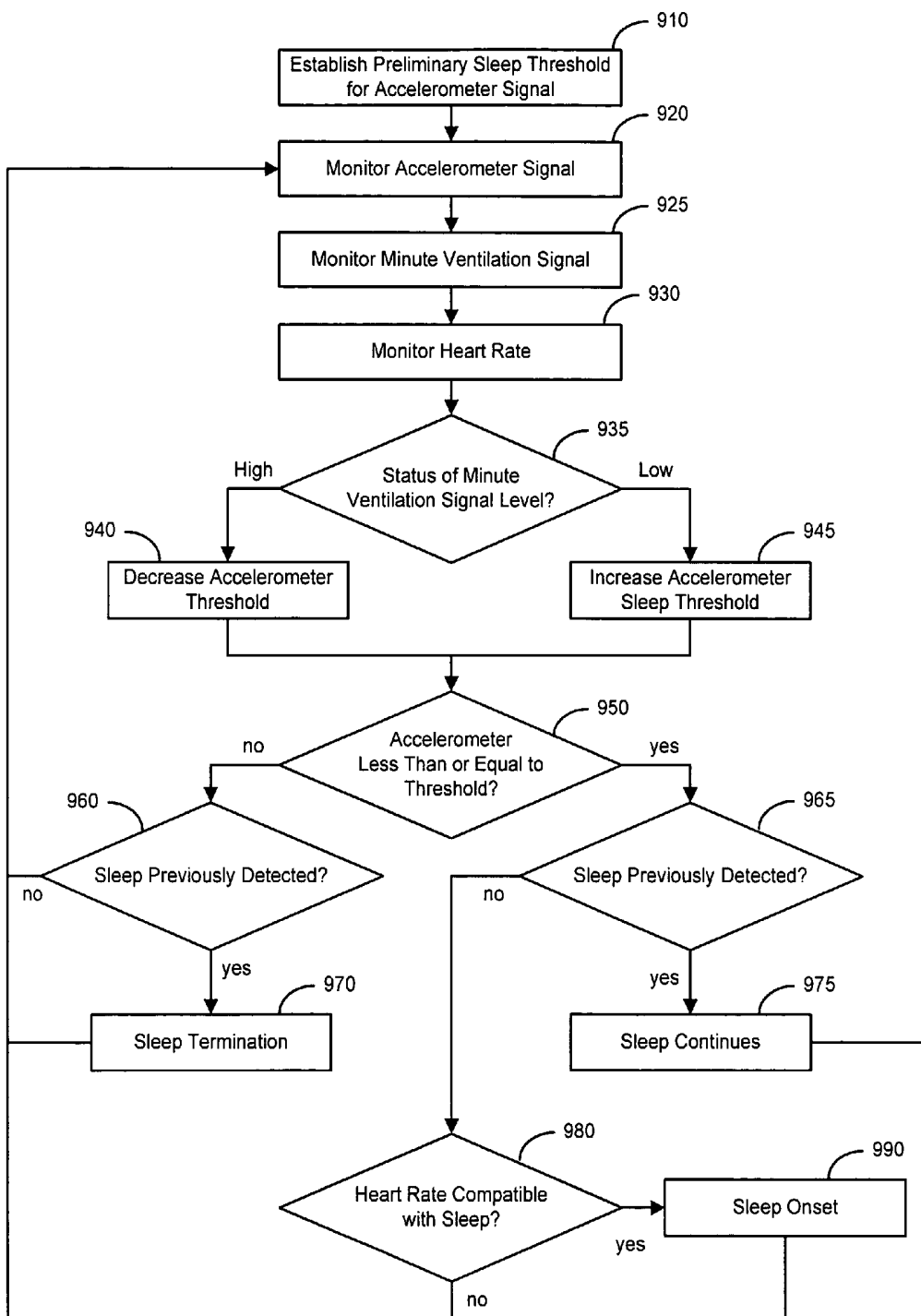


Figure 9

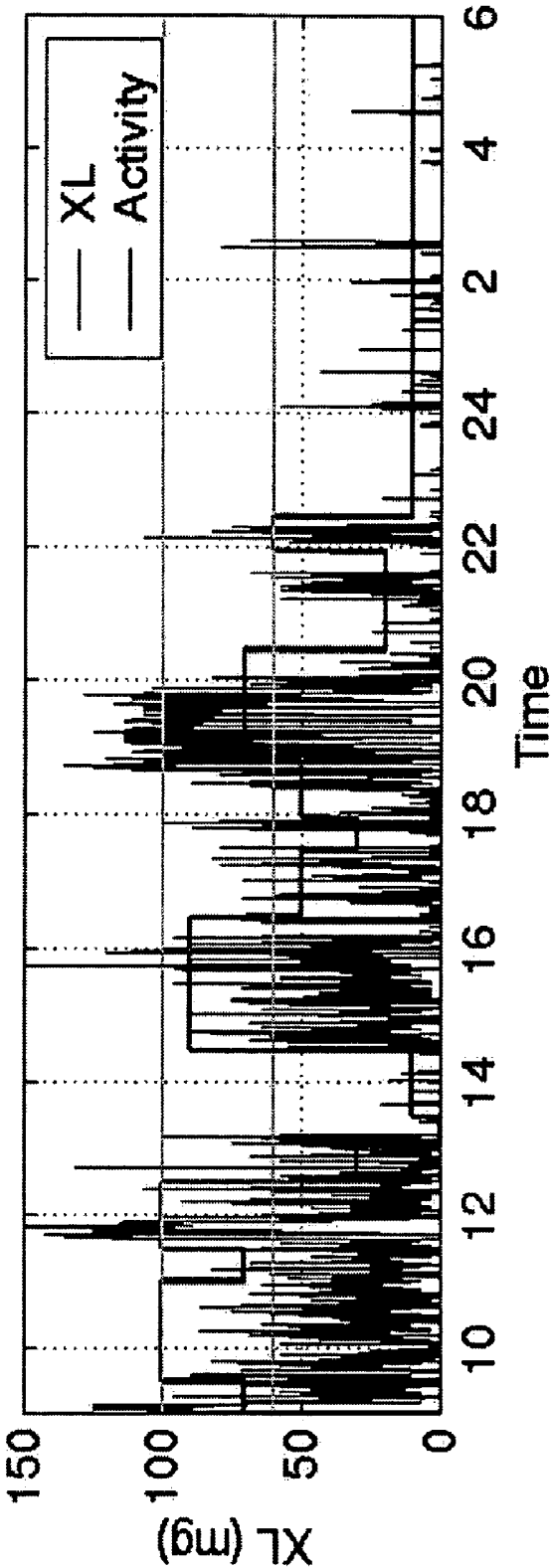


Figure 10A

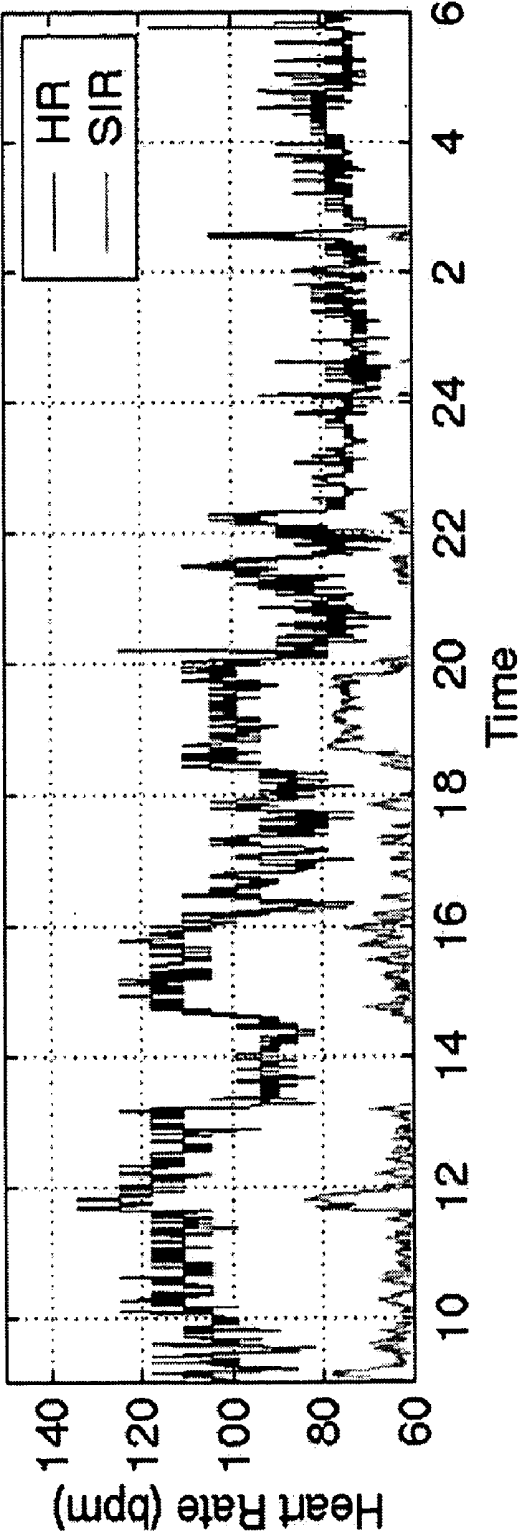


Figure 10B

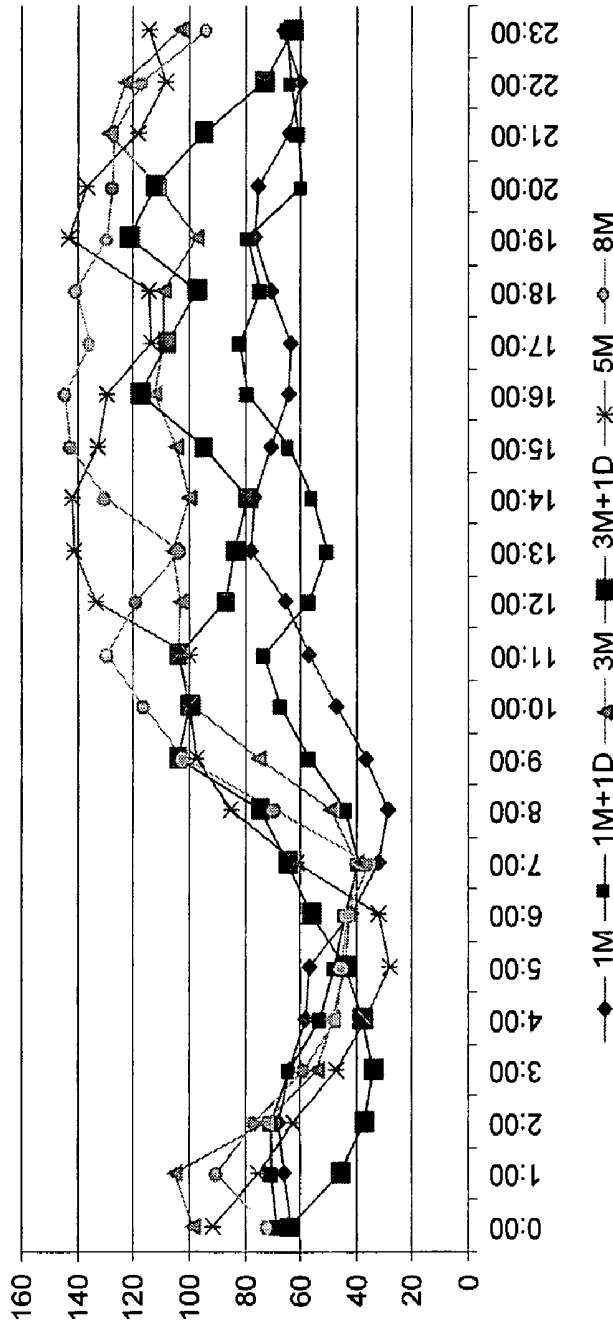


Figure 11

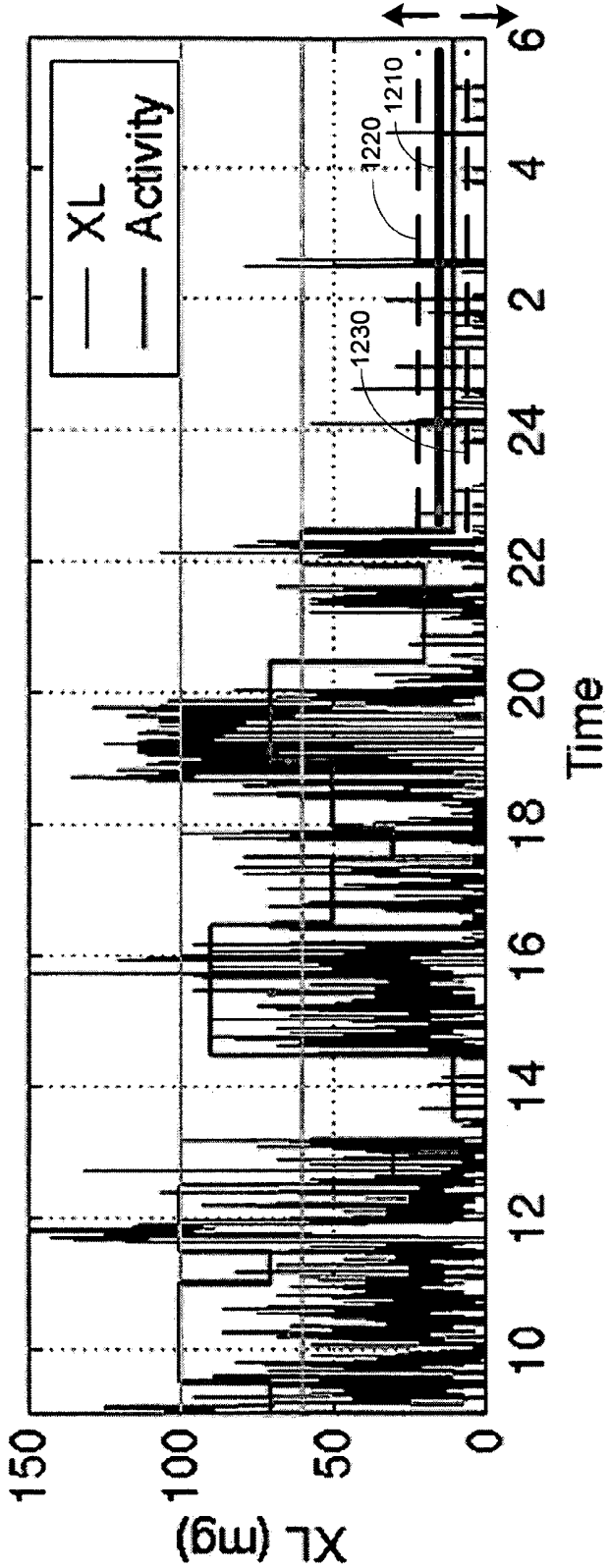


Figure 12

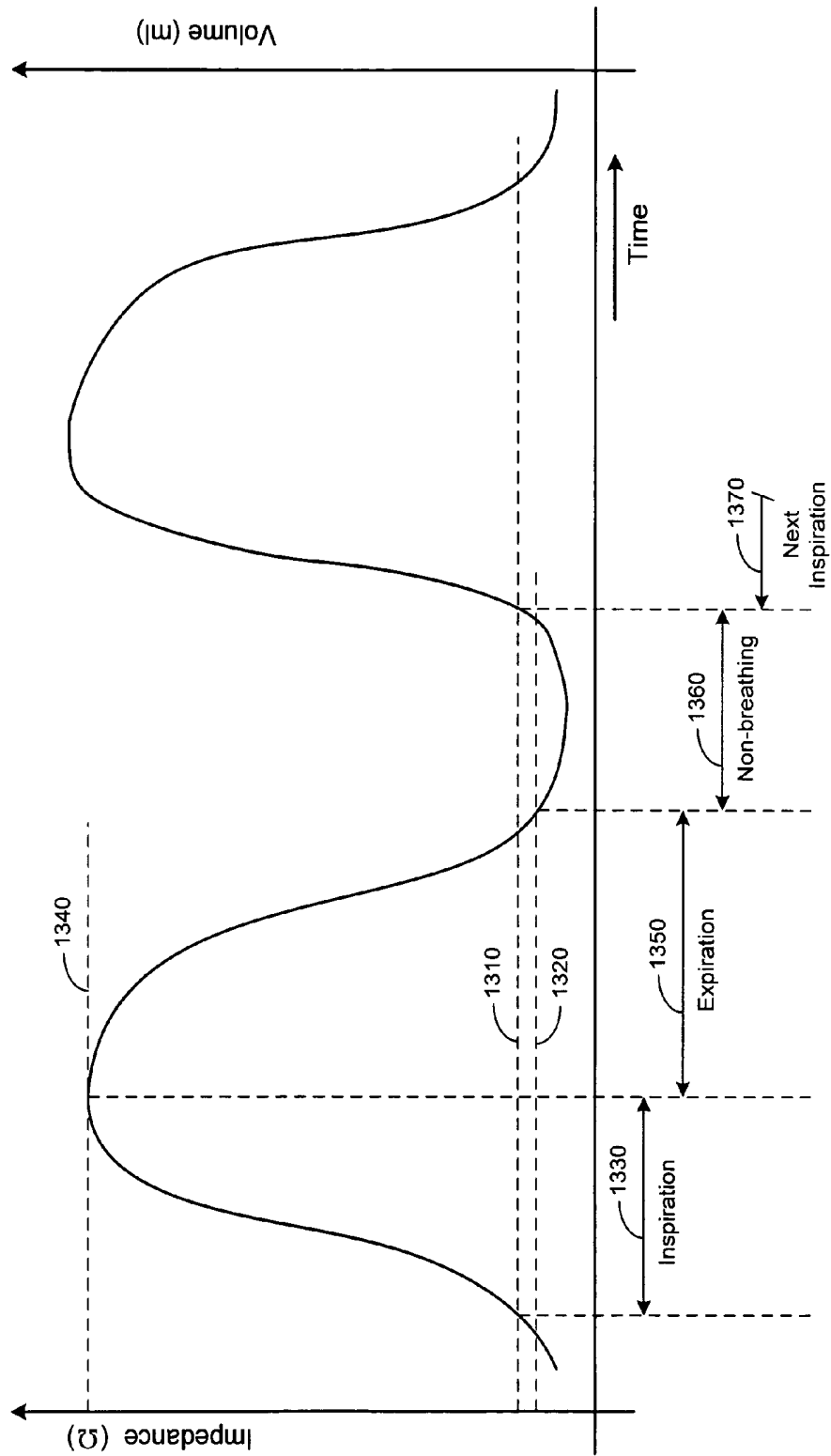


Figure 13

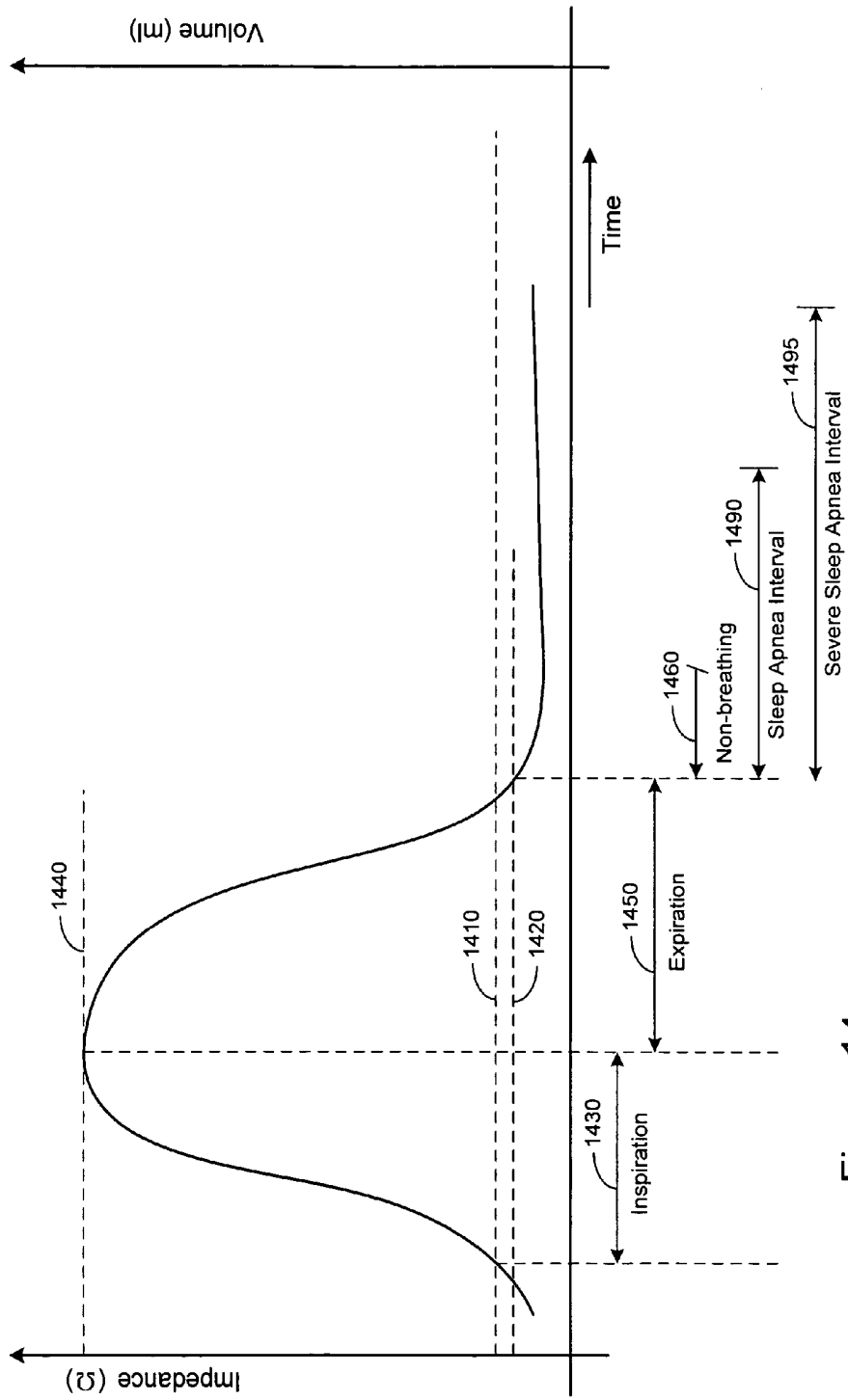


Figure 14

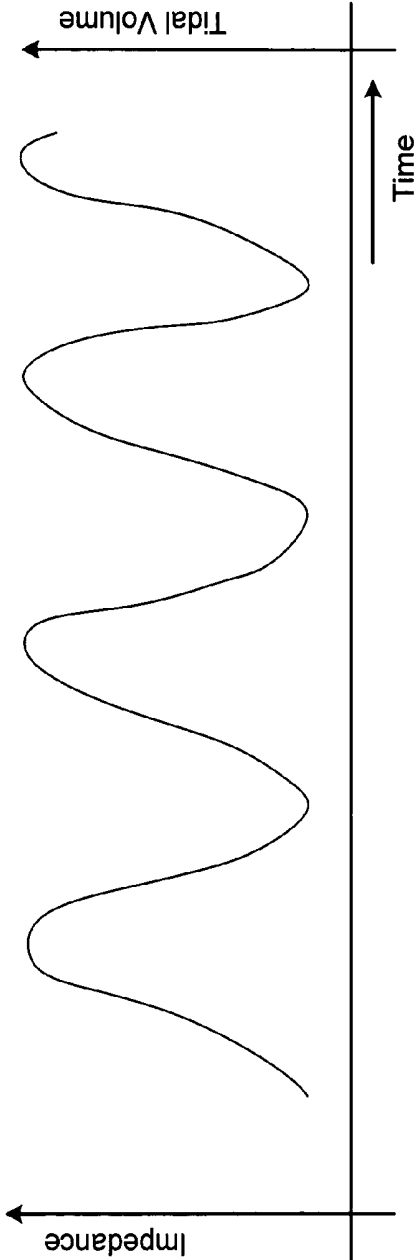


Figure 15A

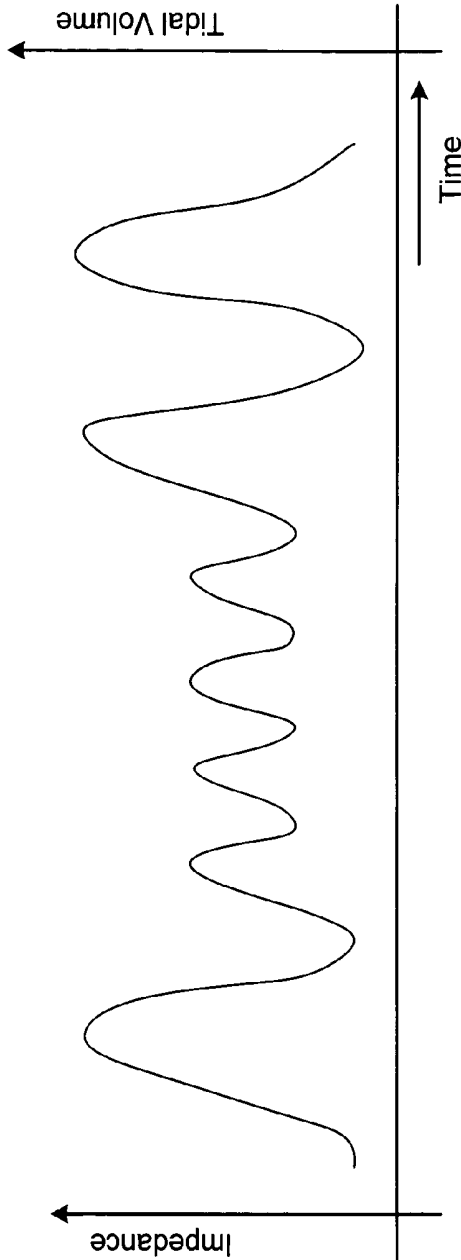


Figure 15B

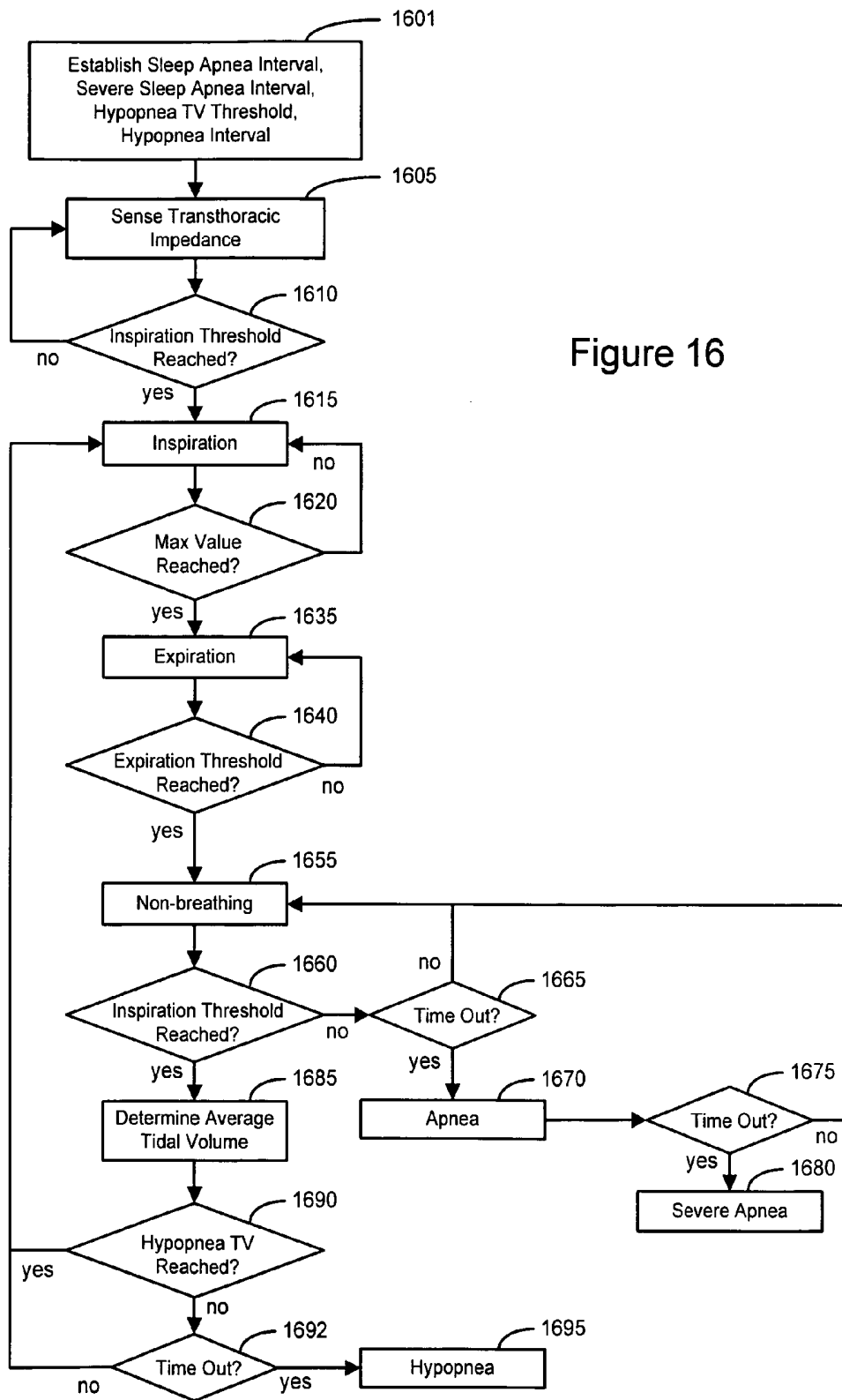


Figure 16

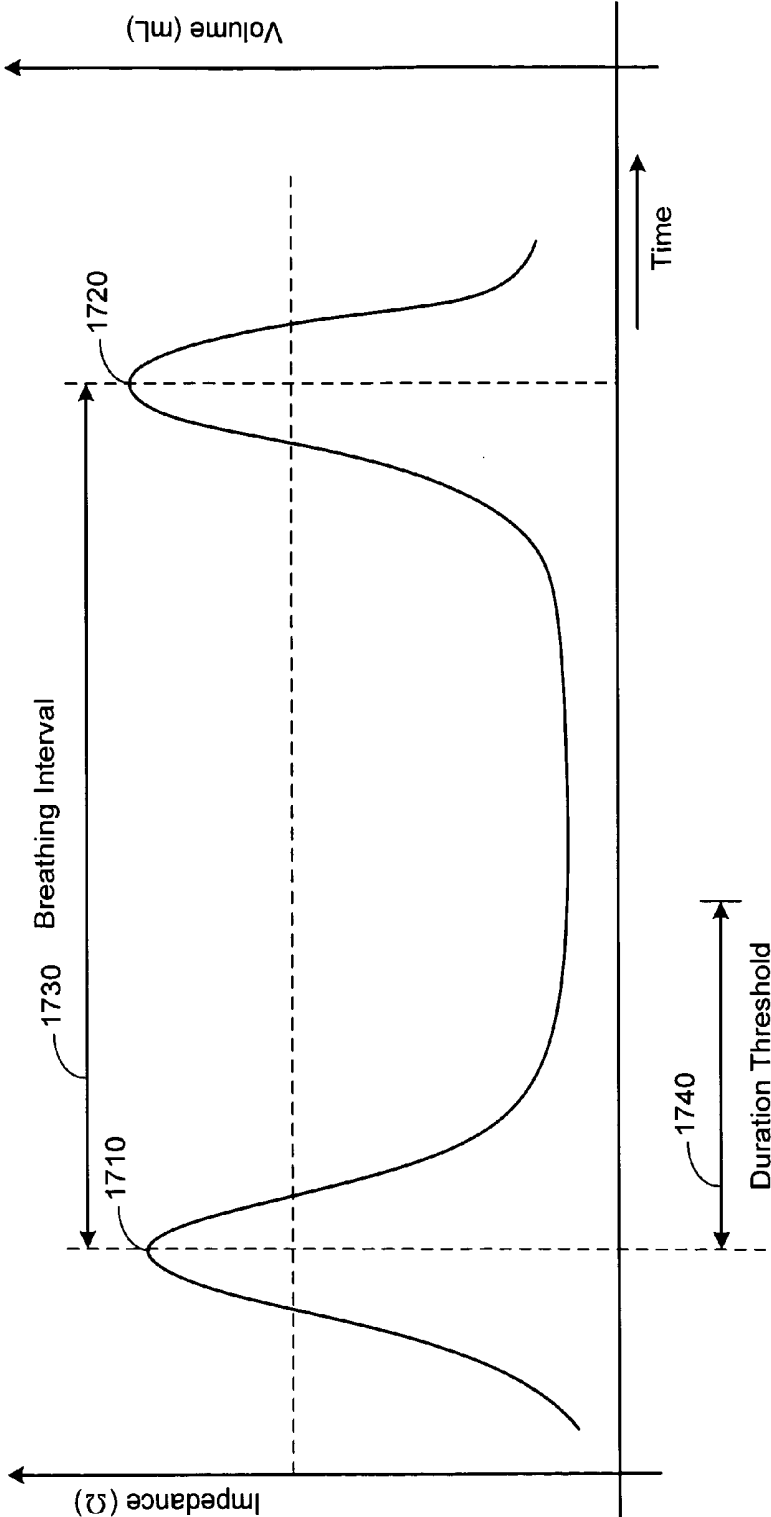


Figure 17

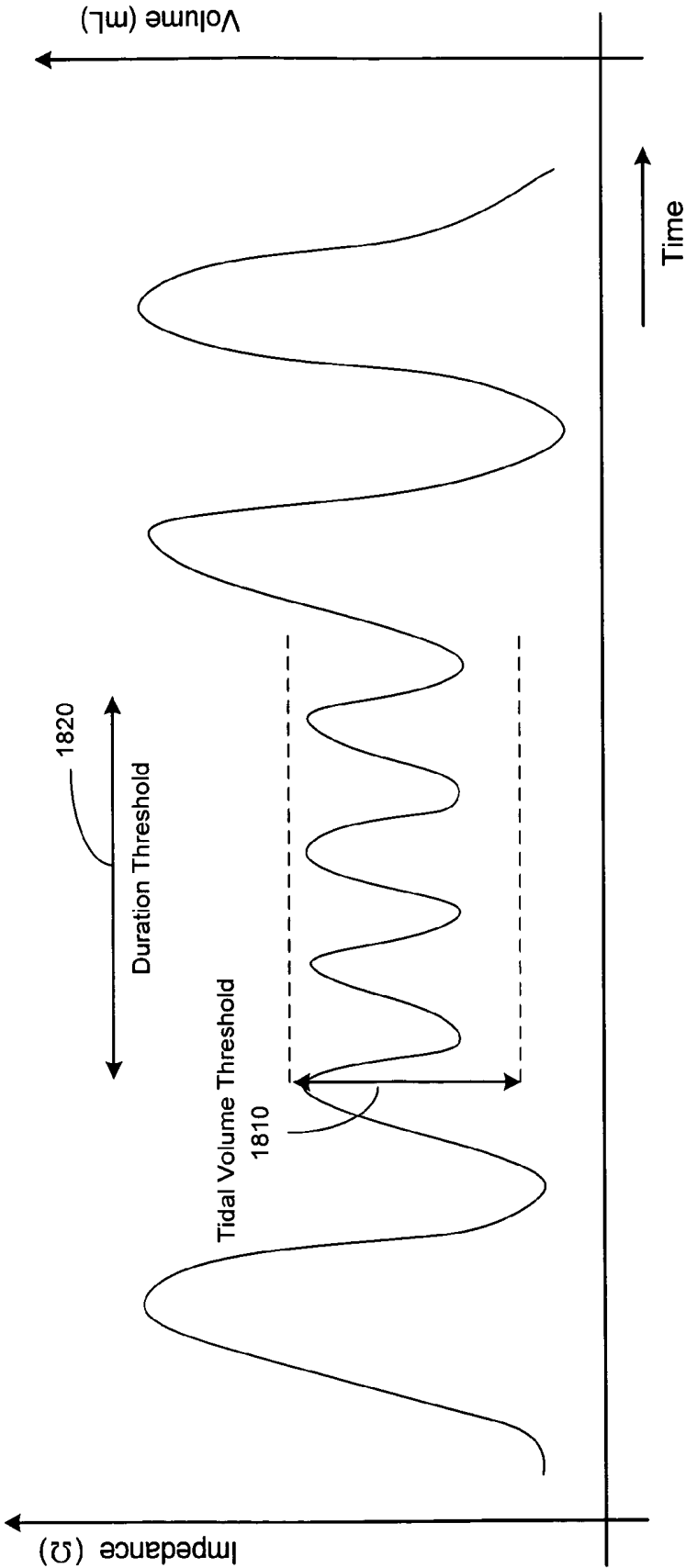


Figure 18

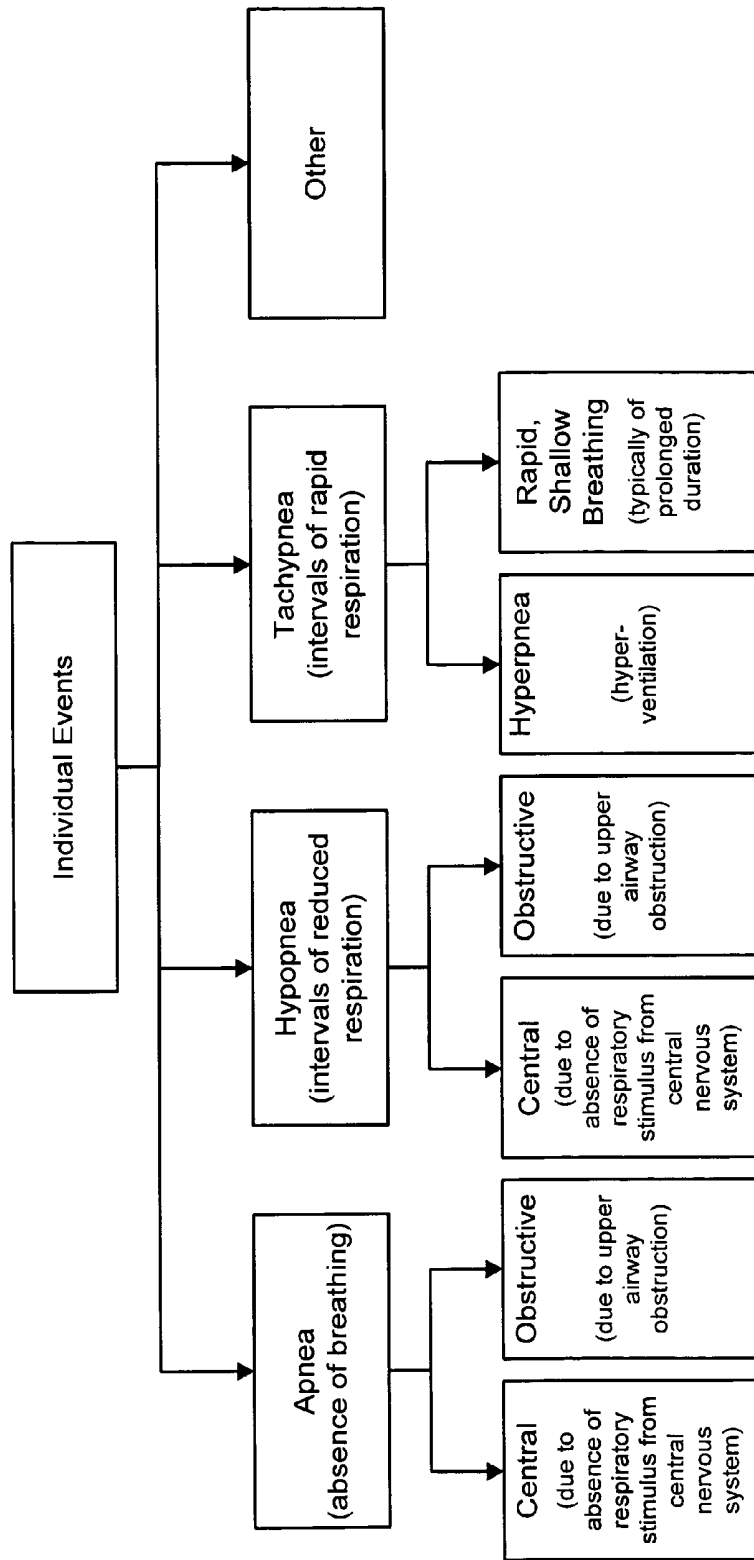


Figure 19

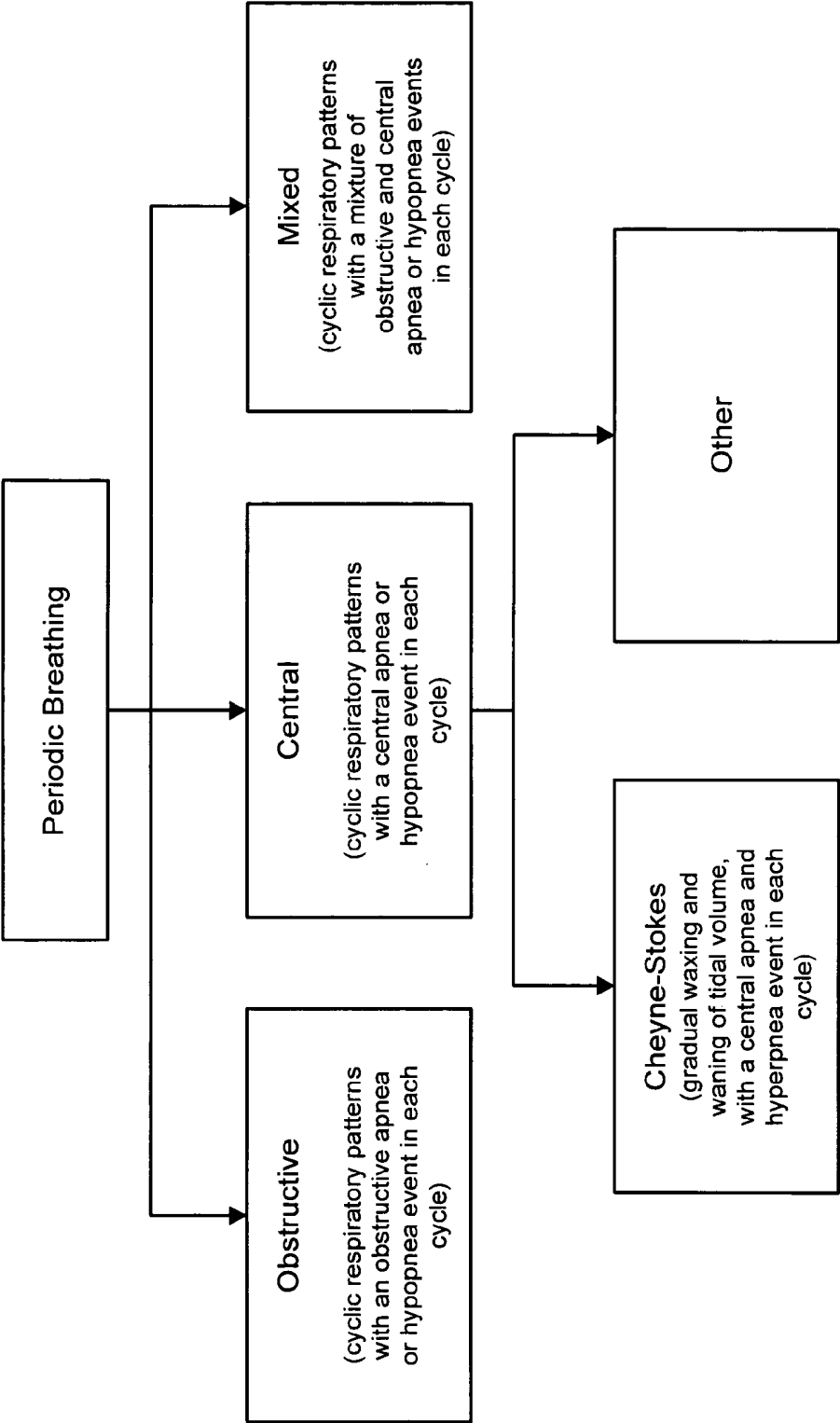


Figure 20



Figure 21A



Figure 21B

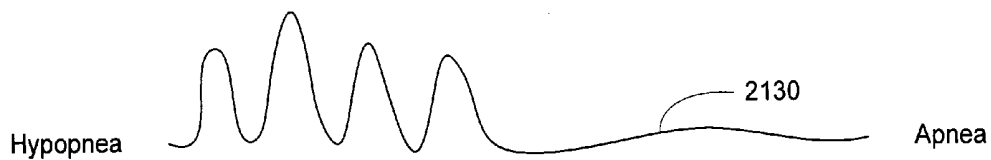


Figure 21C

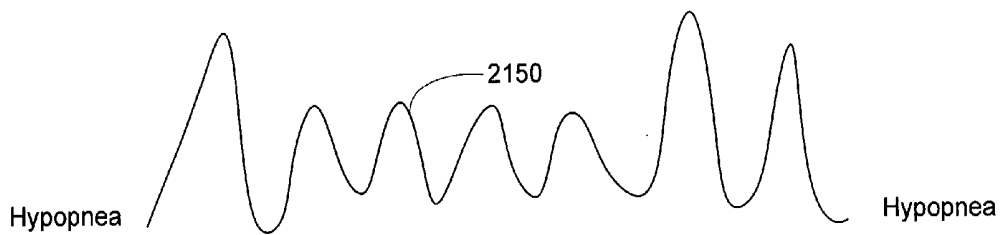


Figure 21D

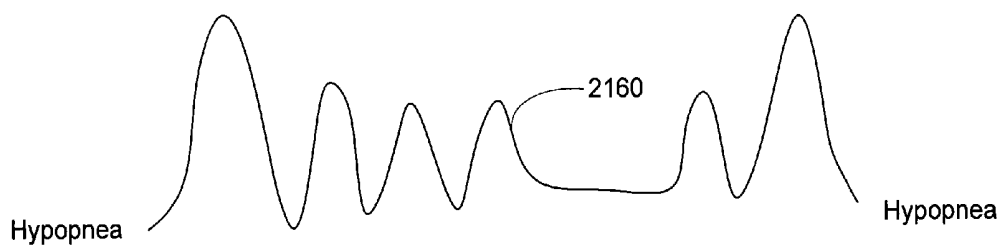
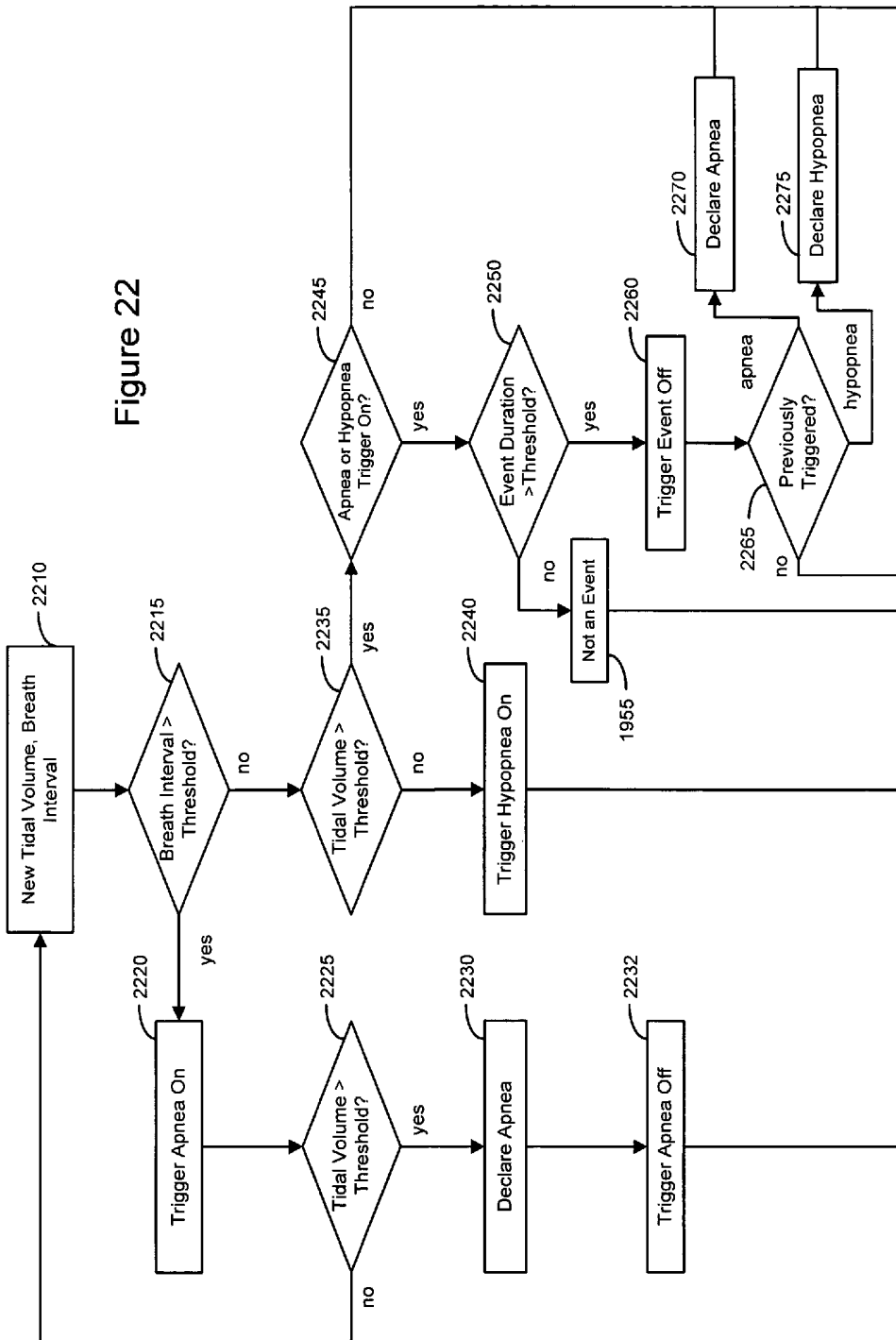


Figure 21E

Figure 22



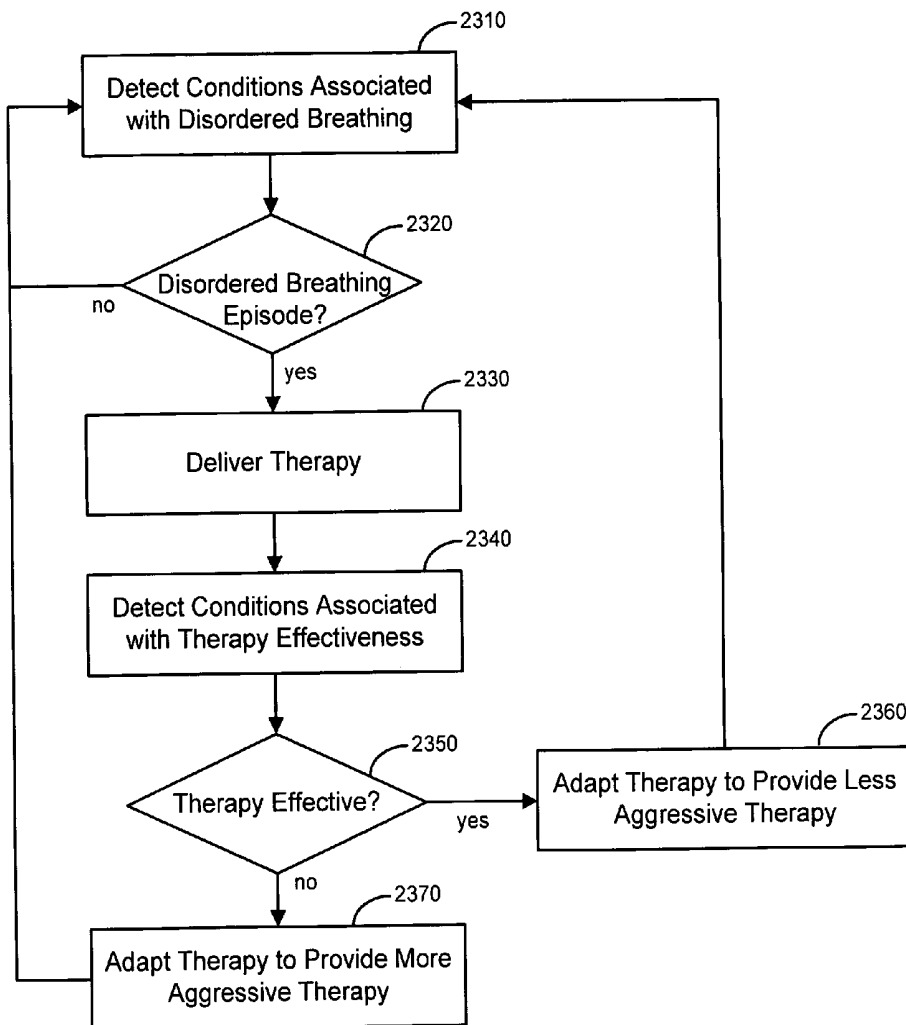


Figure 23

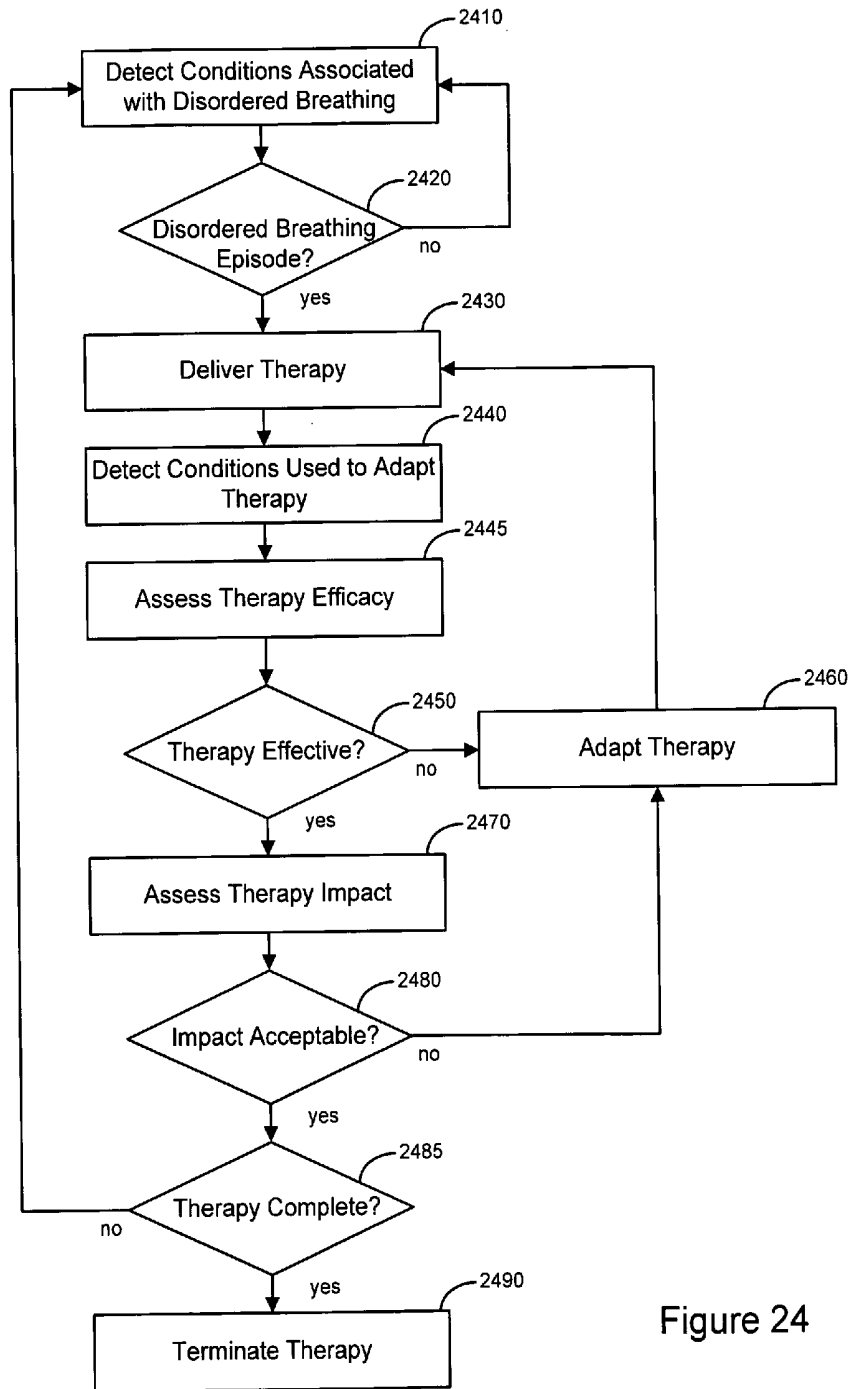


Figure 24

## FEEDBACK SYSTEM AND METHOD FOR SLEEP DISORDERED BREATHING THERAPY

[0001] This application claims the benefit of Provisional Patent Application Ser. No. 60/504,071, filed on Sep. 18, 2003, to which priority is claimed pursuant to 35 U.S.C. §119(e) and which is hereby incorporated herein by reference.

### FIELD OF THE INVENTION

[0002] The present invention relates generally to providing feedback information for sleep disordered breathing therapy.

### BACKGROUND OF THE INVENTION

[0003] The human body functions through a number of interdependent physiological systems controlled through various mechanical, electrical, and chemical processes. The metabolic state of the body is constantly changing. For example, as exercise level increases, the body consumes more oxygen and gives off more carbon dioxide. The cardiac and pulmonary systems maintain appropriate blood gas levels by making adjustments that bring more oxygen into the system and dispel more carbon dioxide. The cardiovascular system transports blood gases to and from the body tissues. The respiration system, through the breathing mechanism, performs the function of exchanging these gases with the external environment. Together, the cardiac and respiration systems form a larger anatomical and functional unit denoted the cardiopulmonary system.

[0004] Various disorders may affect the cardiovascular, respiratory, and other physiological systems. For example, heart failure (HF) is a clinical syndrome that impacts a number of physiological processes. Heart failure is an abnormality of cardiac function that causes cardiac output to fall below a level adequate to meet the metabolic demand of peripheral tissues. Heart failure is usually referred to as congestive heart failure (CHF) due to the accompanying venous and pulmonary congestion. Congestive heart failure may have a variety of underlying causes, including ischemic heart disease (coronary artery disease), hypertension (high blood pressure), and diabetes, among others.

[0005] Disordered breathing is a respiratory system condition that affects a significant percentage of patients between 30 and 60 years. Disordered breathing, including apnea and hypopnea, may be caused, for example, by an obstructed airway, or by derangement of the signals from the brain controlling respiration. Sleep disordered breathing is associated with excessive daytime sleepiness, systemic hypertension, increased risk of stroke, angina and myocardial infarction. Disordered breathing is related to congestive heart failure and can be particularly serious for patients concurrently suffering from cardiovascular deficiencies.

[0006] Various types of disordered breathing have been identified, including, apnea (interrupted breathing), hypopnea (shallow breathing), tachypnea (rapid breathing), hyperpnea (heavy breathing), and dyspnea (labored breathing). Combinations of the respiratory cycles described above may be observed, including, for example, periodic breathing and Cheyne-Stokes respiration (CSR). Cheyne-Stokes respiration is particularly prevalent among heart failure patients, and may contribute to the progression of heart failure.

[0007] Sleep disordered breathing has been treated using a variety of patient-external and patient-internal therapy devices. Monitoring conditions associated with sleep disordered breathing therapy provides an opportunity to provide feedback for enhanced therapy delivery. Effective approaches to monitoring and/or adjusting disordered breathing therapy are needed. The present invention fulfills these and other needs, and addresses other deficiencies of prior art implementations and techniques.

### SUMMARY OF THE INVENTION

[0008] Various embodiments of present invention involve methods and systems for developing and providing feedback information for sleep disordered breathing therapy. In accordance with one embodiment, a method of controlling sleep disordered breathing therapy includes monitoring one or more patient conditions using a monitoring device having circuitry disposed within an implantable housing. Feedback information for controlling sleep disordered breathing therapy is developed based on the one or more monitored conditions. The feedback information is provided to a device delivering therapy to treat sleep disordered breathing. The housing of the therapy device is separate from the implantable housing of the monitoring device.

[0009] In accordance with another embodiment of the invention, a method of adjusting sleep disordered breathing therapy includes monitoring one or more patient conditions using a monitoring device having circuitry disposed within an implantable housing. Feedback information for controlling sleep disordered breathing therapy is developed based on the one or more monitored conditions. The feedback information is provided to a device delivering therapy to treat sleep disordered breathing. The housing of the therapy device is separate from the implantable housing of the monitoring device. The sleep disordered breathing therapy is adjusted using the feedback information.

[0010] Yet another embodiment of the invention involves a medical system for controlling sleep disordered breathing therapy. The medical system includes a monitoring unit having components disposed within an implantable housing. The monitoring unit is configured to monitor one or more patient conditions. A processor is coupled to the monitoring unit. The processor is configured to provide feedback information related to sleep disordered breathing therapy delivered to a patient based on the one or more monitored conditions. Components of a therapy device delivering the disordered breathing therapy are disposed within a therapy device housing. The therapy device housing is separate from the implantable housing of the monitoring device.

[0011] A further embodiment of the invention involves a medical system for providing sleep disordered breathing therapy. The medical system includes a monitoring unit having components disposed within an implantable housing. The monitoring unit configured to monitor one or more patient conditions. The system also includes a therapy device having components disposed within a housing that is separate from the implantable housing of the monitoring device. The therapy device is configured to deliver sleep disordered breathing therapy. A processor is coupled to the monitoring unit and the therapy device. The processor is configured to provide feedback information related to the sleep disordered breathing therapy based on the one or more patient conditions.

[0012] The above summary of the present invention is not intended to describe each embodiment or every implementation of the present invention. Advantages and attainments, together with a more complete understanding of the invention, will become apparent and appreciated by referring to the following detailed description and claims taken in conjunction with the accompanying drawings.

#### BRIEF DESCRIPTION OF THE DRAWINGS

[0013] FIGS. 1A-F are flowcharts illustrating methods that involve implantably monitoring patient conditions to develop feedback control information for sleep disordered breathing therapy in accordance with embodiments of the invention;

[0014] FIG. 2 is a block diagram of a medical system that may be used to provide patient monitoring and sleep disordered breathing therapy in accordance with embodiments of the invention;

[0015] FIG. 3 illustrates a medical system including an implantable monitoring device that may be used in connection with development of feedback information for sleep disordered breathing therapy delivered by a patient-external respiration therapy device in accordance with an embodiment of the invention;

[0016] FIGS. 4A and 4B are partial views of implantable cardiac devices that may be used in connection with patient monitoring in accordance with embodiments of the invention;

[0017] FIG. 5 is a block diagram of a patient-external respiratory therapy device that may be used to provide sleep disordered breathing therapy in accordance with embodiments of the invention;

[0018] FIG. 6 is a block diagram of an implantable medical device including a cardiac therapy pulse generator that may be used to monitor patient conditions in accordance with embodiments of the invention;

[0019] FIG. 7 is a graph of a respiration signal measured by a transthoracic impedance sensor that may be utilized for monitoring parameters of breathing therapy in accordance with embodiments of the invention;

[0020] FIG. 8 is a flowchart illustrating a method of detecting sleep according to embodiments of the invention;

[0021] FIG. 9 is a flowchart illustrating a sleep detection method based on signals from an accelerometer and a minute ventilation sensor in accordance with embodiments of the invention;

[0022] FIG. 10A is a graph of an accelerometer signal indicating patient activity level that may be used for sleep detection in accordance with embodiments of the invention;

[0023] FIG. 10B is a graph of a patient's heart rate and sensor indicated rate that may be used for sleep detection in accordance with an embodiment of the invention;

[0024] FIG. 11 is a graph of baseline trending for an minute ventilation signal used for sleep detection in accordance with embodiments of the invention;

[0025] FIG. 12 illustrates adjustment of an accelerometer sleep threshold using an MV signal in accordance with embodiments of the invention

[0026] FIG. 13 is a respiration signal graph illustrating respiration intervals used for disordered breathing detection according to embodiments of the invention;

[0027] FIG. 14 is a graph of a respiration signal illustrating various intervals that may be used for detection of apnea in accordance with embodiments of the invention;

[0028] FIGS. 15A and 15B are respiration graphs illustrating normal respiration and abnormally shallow respiration utilized in detection of disordered breathing in accordance with embodiments of the invention;

[0029] FIG. 16 is a flowchart illustrating a method of apnea and/or hypopnea detection according to embodiments of the invention;

[0030] FIG. 17 is a respiration graph illustrating a breath interval utilized in connection with disordered breathing detection in accordance with embodiments of the invention;

[0031] FIG. 18 is a respiration graph illustrating a hypopnea detection approach in accordance with embodiments of the invention;

[0032] FIGS. 19 and 20 provide charts illustrating classification of individual disordered breathing events and series of periodically recurring disordered breathing events, respectively, in accordance with embodiments of the invention;

[0033] FIGS. 21A-E are graphs illustrating respiration patterns that may be detected as disordered breathing episodes in accordance with embodiments of the invention;

[0034] FIG. 22 is a flowchart of a method for detecting disordered breathing in accordance with embodiments of the invention; and

[0035] FIGS. 23 and 24 are flowcharts illustrating methods of adjusting sleep disordered breathing therapy according to embodiments of the invention.

[0036] While the invention is amenable to various modifications and alternative forms, specifics thereof have been shown by way of example in the drawings and will be described in detail below. It is to be understood, however, that the intention is not to limit the invention to the particular embodiments described. On the contrary, the invention is intended to cover all modifications, equivalents, and alternatives falling within the scope of the invention as defined by the appended claims.

#### DETAILED DESCRIPTION OF VARIOUS EMBODIMENTS

[0037] In the following description of the illustrated embodiments, references are made to the accompanying drawings which form a part hereof, and in which are shown by way of illustration, various embodiments by which the invention may be practiced. It is to be understood that other embodiments may be utilized, and structural and functional changes may be made without departing from the scope of the present invention.

[0038] Sleep disordered breathing disorders may be more effectively monitored and/or treated using a coordinated approach. Various embodiments of the invention are implemented using medical systems employing two or more patient-external and/or patient-internal medical devices. The

medical devices may communicate or otherwise operate in concert to provide more comprehensive patient monitoring for disordered breathing.

[0039] Embodiments of the invention are directed to methods and systems utilizing an implantable device to monitor conditions associated with sleep disordered breathing. Feedback for controlling sleep disordered breathing therapy is provided based on the monitored conditions. Various types of therapy have been used to treat sleep disordered breathing. Positive airway pressure devices, e.g., continuous positive airway pressure (CPAP) devices are among the most frequently used mechanical respiration therapy devices employed for treating sleep disordered breathing. Sleep disordered breathing has also been treated using muscle and/or nerve stimulation therapy. For example, a treatment for obstructive sleep apnea involves compensating for the decreased muscle activity by electrical activation of the tongue muscles. The hypoglossal (HG) nerve innervates the protrusor and retractor tongue muscles. In one approach, an appropriately applied electrical stimulation to the hypoglossal nerve, for example, may prevent backward movement of the tongue, thus preventing the tongue from obstructing the airway.

[0040] Central sleep apnea may also be treated by phrenic nerve pacing, also referred to as diaphragmatic pacing. Phrenic nerve pacing uses an electrode implanted in the chest to stimulate the phrenic nerve. The phrenic nerve is generally known as the motor nerve of the diaphragm. It runs through the thorax, along the heart, and then to the diaphragm. Diaphragmatic pacing involves the use of electronic stimulation of the phrenic nerve to control the patient's diaphragm and induce a respiratory cycle. Pacing the phrenic nerve may be accomplished by surgically placing a nerve cuff on the phrenic nerve, and then delivering an electric stimulus. The electric stimulus of the phrenic nerve then causes the diaphragm to induce a respiratory cycle.

[0041] Recently, cardiac pacing therapy has been used as a therapy for disordered breathing. Cardiac pacing therapy may be implemented using an implanted electrical pulse generator coupled to endocardial leads inserted into one or more heart chambers. Cardiac pacing for sleep disordered breathing treatment may include pacing one or more heart chambers, and may involve pacing at a rate above a lower rate limit during sleep and/or during episodes of disordered breathing, for example.

[0042] Drug therapy may also be used to treat disordered breathing. Drugs may be delivered to the patient through one or more automatically controllable drug delivery devices, e.g., a drug pump, a controllable nebulizer, or an electrically activated drug patch, for example.

[0043] As illustrated in the flowchart of **FIGS. 1A and 1B**, embodiments of the invention are directed to monitoring **110** one or more patient conditions using an implantable monitoring device. Feedback information is developed **112** based on the monitored conditions. The feedback information is provided **114** to a device delivering therapy to treat sleep disordered breathing. The monitoring device and the therapy device have separate housings. Components of the monitoring device are disposed within an implantable housing. The therapy device may comprise a housing that is implantable or patient-external. The feedback information may be used to adjust **120 (FIG. 1B)** the sleep disordered breathing

therapy. The feedback information may comprise control signals indicating the sleep disordered breathing therapy should be initiated, modified, or terminated.

[0044] In one implementation, the feedback control signals are provided to the therapy device by the monitoring unit. Therapy adjustment based on the feedback information is made automatically by the therapy device. In other implementations, information related to the monitored conditions is transmitted from the monitoring device to a physician or medical decision network.

[0045] In one scenario, the medical decision network may develop the feedback control signals and transmit the feedback control signals to the therapy device. In another scenario, a physician may determine the feedback adjustments to be made to the therapy and may operate a programmer or other device to transfer the feedback control information to the therapy device.

[0046] In various implementations, the implantable device may monitor one or more patient conditions indicative of the severity of sleep disordered breathing events, the effectiveness of the sleep disordered breathing therapy, and/or the impact of the therapy on the patient. The implantable device may monitor conditions indicative of interactions between the sleep disordered breathing therapy and other therapies delivered to the patient. Based on the monitored conditions, feedback information is provided to the therapy device. The feedback information may be used to adjust the therapy to enhance therapy effectiveness, to reduce an impact of the therapy, to avoid or reduce therapy interactions, and/or to accomplish other therapeutic goals.

[0047] In one embodiment, the implantable device may develop the feedback information and transmit the feedback information directly to the sleep disordered breathing therapy device. The feedback information may be used by the therapy device to automatically adjust the therapy delivered to the patient. In another embodiment, both the implantable monitoring device and the therapy device may be communicatively coupled to a separate medical device, such as a device programmer or patient management system.

[0048] In one approach, the implantable device may transmit information about the sensed patient conditions to the separate medical device. The separate medical device may develop the feedback information. The feedback information and/or information related to the monitored conditions may be printed, displayed and/or stored. The feedback information may be used to manually or automatically adjust the sleep disordered breathing therapy. For example, the separate medical device may transmit the feedback information to the therapy device. The feedback information may be used by the therapy device to automatically adjust the sleep disordered breathing therapy.

[0049] In another approach, the feedback information may be developed by the monitoring device based on the sensed conditions. The feedback information may be transmitted from the monitoring device to the therapy device through the separate medical device. The feedback information may be used by the therapy device to automatically adjust the sleep disordered breathing therapy.

[0050] The flowchart of **FIG. 1C** illustrates a method of providing feedback information in accordance with an embodiment of the invention. The monitoring device senses

**130** one or more patient conditions associated with sleep. Sleep is detected **132** based on the sleep-related conditions. The monitoring device senses **134** one or more conditions associated with disordered breathing during sleep. One or more disordered breathing events occurring during sleep are detected **136**. Characteristics of the sleep disordered breathing events, such as, severity, frequency, and/or duration, may be determined **138**. Determination of the one or more characteristics of the sleep disordered breathing events may involve calculation of one or more indices characterizing the disordered breathing events. The indices may include, for example, an apnea/hypopnea index (AHI) and/or a percent time in periodic breathing (% PB), among other indices. Feedback information is provided **140** to a device delivering therapy for sleep disordered breathing based on the one or more characteristics of the sleep disordered breathing events.

[**0051**] Another embodiment of the invention is illustrated in the flowchart of **FIG. 1D**. According to this method, one or more patient conditions are sensed **150** using the implantable monitoring device. Information related to the patient conditions is transmitted **152** to an advanced patient management (APM) system.

[**0052**] Advanced patient management (APM) systems involve a system of medical devices that are accessible through various communications technologies. Medical information may be transmitted to a remote patient management server from the various medical devices. The medical information may be analyzed and used to diagnose and/or monitor disease progression, to determine appropriate therapies for the patient, and/or for other medical purposes. Advanced patient management techniques, aspects of which may be utilized in systems and methods providing feedback for sleep disordered breathing therapy in accordance with embodiments of the invention, are further described in U.S. Pat. Nos. 6,336,903, 6,312,378, 6,270,457, and 6,398,728 which are incorporated herein by reference.

[**0053**] Feedback information based on the patient conditions is developed **154** using the APM system. The feedback information is transmitted **156** from the APM system to a therapy device delivering therapy for sleep disordered breathing. The sleep disordered breathing therapy is adjusted **158** based on the feedback information.

[**0054**] **FIG. 1E** is a flowchart illustrating a method for providing sleep disordered breathing therapy feedback information based on an effectiveness of the sleep disordered breathing therapy. The patient's respiration is sensed **160** and a respiration waveform is generated **162**. The sensed respiration waveform is used to detect **164** disordered breathing events. An apnea/hypopnea index (AHI) is calculated **166** based on the detected disordered breathing events. The AHI is used to assess the effectiveness **168** of the sleep disordered breathing therapy. A lower AHI indicates more effective breathing treatment than a relatively higher AHI, for example. Feedback information is developed **168** based on the disordered breathing index. The feedback information is transmitted **170** to the therapy device. The therapy device uses the feedback information to adjust **172** the sleep disordered breathing therapy.

[**0055**] In accordance with one embodiment, feedback for the sleep breathing therapy may be based on therapy effectiveness and impact to the patient. The flowchart of **FIG. 1F**

illustrates an example method that may involve the use of circuitry disposed within the housing of an implantable cardiac rhythm management (CRM) device to monitor breathing therapy delivered by an external breathing therapy device. In one example, therapy for sleep disordered breathing is delivered to the patient using a continuous positive airway pressure (CPAP) device. The effectiveness of the breathing therapy and the impact of the therapy on the patient are monitored by an implantable CRM device.

[**0056**] Sensors coupled to monitoring circuitry disposed within the cardiac device housing may sense one or more patient conditions related to therapy effectiveness. For example, a condition modulated by patient respiration may be sensed and a respiration waveform signal generated **174**. Monitoring circuitry disposed within the housing of the cardiac device may detect **176** disordered breathing episodes based on the respiration signal. The monitoring circuitry may determine therapy effectiveness based on the severity, frequency and/or duration of sleep disordered breathing episodes experienced by the patient. In one implementation, the monitoring circuitry disposed within the CRM may calculate **178** an apnea/hypopnea index (AHI) and/or a percent time in periodic breathing (% PB) indicative of the frequency of disordered breathing episodes. The effectiveness of the sleep disordered breathing therapy is determined based on the sleep disordered breathing index **180**. If the AHI and/or % PB are relatively low, the breathing therapy may be determined to be effective. If the AHI and/or % PB are relatively high, then the breathing therapy may be determined to be ineffective.

[**0057**] A CPAP device typically includes a respiratory mask, e.g., a nasal or facial mask, worn by the patient to facilitate delivery of air or other gas to the patient's airway. The respiratory mask may be inconvenient and/or uncomfortable for the patient to wear and may keep the patient awake. Further, delivery of positive airway pressure may inhibit sleep, or cause the patient to arouse frequently. Information about these side effects of the breathing therapy may be helpful in tailoring a therapy regimen for the patient. The CRM may monitor one or more conditions indicative of an impact of the CPAP therapy on the patient.

[**0058**] Impact of the CPAP therapy may be determined based on information related to sleep quality. Sensors coupled to the monitoring circuitry within the CRM are configured to sense **182** one or more conditions related to sleep. The sleep related conditions are used to detect **184** sleep and/or arousals from sleep. The monitoring circuitry within the CRM determines **186** the impact of the CPAP therapy on the patient by monitoring the patient's sleep. For example, the monitoring circuitry may monitor the total time the patient spends sleeping, the number of arousals experienced by the patient in one night, the number of arousals correlated to sleep disordered breathing events, and/or the depth of the arousals. In various implementations the monitoring unit may calculate various indices characterizing sleep and/or one or more composite indices based on indices related to sleep and indices related to sleep disordered breathing. In one example, the monitoring unit calculates the number of arousals experienced by the patient per hour (A/h).

[**0059**] Feedback information is developed **188** based on the therapy effectiveness and impact information. The feed-

back information may be transmitted to the therapy device and used to automatically adjust the therapy delivered to the patient. For example, if the AHI is high, the breathing therapy pressure may be adjusted upward to provide a more effective therapy. If the patient experiences an arousal rate greater than a threshold without experiencing sleep disordered breathing episodes, the therapy may be determined to be too aggressive. The breathing therapy pressure may be adjusted downward to provide a disordered breathing therapy that is more comfortable to the patient and allows the patient to sleep better.

[0060] FIG. 2 is a block diagram of a medical system 200 that may be used to implement coordinated patient monitoring and therapy in accordance with embodiments of the invention. The medical system 200 may include, for example, an implantable monitoring device 210 and a sleep disordered breathing therapy device 220.

[0061] The patient-internal monitoring device 210 may be a fully or partially implantable device including a monitoring unit 212 coupled to one or more patient internal sensors 241, patient-external sensors 242, patient input device 243, and/or other information systems 244. The monitoring unit uses inputs from the patient internal sensors 241, patient-external sensors 242, patient input device 243, and/or other information systems 244 to monitor one or more patient conditions. In one embodiment, a therapy feedback unit 216 having circuitry disposed within the implantable housing of the monitoring device uses the sensed conditions to develop feedback information that may be used to adjust the sleep disordered breathing therapy delivered to the patient by the therapy device 220. In another embodiment, the therapy feedback unit 216 is disposed within a separate device, such as a patient management server 230 of an APM system. In yet another embodiment, the therapy feedback unit 216 may be disposed within the therapy device 220.

[0062] In some embodiments, the sleep disordered breathing therapy device 220 may be external to the patient (i.e., not invasively implanted within the patient's body). A patient-external therapy device may be positioned on the patient, near the patient, or in any location external to the patient. It is understood that a portion of a patient-external therapy device may be positioned within an orifice of the body, such as the nasal cavity or mouth, yet can be considered external to the patient (e.g., mouth pieces/appliances, tubes/appliances for nostrils, or temperature sensors positioned in the ear canal). In other embodiments, the sleep disordered breathing therapy device 220 may be fully or partially implantable.

[0063] As previously discussed, the implantable monitoring device 210 is coupled to one or more sensors 241, 242, patient input devices 243 and/or other information acquisition devices 244. The sensors 241, 242, patient input devices 243, and/or other information acquisition devices 244 may be employed to sense or detect patient conditions relevant to sleep disordered breathing or therapy delivered to treat sleep disordered breathing. The therapy device 220 and/or the APM device 230 may be coupled to one or more sensors and/or other information devices. Information from the sensors, e.g., flow sensors, pressure sensors, and/or other devices coupled to the therapy device 220 and/or the APM device 230 may be combined with the information acquired by the implantable monitoring device to develop the feedback information.

[0064] In one implementation, the implantable monitoring device 210 is coupled to one or more patient-internal sensors 241 that are fully or partially implantable within the patient. The implantable monitoring device 210 may also be coupled to patient-external sensors 242 positioned on, near, or in a remote location with respect to the patient. The patient-internal 241 and patient-external 242 sensors may be used to sense various parameters, such as physiological or environmental parameters that may be used to develop feedback information.

[0065] In some situations, the patient-internal sensors 241 may be coupled to the implantable monitoring device 210 through internal leads. In one example, an internal endocardial lead system may be used to couple cardiac electrodes to a monitoring device disposed within the housing of an implantable pacemaker or other cardiac device.

[0066] In some situations, one or more patient-internal sensors 241, patient external sensors 242, patient input devices 243, and/or other information systems 244 may be equipped with transceiver circuitry to support wireless communications with the implantable monitoring device 210.

[0067] The implantable monitoring device 210 and/or the therapy device 220 may be coupled to a patient-input device 243. The patient-input devices 243 may be used to allow the patient to manually transfer information to the implantable monitoring device 210. The patient input device 243 may be particularly useful for inputting information concerning patient perceptions, such as how well the patient feels, and information such as patient smoking, drug use, or other activities that are not automatically sensed or detected by the medical sensors 241, 242, or information systems 244.

[0068] The implantable monitoring device 210 may be connected to one or more information systems 244, for example, a database system or server that acquires and/or stores information useful in connection with the monitoring functions of the implantable monitoring device 210. For example, the implantable monitoring device 210 may be coupled through a network to an information system server that provides information about environmental conditions affecting the patient, e.g., the pollution index for the patient's location. Internal sensors 241, external sensors 242, patient input devices 243 and/or information systems 244 similar to those described above may be also be coupled to the therapy device 220.

[0069] In one embodiment, the implantable monitoring device 210 and the therapy device 220 may communicate through a wireless link between the devices 210, 220. For example, the monitoring device 210 and therapy device 220 may be coupled through a short-range radio link, such as Bluetooth or a proprietary wireless link. The communications link may facilitate uni-directional or bi-directional communication between the monitoring device 210 and the therapy device 220. Data and/or control signals may be transmitted between the implantable monitoring device 210 and therapy device 220.

[0070] In another embodiment of the invention, the monitoring and therapy devices 210, 220 may be used within the structure of an advanced patient management (APM) system. As previously discussed, advanced patient management systems involve a system of medical devices that are accessible through various communications technologies. For

example, patient data may be downloaded from one or more of the medical devices periodically or on command, and stored at a patient information server. The physician and/or the patient may communicate with the medical devices and the patient information server, for example, to acquire patient data or to initiate, terminate or modify therapy.

[0071] The APM patient information server **230** may be used to download and store data collected by the monitoring device **210** and/or the therapy device **220**. In one implementation, the patient internal device **210** and/or the patient-external device **220** may be communicatively coupled to device programmers **260**, **270**. The programmer **260** may provide indirect communication between the patient internal device **210** and the patient information server **230**. The programmer **270** may provide indirect communication between the patient external device **220** and the patient information server **230**.

[0072] The data stored on the APM patient information server **230** may be accessible by the patient and the patient's physician through terminals **250**, e.g., remote computers located in the patient's home or the physician's office. The APM patient information server **230** may be communicate with one or more of the monitoring and therapy devices **210**, **220** to effect remote control of the monitoring, diagnosis, and/or therapy functions of the medical devices **210**, **220**.

[0073] In one scenario, the patient's physician may access patient data transmitted from the monitoring device **210** to the APM patient information server **230**. After evaluation of the collected information, the patient's physician may communicate with the therapy device **220** through the APM system **230** to initiate, terminate, or modify the therapy functions of the therapy device **220**.

[0074] In one implementation, the monitoring and therapy devices **210**, **220** may not communicate directly, but may communicate indirectly through the APM system **230**. In this embodiment, the APM system **230** may operate as an intermediary between two or more of the medical devices **210**, **220**. For example, therapy feedback information from the monitoring device **210** may be transferred from the monitoring device **210** to the APM system **230**. The APM system **230** may transfer the therapy feedback information to the therapy device **220**.

[0075] FIG. 3 illustrates a block diagram of medical system **300** that may be used to provide feedback information for controlling sleep disordered breathing therapy in accordance with an embodiment of the invention. In this example, the medical system **300** includes an implantable monitoring device **311** disposed within the housing of an implantable cardiac rhythm management (CRM) device **310**. The monitoring device monitors one or more conditions used in connection with developing feedback information for a breathing therapy device **320**. The CRM **310** may provide additional monitoring, diagnostic, and/or therapeutic functions to the patient, including, for example, cardiac pacing and/or defibrillation.

[0076] The CRM **310** may be electrically coupled to the patient's heart through electrodes placed in, on, or about the heart. The cardiac electrodes may sense cardiac signals produced by the heart and/or provide therapy to one or more heart chambers. For example, the cardiac electrodes may deliver electrical stimulation to one or more heart chambers,

and/or to one or multiple sites within the heart chambers. The CRM **310** may directly control delivery of one or more cardiac therapies, such as cardiac pacing, defibrillation, cardioversion, cardiac resynchronization, and/or other cardiac therapies, for example.

[0077] The monitoring device **311** disposed within the CRM housing may be coupled to one or more patient internal sensors, patient external sensors, patient input devices, and/or information systems as described in connection with FIG. 2. The monitoring device **311** may monitor various patient conditions associated with the patient's cardiovascular system, respiratory system, cardiopulmonary system, nervous system, muscle system, and/or other physiological systems. The monitoring device **311** may monitor various environmental or contextual conditions affecting the patient.

[0078] In the example illustrated in FIG. 3, the sleep disordered breathing therapy device **320** comprises a positive airway pressure device. Positive airway pressure devices may be used to provide a variety of respiration therapies, including, for example, continuous positive airway pressure (CPAP), bi-level positive airway pressure (bi-level PAP), proportional positive airway pressure (PPAP), auto-titrating positive airway pressure, ventilation, gas or oxygen therapies. All types of pressure devices are referred to generically herein as xPAP devices.

[0079] Methodologies involving the use of an implantable monitoring device to develop feedback information for sleep disordered breathing therapy are described in connection with FIG. 3. Although FIG. 3 depicts a monitoring device disposed within a CRM and a CPAP device delivering sleep disordered breathing therapy, other configurations of monitoring devices and/or therapy devices may alternatively or additionally be used. For example, other types of external respiration therapy devices, such as a nebulizer, respirator, ventilator or gas therapy device, may be used to treat sleep disordered breathing. Sleep disordered breathing therapy devices other than external respiratory devices may alternatively or additionally be used. For example, the sleep disordered breathing therapy may involve a nerve stimulation therapy delivered by a nerve stimulation device, a muscle stimulation therapy delivered by a muscle stimulation device, a drug therapy delivered by a drug pump or other drug delivery device, a cardiac stimulation therapy delivered by a cardiac device, and/or other types of sleep disordered breathing therapy. The depiction of a CPAP device as the therapy device in FIG. 3 is used for illustrative purposes only. Further, the monitoring device need not be disposed within the housing of a CRM, and may comprise a stand alone implantable monitoring unit. Alternatively, the monitoring unit may be disposed within the implantable housing of therapy devices other than a CRM system.

[0080] The xPAP device **320** develops a positive air pressure that is delivered to the patient's airway through tubing **352** and mask **354** connected to the xPAP device **320**. Positive airway pressure devices are often used to treat disordered breathing, including central and/or obstructive disordered breathing types. In one configuration, for example, the positive airway pressure provided by the xPAP device **320** acts as a pneumatic splint keeping the patient's airway open and reducing the severity and/or number of occurrences of disordered breathing due to airway obstruction.

[0081] The monitoring device 311 may monitor one or more patient conditions using sensors and/or input devices as described in connection with FIG. 2. The monitoring device 311 may develop feedback information based on the monitored conditions. Communication circuitry, e.g., communication circuitry disposed within the CRM device 310, may be used to transmit the feedback information to the XPAP device 320 directly through a wireless communications link, for example. Alternatively, the monitoring device 311 may transfer feedback information to the xPAP 320 device indirectly through an APM system 330, as described above.

[0082] In another embodiment, the monitoring device 311 may transfer information about the monitored conditions to the APM system 330. The monitored conditions may be evaluated and feedback information developed by the APM system 330. The feedback information may be transmitted from the APM system to the CPAP device 320.

[0083] FIG. 4A is a partial view of an implantable device that may include circuitry for monitoring one or more patient conditions used for developing feedback information for sleep disordered breathing therapy in accordance with embodiments of the invention. In this example, the implantable monitoring device 435 is configured as a component of a pulse generator 405 of a cardiac rhythm management device (CRM) 400. The implantable pulse generator 405 is electrically and physically coupled to an intracardiac lead system 410. The monitoring device 435 may alternatively be implemented in a variety of implantable monitoring, diagnostic, and/or therapeutic devices, such as an implantable cardiac monitoring device, an implantable drug delivery device, or an implantable neurostimulation device, for example.

[0084] Portions of the intracardiac lead system 410 are inserted into the patient's heart 490. The intracardiac lead system 410 includes one or more electrodes configured to sense electrical cardiac activity of the heart, deliver electrical stimulation to the heart, sense the patient's transthoracic impedance, and/or sense other physiological parameters, e.g., cardiac chamber pressure or temperature. Portions of the housing 401 of the pulse generator 405 may optionally serve as a can electrode.

[0085] Communications circuitry is disposed within the housing 40, facilitating communication between the pulse generator 405 including the monitoring device 435 and an external device, such as a sleep disordered breathing therapy device and/or APM system. The communications circuitry can also facilitate unidirectional or bidirectional communication with one or more implanted, external, cutaneous, or subcutaneous physiologic or non-physiologic sensors, patient-input devices and/or information systems.

[0086] The pulse generator 405 may optionally incorporate a motion sensor 420. The motion sensor may be configured, for example, to sense patient activity. Patient activity may be used in connection with sleep detection as described in more detail herein. The motion sensor 420 may be implemented as an accelerometer positioned in or on the housing 401 of the pulse generator 405. If the motion sensor 420 is implemented as an accelerometer, the motion sensor 420 may also provide acoustic information, e.g. rales, coughing, S1-S4 heart sounds, cardiac murmurs, and other acoustic information.

[0087] The lead system 410 of the CRM 400 may incorporate a transthoracic impedance sensor that may be used to acquire the patient's respiration waveform, or other respiration-related information. The transthoracic impedance sensor may include, for example, one or more intracardiac electrodes 441, 442, 451-455, 461 positioned in one or more chambers of the heart 490. The intracardiac electrodes 441, 442, 451-455, 461, 461 may be coupled to impedance drive/sense circuitry 430 positioned within the housing of the pulse generator 405.

[0088] In one implementation, impedance drive/sense circuitry 430 generates a current that flows through the tissue between an impedance drive electrode 451 and a can electrode on the housing 401 of the pulse generator 405. The voltage at an impedance sense electrode 452 relative to the can electrode changes as the patient's transthoracic impedance changes. The voltage signal developed between the impedance sense electrode 452 and the can electrode is detected by the impedance sense circuitry 430. Other locations and/or combinations of impedance sense and drive electrodes are also possible. The impedance signal may also be used to detect other physiological changes besides respiration that result in a change in impedance, including pulmonary edema, heart size, cardiac pump function, etc. The respiratory and/or pacemaker therapy may be altered on the basis of the patient's heart condition as sensed by impedance.

[0089] The voltage signal developed at the impedance sense electrode 452, illustrated in FIG. 7, is proportional to the patient's transthoracic impedance and represents the patient's respiration waveform. The transthoracic impedance increases during respiratory inspiration and decreases during respiratory expiration. The transthoracic impedance may be used to determine the amount of air moved in one breath, denoted the tidal volume and/or the amount of air moved per minute, denoted the minute ventilation. A normal "at rest" respiration pattern, e.g., during non-REM sleep, includes regular, rhythmic inspiration—expiration cycles without substantial interruptions, as indicated in FIG. 7.

[0090] Returning to FIG. 4A, the lead system 410 may include one or more cardiac pace/sense electrodes 451-455 positioned in, on, or about one or more heart chambers for sensing electrical signals from the patient's heart 490 and/or delivering pacing pulses to the heart 490. The intracardiac sense/pace electrodes 451-455, such as those illustrated in FIG. 4A, may be used to sense and/or pace one or more chambers of the heart, including the left ventricle, the right ventricle, the left atrium and/or the right atrium. The lead system 410 may include one or more defibrillation electrodes 441, 442 for delivering defibrillation/cardioversion shocks to the heart.

[0091] The pulse generator 405 may include circuitry for detecting cardiac arrhythmias and/or for controlling pacing or defibrillation therapy in the form of electrical stimulation pulses or shocks delivered to the heart through the lead system 410. Monitoring circuitry 435, including sensor interface circuitry, event detectors, processor circuitry, and/or memory circuitry, as described in connection with the FIG. 6, may be housed within the housing 401 of the pulse generator 405. The monitoring circuitry 435 may be coupled to various sensors, including the transthoracic impedance

sensor 430 and motion sensor 420, patient input devices, and/or information systems through leads or through wireless communication links.

[0092] The monitoring device 435 may be coupled to a therapy feedback unit configured to develop feedback information for sleep disordered breathing therapy based on the monitored conditions. In one embodiment, the therapy feedback unit may also be configured as a component of the pulse generator 405 and may be positioned within the pulse generator housing 401. In another embodiment, the therapy feedback unit may be positioned outside the pulse generator housing 401 and communicatively coupled to the monitoring device 435, e.g., through a wireless communications link.

[0093] FIG. 4B is a diagram illustrating an implantable transthoracic cardiac device that may be used in connection with developing feedback information for sleep disordered breathing therapy in accordance with embodiments of the invention. The implantable device illustrated in FIG. 4B is an implantable transthoracic cardiac sensing and/or stimulation (ITCS) device that may be implanted under the skin in the chest region of a patient. The ITCS device may, for example, be implanted subcutaneously such that all or selected elements of the device are positioned on the patient's front, back, side, or other body locations suitable for sensing cardiac activity and delivering cardiac stimulation therapy. It is understood that elements of the ITCS device may be located at several different body locations, such as in the chest, abdominal, or subclavian region with electrode elements respectively positioned at different regions near, around, in, or on the heart.

[0094] Circuitry for implementing a monitoring device or monitoring device and a therapy feedback unit may be positioned within the primary housing of the ITCS device. The primary housing (e.g., the active or non-active can) of the ITCS device, for example, may be configured for positioning outside of the rib cage at an intercostal or subcostal location, within the abdomen, or in the upper chest region (e.g., subclavian location, such as above the third rib). In one implementation, one or more electrodes may be located on the primary housing and/or at other locations about, but not in direct contact with the heart, great vessel or coronary vasculature.

[0095] In another implementation, one or more electrodes may be located in direct contact with the heart, great vessel or coronary vasculature, such as via one or more leads implanted by use of conventional transvenous delivery approaches. In another implementation, for example, one or more subcutaneous electrode subsystems or electrode arrays may be used to sense cardiac activity and deliver cardiac stimulation energy in an ITCS device configuration employing an active can or a configuration employing a non-active can. Electrodes may be situated at anterior and/or posterior locations relative to the heart.

[0096] In the configuration shown in FIG. 4B, a subcutaneous electrode assembly 407 can be positioned under the skin in the chest region and situated distal from the housing 402. The subcutaneous and, if applicable, housing electrode(s) can be positioned about the heart at various locations and orientations, such as at various anterior and/or posterior locations relative to the heart. The subcutaneous electrode assembly 407 is coupled to circuitry within the

housing 402 via a lead assembly 406. One or more conductors (e.g., coils or cables) are provided within the lead assembly 406 and electrically couple the subcutaneous electrode assembly 407 with circuitry in the housing 402. One or more sense, sense/pace or defibrillation electrodes can be situated on the elongated structure of the electrode support, the housing 402, and/or the distal electrode assembly (shown as subcutaneous electrode assembly 407 in FIG. 4B).

[0097] It is noted that the electrode and the lead assemblies 407, 406 can be configured to assume a variety of shapes. For example, the lead assembly 406 can have a wedge, chevron, flattened oval, or a ribbon shape, and the subcutaneous electrode assembly 407 can comprise a number of spaced electrodes, such as an array or band of electrodes. Moreover, two or more subcutaneous electrode assemblies 407 can be mounted to multiple electrode support assemblies 406 to achieve a desired spaced relationship amongst subcutaneous electrode assemblies 407.

[0098] In particular configurations, the ITCS device may perform functions traditionally performed by cardiac rhythm management devices, such as providing various cardiac monitoring, pacing and/or cardioversion/defibrillation functions. Exemplary pacemaker circuitry, structures and functionality, aspects of which can be incorporated in an ITCS device of a type that may benefit from multi-parameter sensing configurations, are disclosed in commonly owned U.S. Pat. Nos. 4,562,841; 5,284,136; 5,376,476; 5,036,849; 5,540,727; 5,836,987; 6,044,298; and 6,055,454, which are hereby incorporated herein by reference in their respective entireties. It is understood that ITCS device configurations can provide for non-physiologic pacing support in addition to, or to the exclusion of, bradycardia and/or anti-tachycardia pacing therapies. Exemplary cardiac monitoring circuitry, structures and functionality, aspects of which can be incorporated in an ITCS of the present invention, are disclosed in commonly owned U.S. Pat. Nos. 5,313,953; 5,388,578; and 5,411,031, which are hereby incorporated herein by reference in their respective entireties.

[0099] An ITCS device can incorporate circuitry, structures and functionality of the subcutaneous implantable medical devices disclosed in commonly owned U.S. Pat. Nos. 5,203,348; 5,230,337; 5,360,442; 5,366,496; 5,397,342; 5,391,200; 5,545,202; 5,603,732; and 5,916,243 and commonly owned U.S. patent applications Ser. No. 60/462,272, filed Apr. 11, 2003, Ser. No. 10/462,001, filed Jun. 13, 2003, Ser. No. 10/465,520, filed Jun. 19, 2003, Ser. No. 10/820,642 filed Apr. 8, 2004 and Ser. No. 10/821,248, filed Apr. 8, 2004 which are incorporated herein by reference.

[0100] The housing of the ITCS device may incorporate components of a monitoring unit 409, including a memory, sensor interface, and/or event detector circuitry. The monitoring unit 409 may be coupled to one or more sensors, patient input devices, and/or information systems as described in connection with FIG. 2. In some embodiments, the housing of the ITCS device may also incorporate components of a therapy feedback unit. In other embodiments, circuitry to implement the therapy feedback unit may be configured within a device separate from the ITCS device. In this embodiment, the therapy feedback unit and the monitoring unit may be communicatively coupled using leads or a wireless communication link, for example.

[0101] In one implementation, the ITCS device may include an impedance sensor configured to sense the patient's transthoracic impedance. The impedance sensor may include the impedance drive/sense circuitry incorporated with the housing 402 of the ITCS device and coupled to impedance electrodes positioned on the can or at other locations of the ITCS device, such as on the subcutaneous electrode assembly 407 and/or lead assembly 406. In one configuration, the impedance drive circuitry generates a current that flows between a subcutaneous impedance drive electrode and a can electrode on the primary housing of the ITCS device. The voltage at a subcutaneous impedance sense electrode relative to the can electrode changes as the patient's transthoracic impedance changes. The voltage signal developed between the impedance sense electrode and the can electrode is sensed by the impedance drive/sense circuitry.

[0102] Communications circuitry is disposed within the housing 402 for facilitating communication between the ITCS device, including the monitoring unit 409, and an external communication device, such as a portable or bedside communication station, patient-carried/worn communication station, or external programmer, for example. The communications circuitry can also facilitate unidirectional or bidirectional communication with one or more external, cutaneous, or subcutaneous physiologic or non-physiologic sensors.

[0103] FIG. 5 illustrates a block diagram of a sleep disordered breathing therapy device 500, e.g., xPAP device that may be used to provide therapy in accordance with embodiments of the invention. An implantable monitoring device, implemented as a component of the CRM or ITCS systems described in connection with FIGS. 4A and 4B, respectively, may collect information used to provide feedback to the sleep disordered breathing therapy device. Other types of sleep disordered breathing therapy may alternatively or additionally be employed within the context of the present invention. For example, the sleep disordered breathing therapy device may be implemented as a muscle stimulation device, a nerve stimulation device, a drug delivery device, and/or other devices used to treat sleep disordered breathing.

[0104] As previously discussed, the XPAP device 500 may include any of the positive airway pressure devices, including CPAP, bi-level positive airway pressure (bi-PAP), proportional positive airway pressure (PPAP), and/or autotitration positive airway pressure devices, for example. Continuous positive airway pressure (CPAP) devices deliver a set air pressure to the patient. The pressure level for the individual patient may be determined during a titration study. Such a study may take place in a sleep lab, and involves determination of the optimum airway pressure by a sleep physician or other professional. The CPAP device pressure control is set to the determined level. When the patient uses the CPAP device, a substantially constant airway pressure level is maintained by the device.

[0105] Autotitration PAP devices are similar to CPAP devices, however, the pressure controller for autotitration devices automatically determines the air pressure for the patient. Instead of maintaining a constant pressure, the autotitration PAP device evaluates sensor signals and the changing needs of the patient to deliver a variable positive

airway pressure. Autotitration PAP and CPAP are often used to treat sleep disordered breathing, for example.

[0106] Bi-level positive airway pressure (bi-PAP) devices provide two levels of positive airway pressure. A higher pressure is maintained while the patient inhales. The device switches to a lower pressure during expiration. Bi-PAP devices are used to treat a variety of respiratory dysfunctions, including chronic obstructive pulmonary disease (COPD), respiratory insufficiency, and ALS or Lou Gehrig's disease, among others.

[0107] Sleep disordered breathing therapy may be provided by a servo ventilation device. Servo ventilation devices provide airway pressure dependent on the respiration cycle stage. A servo ventilation device provides positive pressure on inhalation and negative pressure on exhalation.

[0108] The breathing therapy control unit 540 includes a flow generator 542 that pulls in air through a filter. The flow generator 542 is controlled by the pressure control circuitry 544 to deliver an appropriate air pressure to the patient. Air flows through tubing 546 coupled to the xPAP device 500 and is delivered to the patient's airway through a mask 548. In one example, the mask 548 may be a nasal mask covering only the patient's nose. In another example, the mask 548 covers the patient's nose and mouth.

[0109] The xPAP device 500 may include a communications unit 580 for communicating with one or more separate devices, including patient-external and/or patient-internal monitoring, diagnostic and/or therapeutic devices 590. In one example, the xPAP device 500 may receive feedback information about the sleep disordered breathing therapy delivered by the xPAP device 500 from an implantable monitoring device. In another example, the xPAP device 500 may receive feedback information from a patient management server or other computing device coupled to the monitoring device.

[0110] The block diagram of FIG. 6 illustrates an example of medical system 600 including a fully or partially implantable device 601 that may be used to monitor patient conditions and to develop feedback information for a device delivering sleep disordered breathing therapy in accordance with embodiments of the invention. The medical device 601 that may be coupled to an array of data acquisition devices, including patient-internal sensors 611, patient-external sensors 612, patient input devices 613, and/or other information systems 614 as described in more detail above.

[0111] Patient conditions monitored by the implantable device may include both physiological and non-physiological contextual conditions affecting the patient. Physiological conditions may include a broad category of conditions associated with the internal functioning of the patient's physiological systems, including the cardiovascular, respiratory, nervous, muscle and other systems. Examples of physiological conditions include blood chemistry, patient posture, patient activity, respiration quality, sleep quality, among others.

[0112] Contextual conditions are non-physiological conditions representing patient-external or background conditions. Contextual conditions may be broadly defined to include, for example, present environmental conditions, such as patient location, ambient temperature, humidity, air pollution index. Contextual conditions may also include

historical/background conditions relating to the patient, including the patient's normal sleep time and the patient's medical history, for example. Methods and systems for detecting some contextual conditions, including, for example, proximity to bed detection, are described in commonly owned U.S. patent application Ser. No. 10/269,611, filed Oct. 11, 2002, which is incorporated herein by reference.

[0113] Table 1 provides a representative set of patient conditions that may be monitored by the device 601 in accordance with embodiments of the invention. Table 1 also provides illustrative sensing methods that may be employed to sense the conditions. It will be appreciated that patient conditions and detection methods other than those listed in Table 1 may be used and are considered to be within the scope of the invention.

TABLE 1

Condition Type		Condition	Sensor type or Detection method
Physiological	Cardiovascular System	Heart rate	EKG, ECG
		Heart rate variability	
		QT interval	
		Ventricular filling pressure	Intracardiac pressure sensor
		Blood pressure	Blood pressure sensor
	Respiratory System	Snoring	Accelerometer
		Respiration pattern (Tidal volume Minute ventilation Respiratory rate)	Microphone
		Patency of upper airway	Transthoracic impedance sensor (AC)
		Pulmonary congestion	Intrathoracic impedance sensor
			Transthoracic impedance sensor (DC)
	Nervous System	Sympathetic nerve activity	Muscle sympathetic nerve Activity sensor
		Brain activity	EEG
	Blood Chemistry	CO2 saturation	Blood analysis
		O2 saturation	
		Blood alcohol content	
		Adrenalin	
		Brain Natriuretic Peptide (BNP)	
		C-Reactive Protein	
		Drug/Medication/Tobacco use	
Muscle System	Muscle atonia	EMG	
	Eye movement	EOG	
	Patient activity	Accelerometer, MV, etc.	
	Limb movements	Accelerometer, EMG	
	Jaw movements	Accelerometer, EMG	
	Posture	Multi-axis accelerometer	
Contextual	Environmental	Ambient temperature	Thermometer
		Humidity	Hygrometer
		Pollution	Air quality website
		Time	Clock
		Barometric pressure	Barometer
		Ambient noise	Microphone
		Ambient light	Photodetector
		Altitude	Altimeter
		Location	GPS, proximity sensor
		Proximity to bed	Proximity to bed sensor
		Historical sleep time	Patient input, previously detected sleep onset times
		Historical/Background	Medical history
	Age		
	Recent exercise		
	Weight		
	Gender		
	Body mass index		
	Neck size		
	Emotional state		
Psychological history			
Daytime sleepiness			
Patient perception of sleep quality			
Drug, alcohol, nicotine use			

[0114] The implantable device 601 of FIG. 6 includes monitoring circuitry 637 for processing signals received from the sensors 611, 612, patient input devices 613, and/or other information system 614. The monitoring circuitry 637 may include one or more a detection units 624, 626, 628 that detect the occurrence of various physiological events. For example, the circuitry 627 may include one or more of a disordered breathing detector 624, a sleep detector 628, and/or a therapy usage detector 626. Other event detection components may also be included. The monitoring circuitry 627 may be used to calculate various indices, e.g., AHI, % PB, and/or arousals per unit time, used for evaluating therapy efficacy, and/or therapy impact. The monitoring circuitry 627 may compare the patient's therapy usage to a prescribed therapy to determine therapy compliance. The monitoring circuitry 627 communicates with a therapy feedback unit 625 that develops feedback information based on the monitored conditions, the detected events, and/or the calculated indices.

[0115] In one exemplary implementation, the disordered breathing detector 624 may be coupled to a respiration sensor. The disordered breathing detector 624 may use the respiration signal developed by the respiration sensor to detect disordered breathing events based on the inspiratory and expiratory phases of the patient's respiration cycles, for example. The sleep detector 628 may analyze various inputs from the patient-internal sensors 611, patient-external sensors 612, patient input devices 613, other information systems 614 to detect sleep-related events, including, for example, sleep onset, sleep offset, sleep stages, and arousals from sleep.

[0116] The monitoring circuitry 627 includes a memory 636 for storing information derived from signals produced by the patient-internal sensors 611, patient-external sensors 612, patient input devices 613, and/or other information systems 614. The memory 636 may also store information about detected events, e.g., sleep and disordered breathing events, and/or information related to calculated indices characterizing various events such as sleep and/or disordered breathing events. The stored data may be transferred to the feedback unit 625 and used to develop feedback information to control disordered breathing therapy. The stored data may be retrieved by another component of the medical device 601 for later use, or may be transmitted to a separate device 640 for storage, further processing, trending, analysis and/or display, for example. In one scenario, the stored data can be downloaded to a separate device periodically or on command. The stored data may be presented to the patient's health care professional on a real-time basis, or as a long-term, e.g., month long or year long, trend of daily measurements.

[0117] The medical device 601 may optionally include a therapy unit. In some examples described herein, the medical device 601 comprises a cardiac therapy device configured to deliver cardiac electrical stimulation therapy using a cardiac pulse generator 675 and electrical stimulation electrodes 652.

[0118] The medical device 601 may further include a communications unit 606 that controls communications between the medical device 601 and other devices or systems. For example, the communications unit 606 may be used to provide wireless or wired communications links

between the medical device 601 and one or more of the patient-internal sensors 611, patient-external sensors 612, patient input devices 613, and information systems 614.

[0119] The communications unit 606 may also facilitate communications between the medical device 601 and a remote device 640 such as the sleep disordered breathing therapy device, a programmer, and/or an APM system. The wireless connections coupling the medical device 601 to various other devices and systems may utilize a variety of wireless protocols, including, for example, Bluetooth, IEEE 802.11, and/or a proprietary wireless protocol.

[0120] Detecting the onset, termination, duration, stages, and quality of sleep experienced by a patient may be employed in connection with monitoring patient conditions and providing feedback for sleep disordered breathing therapy. Patients suffering from sleep apnea, or other types of sleep disordered breathing, may be treated with for sleep disordered breathing only during periods of sleep. Monitoring patient conditions and/or development of feedback information may involve determining if the patient is asleep and/or detecting various sleep-related processes, such as arousals from sleep and/or REM or non-REM sleep stages.

[0121] In addition, patient sleep may be monitored and information associated with patient sleep may be used to assess an impact of breathing therapy on the patient. Therapy impact data may be used to develop feedback information used to adjust the therapy. The implantable monitoring device 601 may include a sleep detector 628 for detecting when the patient is asleep and various stages and/or processes of sleep. Various methods of sleep detection implementable in an implanted device involve sensing one or more conditions indicative of sleep. The sleep-related conditions may be compared to a threshold to determine if the patient is asleep.

[0122] The sleep-related conditions may be sensed or derived using patient-external or implantable sensors and analyzed by a sleep detector of the implantable monitoring device or by circuitry within the APM communication unit (i.e., a supervisor device that co-ordinates diagnostics between various sensors. For example, sleep detection may be implemented in an implantable cardiac rhythm management system configured as a pacemaker/defibrillator as illustrated in FIG. 4A or the ITCS device illustrated in FIG. 4B.

[0123] Sleep detection may involve sensing one or more conditions indicative of sleep. A representative set of sleep-related conditions include body movement, heart rate, QT interval, eye movement, respiration rate, transthoracic impedance, tidal volume, minute ventilation, body posture, brain activity, cardiac activity, muscle tone, body temperature, time of day, historical sleep times, blood pressure, and blood gas concentration, proximity to bed, for example.

[0124] Sleep may be detected by comparing levels of the one or more sleep-related conditions to one or more sleep thresholds. For example, sleep may be detected by monitoring the patient's heart rate. When the patient's heart rate decreases below a sleep threshold, the patient may be determined to be asleep. Sleep may also be detected by monitoring the patient's activity. If the patient's activity decreases below a sleep threshold, then the patient may be determined to be asleep. Another method of detecting sleep

involves monitoring the patient's minute ventilation. If the patient's minute ventilation falls below a sleep threshold, then the patient may be determined to be asleep.

[0125] Sleep may be detected by comparing multiple sleep-related conditions to multiple thresholds. For example, the patient may be determined to be asleep if the patient's activity, sensed by an accelerometer, falls below an activity sleep threshold and the patient's heart rate, sensed by cardiac electrodes, falls below a heart rate sleep threshold.

[0126] Sleep may also be detected using one sleep-related condition to modify the sleep threshold of another sleep-related condition. A first sleep-related condition may be sensed. The level of the sleep-related condition may be compared to a sleep threshold to determine the onset and termination of sleep. A second sleep-related condition may be used to adjust the sleep threshold. Additional sleep-related conditions may optionally be sensed to confirm the onset or termination of the sleep condition.

[0127] A sleep detector 628 (FIG. 6) may be configured to compare the levels of one or more sleep-related conditions to one or more thresholds. In one implementation, the one sleep related condition may be compared to a sleep threshold or other index to detect sleep. In another implementation, multiple sleep-related conditions may be compared to multiple thresholds or indices. In a further implementation, one or more of the sleep-related conditions may be used to adjust the sleep thresholds or indices. Furthermore, the onset or termination of sleep may be confirmed using an additional number of sleep-related conditions.

[0128] The sleep-related conditions may be sensed using implantable sensors and/or patient-external sensors, for example. In one embodiment, patient activity may be compared to a sleep threshold to determine when the patient is asleep. A low level of activity is indicative that the patient is sleeping. Patient activity may be sensed, for example, using an accelerometer positioned on or in the housing of an implantable cardiac device, or in another convenient location. The accelerometer signal may be correlated with activity level or workload.

[0129] A second sleep-related condition may be used to adjust the sleep threshold. In one embodiment, the patient's minute ventilation is used to adjust the sleep threshold. The patient's respiration may be sensed using a transthoracic impedance sensor. Transthoracic impedance may be used to derive various parameters associated with respiration, including, for example, tidal volume and/or minute ventilation. A transthoracic impedance sensor may be integrated into an implantable cardiac device with intracardiac electrodes, for example. Impedance driver circuitry generates a current that flows through the blood between the impedance drive electrode and a can electrode on the housing of the cardiac device. The voltage at an impedance sense electrode relative to the can electrode changes as the transthoracic impedance changes.

[0130] The voltage signal developed at the impedance sense electrode, illustrated in FIG. 7, is proportional to the transthoracic impedance, with the impedance increasing during respiratory inspiration and decreasing during respiratory expiration. The peak-to-peak transition of the impedance, illustrated in FIG. 7, is proportional to the amount of air inhaled in one breath, denoted the tidal volume. The

variations in impedance during respiration may be used to determine the respiration tidal volume, corresponding to the volume of air moved in a breath, or minute ventilation corresponding to the amount of air moved per minute.

[0131] FIG. 8 is a flowchart illustrating a method of detecting sleep according to an embodiment of the invention. A sleep threshold associated with a first sleep-related condition is established. The sleep threshold may be determined from clinical data of a sleep threshold associated with sleep acquired using a group of subjects, for example. The sleep threshold may also be determined using historical data taken from the particular patient for whom onset and offset of sleep is to be determined. For example, a history of a particular patient's sleep times can be stored, and a sleep threshold can be developed using data associated with the patient's sleep time history.

[0132] First and second signals associated with sleep-related conditions are sensed 810, 820. The first and the second signals may be any signal associated with the condition of sleep, such as the representative sleep-related conditions associated with sleep listed above.

[0133] The sleep threshold established for the first signal is adjusted 830 using the second signal. For example, if the second signal indicates condition, e.g., high level of patient activity that is incompatible with a sleep state, the sleep threshold of the first signal may be adjusted downward to require sensing a decreased level of the first signal before a sleep condition is detected.

[0134] If the first signal is consistent with sleep according to the adjusted sleep threshold 840, a sleep condition is detected 850. If the first signal is not consistent with sleep using the adjusted sleep threshold, the first and the second signals continue to be sensed 810, 820 and the threshold adjusted 830 until a condition of sleep is detected 850.

[0135] In another embodiment of the invention, illustrated in the flowchart of FIG. 9, an accelerometer and a minute ventilation sensor are used to develop the first and second signals associated with sleep. A preliminary accelerometer signal sleep threshold is determined 910. For example, the preliminary sleep threshold may be determined from clinical data taken from a group of subjects or historical data taken from the patient over a period of time.

[0136] The activity level of the patient is monitored using an accelerometer 920 that may be incorporated into an implantable cardiac pacemaker as described above. Alternatively, the accelerometer may be attached externally to the patient. The patient's minute ventilation (MV) signal is monitored 925. The MV signal may be acquired, for example, based on the transthoracic impedance signal as described above using an implantable cardiac device. Other methods of determining the MV signal are also possible and are considered to be within the scope of this invention.

[0137] In this example, the accelerometer signal represents the sleep detection signal that is compared to the sleep threshold. The MV signal is the threshold adjustment signal used to adjust the sleep threshold. Heart rate is monitored 930 in this example to provide a sleep confirmation signal.

[0138] Threshold adjustment may be accomplished by using the patient's MV signal to moderate the accelerometer sleep threshold. If the patient's MV signal is low relative to

an expected MV level associated with sleep, the accelerometer sleep threshold is increased. Similarly, if the patient's MV signal level is high relative to an expected MV level associated with sleep, the accelerometer sleep threshold is decreased. Thus, when the patient's MV level is high, less activity is required to make the determination that the patient is sleeping. Conversely when the patient's MV level is relatively low, a higher activity level may result in detection of sleep. The use of two sleep-related signals to determine a sleep condition enhances the accuracy of sleep detection over previous methods using only one sleep-related signal to determine that a patient is sleeping.

[0139] Various signal processing techniques may be employed to process the raw sensor signals. For example, a moving average of a plurality of samples of each sleep-related signal may be calculated and used as the sleep-related signal. Furthermore, the sleep-related signals may be filtered and/or digitized. If the MV signal is high **935** relative to an expected MV level associated with sleep, the accelerometer sleep threshold is decreased **940**. If the MV signal is low **935** relative to an expected MV level associated with sleep, the accelerometer sleep threshold is increased **945**.

[0140] If the sensed accelerometer signal is less than or equal to the adjusted sleep threshold **950**, and if the patient is not currently in a sleep state **965**, then the patient's heart rate is checked **980** to confirm the sleep condition. If the patient's heart rate is compatible with sleep **980**, then sleep onset is determined **990**. If the patient's heart rate is incompatible with sleep, then the patient's sleep-related signals continue to be monitored.

[0141] If the accelerometer signal is less than or equal to the adjusted sleep threshold **950** and if the patient is currently in a sleep state **965**, then a continuing sleep state is determined and the patient's sleep-related signals continue to be monitored for sleep termination to occur.

[0142] If the accelerometer signal is greater than the adjusted sleep threshold **950** and the patient is not currently in a sleep state **960**, then the patient's sleep-related signals continue to be monitored until sleep onset is detected **990**. If the accelerometer signal is greater than the adjusted sleep threshold **950** and the patient is currently in a sleep state **960**, then sleep termination is detected **970**.

[0143] The graphs of **FIGS. 10-12** illustrate the adjustment of the accelerometer sleep threshold using the MV signal. The relationship between patient activity and the accelerometer and MV signals is trended over a period of time to determine relative signal levels associated with a sleep condition. **FIG. 10A** illustrates activity as indicated by the accelerometer signal. The patient's heart rate for the same period is graphed in **FIG. 10B**. The accelerometer signal indicates a period of sleep associated with a relatively low level of activity beginning at slightly before 23:00 and continuing through 6:00. Heart rate appropriately tracks the activity level indicated by the accelerometer indicating a similar period of low heart rate corresponding to sleep. The accelerometer trends are used to establish a threshold for sleep detection.

[0144] **FIG. 11** is a graph of baseline trending for an MV signal. Historical data of minute ventilation of a patient is graphed over an 8 month period. The MV signal trending data is used to determine the MV signal level associated with

sleep. In this example, a composite MV signal using the historical data indicates a roughly sinusoidal shape with the relatively low MV levels occurring approximately during the period from hours 21:00 through 8:00. The low MV levels are associated with periods of sleep. The MV signal level associated with sleep is used to implement sleep threshold adjustment.

[0145] **FIG. 12** illustrates adjustment of the accelerometer sleep threshold using the MV signal. The initial sleep threshold **1210** is established using the baseline accelerometer signal data acquired as discussed above. If the patient's MV signal is low relative to an expected MV level associated with sleep, the accelerometer sleep threshold is increased **1220**. If the patient's MV signal level is high relative to an expected MV level associated with sleep, the accelerometer sleep threshold is decreased **1230**. When the patient's MV level is high, less activity detected by the accelerometer is required to make the determination that the patient is sleeping. However, if the patient's MV level is relatively low a higher activity level may result in detection of sleep. The use of two sleep-related signals to adjust a sleep threshold for determining a sleep condition enhances the accuracy of sleep detection over previous methods.

[0146] Additional sleep-related signals may be sensed and used to improve the sleep detection mechanism described above. For example, a posture sensor may be used to detect the posture of the patient and used to confirm sleep. If the posture sensor indicates a vertical posture, then the posture sensor signal may be used to override a determination of sleep using the sleep detection and threshold adjustment signals. Other signals may also be used in connection with sleep determination or confirmation, including the representative set of sleep-related signals associated with sleep indicated above. Methods and systems related to sleep detection, aspects of which may be utilized in connection with the methodologies of the present invention, are described in commonly owned U.S. patent application Ser. No. 10/309,771, filed Dec. 4, 2002 and incorporated herein by reference.

[0147] The above described sleep-detection methods may be used for discriminating between periods of sleep and periods of wakefulness. Knowledge of sleep onset, offset, arousal episodes, and/or length of uninterrupted sleep may be used to monitor patient conditions and/or provide feedback for controlling sleep disordered breathing therapy.

[0148] Sleep stage discrimination, including REM and non-REM sleep stages may additionally be used in connection with disordered breathing therapy. For example, some patients may experience sleep disordered breathing primarily during particular sleep stages. The implantable device may monitor sleep stages and disordered breathing episodes. The disordered breathing information may be analyzed in view of the sleep stage information. The analysis may be helpful in adapting a breathing therapy for a patient, e.g. delivering breathing therapy during sleep stages that predispose the patient to disordered breathing episodes. In one implementation, sleep information associated with sleep stages and/or arousals from sleep may be determined using information from an EEG sensor.

[0149] In another implementation, sleep stage information may be obtained using one or more muscle atonia sensors. Methods and systems for implementing of sleep stage detec-

tion using muscle atonia sensors are described in commonly owned U.S. patent application Ser. No. 10/643,006, filed on Aug. 18, 2003, which is incorporated herein by reference.

[0150] Various aspects of sleep quality, including number and severity of arousals, sleep disordered breathing episodes, limb movements during sleep, and cardiac, respiratory, muscle, and nervous system functioning during sleep may provide important information relevant to the delivery of breathing therapy. Methods and systems for collecting and assessing sleep quality data are described in commonly owned U.S. patent application Ser. No. 10/642,998, filed Aug. 18, 2003, which is incorporated herein by reference.

[0151] Determining the effectiveness and/or impact of sleep disordered breathing therapy may involve detecting the sleep disordered breathing episodes. Sleep disordered breathing is a serious respiratory condition involving disruption of the normal respiratory cycle. The respiratory disruptions caused by disordered breathing can be particularly serious for patients concurrently suffering from cardiovascular deficiencies, such as congestive heart failure. Unfortunately, disordered breathing is often undiagnosed. If left untreated, the effects of disordered breathing may result in serious health consequences for the patient.

[0152] Episodes of disordered breathing are associated with acute and chronic physiological effects. Acute responses to disordered breathing may include, for example, negative intrathoracic pressure, hypoxia, arousal from sleep, and increases in blood pressure and heart rate. During obstructive apnea episodes, negative intrathoracic pressure may arise from an increased effort to generate airflow. Attempted inspiration in the presence of an occluded airway results in an abrupt reduction in intrathoracic pressure. The repeated futile inspiratory efforts associated with obstructive sleep apnea may trigger a series of secondary responses, including mechanical, hemodynamic, chemical, neural, and inflammatory responses.

[0153] Obstructive sleep apneas may be terminated by arousal from sleep several seconds after the apneic peak, allowing the resumption of airflow. Coincident with arousal from sleep, surges in sympathetic nerve activity, blood pressure, and heart rate may occur. The adverse effects of obstructive apnea are not confined to sleep. Daytime sympathetic nerve activity and systemic blood pressure are increased. There may also be a sustained reduction in vagal tone, causing reduction in total heart rate variability during periods of wakefulness.

[0154] Central sleep apnea is generally caused by a failure of respiratory control signals from the brain. Central sleep apnea is a component of Cheyne-Stokes respiration (CSR), a respiration pattern primarily observed in patients suffering from chronic heart failure (CHF). Cheyne-Stokes respiration is a form of periodic breathing in which central apneas and hypopneas alternate with periods of hyperventilation causing a waxing-waning pattern of tidal volume. In some CHF patients, obstructive sleep apnea and central sleep apnea may coexist. In these patients, there may be a gradual shift from predominantly obstructive apneas at the beginning of the night to predominantly central apneas at the end of the night.

[0155] Several mechanisms may be involved in central apneas observed in patients suffering from chronic heart

failure. According to one mechanism, increased carbon dioxide sensitivity in CHF patients triggers hyperventilation initiating a sleep apnea episode. Breathing is regulated by a negative feedback system that maintains the arterial partial pressure of carbon dioxide ( $\text{PaCO}_2$ ) within limits. Changes in  $\text{PaCO}_2$  lead to changes in ventilation wherein the greater the sensitivity to carbon dioxide, the greater the ventilatory response.

[0156] In patients with cardiopulmonary disorders, an increase in carbon dioxide sensitivity may minimize perturbations in  $\text{PaCO}_2$ , thus protecting them against the long-term consequences of hypercapnia, an excess of carbon dioxide in the blood. This protective mechanism may be advantageous while the patient is awake, however, the increased sensitivity to carbon dioxide may disrupt breathing during sleep.

[0157] During sleep, ventilation decreases and  $\text{PaCO}_2$  levels increase. If the  $\text{PaCO}_2$  level decreases below level referred to as the apneic threshold, ventilation ceases, central sleep apnea ensues, and  $\text{PaCO}_2$  rises to previous levels.

[0158] In patients with increased sensitivity to carbon dioxide, the negative-feedback system that controls breathing initiates a large ventilatory response when  $\text{PaCO}_2$  rises. The resultant hyperventilation, by driving the  $\text{PaCO}_2$  level below the apneic threshold, results in central sleep apnea. As a result of the apnea, the  $\text{PaCO}_2$  level rises again, leading to an increase in ventilation. In this way, cycles of hyperventilation and central apnea may recur throughout sleep.

[0159] The posture of CHF patients during sleep may also be implicated in triggering apnea. When CHF patients lie down the prone posture may create central fluid accumulation and pulmonary congestion causing the patient to reflexively hyperventilate, that may lead to the cyclical pattern of hyperventilation-apnea described above.

[0160] Arousals are not necessarily required in central sleep apneas for the resumption of breathing at the termination of the apneic event. In central apnea, the arousals follow the initiation of breathing and may facilitate the development of oscillations in ventilation by recurrently stimulating hyperventilation and reducing  $\text{PaCO}_2$  below the apneic threshold. Once triggered, the pattern of alternating hyperventilation and apnea is sustained by the combination of increased respiratory drive, pulmonary congestion, arousals, and apnea-induced hypoxia causing  $\text{PaCO}_2$  oscillations above and below the apneic threshold. Shifts in the patient's state of consciousness, particularly with repeated arousals, may further destabilize breathing.

[0161] With the transition from wakefulness to non-rapid eye movement (NREM) sleep, the waking neural drive to breathe is lost, and the threshold for a ventilatory response to carbon dioxide is increased. Therefore, if the patient's  $\text{PaCO}_2$  level during wakefulness is below this higher sleeping threshold, the transition to NREM sleep may be accompanied by a transient loss of respiratory drive resulting in a central apnea. During the apnea, the  $\text{PaCO}_2$  rises until it reaches the new higher threshold level and initiates breathing. If sleep becomes firmly established, regular breathing resumes. However, if an arousal should occur, the increased  $\text{PaCO}_2$  level associated with sleep is now relatively too high for a state of wakefulness and will stimulate hyperventilation. Thus, although arousals terminate obstructive sleep

apneas, arousals trigger the respiratory oscillations associated with central apneas, particularly Cheyne-Stokes respiration.

[0162] In addition to the acute responses to sleep disordered breathing, such as those discussed above, sleep disordered breathing is also associated with a number of secondary or chronic responses, including, for example, chronic decrease in heart rate variability (HRV) and blood pressure changes. Patients with central sleep apnea may have higher urinary and circulating norepinephrine concentrations and lower PaCO<sub>2</sub> during both sleep and wakefulness.

[0163] Disordered breathing may be detected by sensing and analyzing various conditions associated with disordered breathing. Table 2 provides examples of how a representative subset of the physiological and contextual conditions listed in Table 1 may be used in connection with disordered breathing detection.

[0164] Detection of disordered breathing may involve comparing one condition or multiple conditions to one or more thresholds or other indices indicative of disordered breathing. A threshold or other index indicative of disordered breathing may comprise a predetermined level of a particular condition, e.g., blood oxygen level less than a

predetermined amount. A threshold or other index indicative of disordered breathing may comprise a change in a level of a particular condition, e.g., heart rate decreasing from a sleep rate to lower rate within a predetermined time interval.

[0165] In one approach, the relationships between the conditions may be indicative of disordered breathing. In this embodiment, disordered breathing detection may be based on the existence and relative values associated with two or more conditions. For example, if condition A is present at a level of x, then condition B must also be present at a level of f(x) before a disordered breathing detection is made.

[0166] The thresholds and/or relationships indicative of disordered breathing may be highly patient specific. The thresholds and/or relationships indicative of disordered breathing may be determined on a case-by-case basis by monitoring conditions affecting the patient and monitoring disordered breathing episodes. The analysis may involve determining levels of the monitored conditions and/or relationships between the monitored conditions associated, e.g., statistically correlated, with disordered breathing episodes. The thresholds and/or relationships used in disordered breathing detection may be updated periodically to track changes in the patient's response to disordered breathing.

TABLE 2

Condition Type	Condition	Examples of how condition may be used in disordered breathing detection
Physiological	Heart rate	Decrease in heart rate may indicate disordered breathing episode. Increase in heart rate may indicate autonomic arousal from a disordered breathing episode. Decrease in heart rate may indicate the patient is asleep.
	Heart rate variability	Disordered breathing causes heart rate variability to decrease. Changes in HRV associated with sleep disordered breathing may be observed while the patient is awake or asleep
	Ventricular filling pressure	May be used to identify/predict pulmonary congestion associated with respiratory disturbance.
	Blood pressure	Swings in on-line blood pressure measures are associated with apnea. Disordered breathing generally increases blood pressure variability - these changes may be observed while the patient is awake or asleep.
	Snoring	Snoring is associated with a higher incidence of obstructive sleep apnea and may be used to detect disordered breathing.
	Respiration pattern/rate	Respiration patterns including, e.g., respiration rate, may be used to detect disordered breathing episodes. Respiration patterns may be used to determine the type of disordered breathing. Respiration patterns may be used to detect that the patient is asleep.
	Patency of upper airway	Patency of upper airway is related to obstructive sleep apnea and may be used to detect episodes of obstructive sleep apnea.
	Pulmonary congestion	Pulmonary congestion is associated with respiratory disturbances.
	Sympathetic nerve activity	End of apnea associated with a spike in SNA. Changes in SNA observed while the patient is awake or asleep may be associated with sleep disordered breathing
	CO2	Low CO2 levels initiate central apnea.

TABLE 2-continued

Condition Type	Condition	Examples of how condition may be used in disordered breathing detection
	O2	O2 desaturation occurs during severe apnea/hypopnea episodes.
	Blood alcohol content	Alcohol tends to increase incidence of snoring & obstructive apnea.
	Adrenalin	End of apnea associated with a spike in blood adrenaline.
	BNP	A marker of heart failure status, which is associated with Cheyne-Stokes Respiration
	C-Reactive Protein	A measure of inflammation that may be related to apnea.
	Drug/Medication/Tobacco use	These substances may affect the incidence of both central & obstructive apnea.
	Muscle atonia	Muscle atonia may be used to detect REM and non-REM sleep.
	Eye movement	Eye movement may be used to detect REM and non-REM sleep.
Contextual	Temperature	Ambient temperature may be a condition predisposing the patient to episodes of disordered breathing and may be useful in disordered breathing detection.
	Humidity	Humidity may be a condition predisposing the patient to episodes of disordered breathing and may be useful in disordered breathing detection.
	Pollution	Pollution may be a condition predisposing the patient to episodes of disordered breathing and may be useful in disordered breathing detection.
	Posture	Posture may be used to confirm or determine the patient is asleep.
	Activity	Patient activity may be used in relation to sleep detection.
	Location	Patient location may used to determine if the patient is in bed as a part of sleep detection.
	Altitude	Lower oxygen concentrations at higher altitudes tends to cause more central apnea

[0167] In various implementations, episodes of disordered breathing may be detected and classified by analyzing the patient's respiration patterns. Methods and systems of disordered breathing detection based on respiration patterns are further described in commonly owned U.S. patent application Ser. No. 10/309,770, filed Dec. 4, 2002, which is incorporated herein by reference.

[0168] FIG. 7 illustrates normal respiration as represented by a signal produced by a transthoracic impedance sensor. The transthoracic impedance increases during respiratory inspiration and decreases during respiratory expiration. During non-REM sleep, a normal respiration pattern includes regular, rhythmic inspiration—expiration cycles without substantial interruptions.

[0169] In one embodiment, episodes of disordered breathing may be detected by monitoring the respiratory waveform output of the transthoracic impedance sensor. When the tidal volume (TV) of the patient's respiration, as indicated by the transthoracic impedance signal, falls below a hypopnea threshold, then a hypopnea event is declared. For example, a hypopnea event may be declared if the patient's tidal volume falls below about 50% of a recent average tidal volume or other baseline tidal volume value. If the patient's tidal volume falls further to an apnea threshold, e.g., about 10% of the recent average tidal volume or other baseline value, an apnea event is declared.

[0170] In another embodiment, detection of disordered breathing involves defining and examining a number of respiratory cycle intervals. FIG. 13 illustrates respiration intervals used for disordered breathing detection according to embodiments of the invention. A respiration cycle is divided into an inspiration period corresponding to the patient inhaling, an expiration period, corresponding to the patient exhaling, and a non-breathing period occurring between inhaling and exhaling. Respiration intervals are established using inspiration 1310 and expiration 1320 thresholds. The inspiration threshold 1310 marks the beginning of an inspiration period 1330 and is determined by the transthoracic impedance signal rising above the inspiration threshold 1310. The inspiration period 1330 ends when the transthoracic impedance signal is maximum 1340. A maximum transthoracic impedance signal 1340 corresponds to both the end of the inspiration interval 1330 and the beginning of the expiration interval 1350. The expiration interval 1350 continues until the transthoracic impedance falls below an expiration threshold 1320. A non-breathing interval 1360 starts from the end of the expiration period 1350 and continues until the beginning of the next inspiration period 1370.

[0171] Detection of sleep apnea and severe sleep apnea according to embodiments of the invention is illustrated in FIG. 14. The patient's respiration signals are monitored and the respiration cycles are defined according to inspiration 1430, expiration 1450, and non-breathing 1460 intervals as

described in connection with **FIG. 13**. A condition of sleep apnea is detected when a non-breathing period **1460** exceeds a first predetermined interval **1490**, denoted the sleep apnea interval. A condition of severe sleep apnea is detected when the non-breathing period **1460** exceeds a second predetermined interval **1495**, denoted the severe sleep apnea interval. For example, sleep apnea may be detected when the non-breathing interval exceeds about 10 seconds, and severe sleep apnea may be detected when the non-breathing interval exceeds about 20 seconds.

[**0172**] Hypopnea is a condition of disordered breathing characterized by abnormally shallow breathing. **FIGS. 15A-15B** are graphs of tidal volume derived from transthoracic impedance measurements. The graphs compare the tidal volume of a normal breathing cycle to the tidal volume of a hypopnea episode. **FIG. 15A** illustrates normal respiration tidal volume and rate. As shown in **FIG. 15B**, hypopnea involves a period of abnormally shallow respiration.

[**0173**] According to an embodiment of the invention, hypopnea is detected by comparing a patient's respiratory tidal volume to a hypopnea tidal volume threshold. The tidal volume for each respiration cycle is derived from transthoracic impedance measurements acquired in the manner described above. The hypopnea tidal volume threshold may be established using clinical results providing a representative tidal volume and duration of hypopnea events. In one configuration, hypopnea is detected when an average of the patient's respiratory tidal volume taken over a selected time interval falls below the hypopnea tidal volume threshold. Furthermore, various combinations of hypopnea cycles, breath intervals, and non-breathing intervals may be used to detect hypopnea, where the non-breathing intervals are determined as described above.

[**0174**] **FIG. 16** is a flowchart illustrating a method of apnea and/or hypopnea detection according to embodiments of the invention. Various parameters are established **1601** before analyzing the patient's respiration for disordered breathing episodes, including, for example, inspiration and expiration thresholds, sleep apnea interval, severe sleep apnea interval, and hypopnea tidal volume threshold.

[**0175**] The patient's transthoracic impedance is measured **1605** as described in more detail above. If the transthoracic impedance exceeds **1610** the inspiration threshold, the beginning of an inspiration interval is detected **1615**. If the transthoracic impedance remains below **1610** the inspiration threshold, then the impedance signal is checked **1605** periodically until inspiration **1615** occurs.

[**0176**] During the inspiration interval, the patient's transthoracic impedance is monitored until a maximum value of the transthoracic impedance is detected **1620**. Detection of the maximum value signals an end of the inspiration period and a beginning of an expiration period **1635**.

[**0177**] The expiration interval is characterized by decreasing transthoracic impedance. When the transthoracic impedance falls **1640** below the expiration threshold, a non-breathing interval is detected **1655**.

[**0178**] If the transthoracic impedance does not exceed **1660** the inspiration threshold within a first predetermined interval **1665**, denoted the sleep apnea interval, then a condition of sleep apnea is detected **1670**. Severe sleep

apnea is detected **1680** if the non-breathing period extends beyond a second predetermined interval **1675**, denoted the severe sleep apnea interval.

[**0179**] When the transthoracic impedance exceeds **1660** the inspiration threshold, the tidal volume from the peak-to-peak transthoracic impedance is calculated, along with a moving average of past tidal volumes **1685**. The peak-to-peak transthoracic impedance provides a value proportional to the tidal volume of the respiration cycle. This value is compared to a hypopnea tidal volume threshold **1690**. If the peak-to-peak transthoracic impedance is consistent with the hypopnea tidal volume threshold **1690** for a predetermined time **1692**, then a hypopnea cycle is detected **1695**.

[**0180**] Additional sensors, such as motion sensors, oximetry sensors, and/or posture sensors, may be used to confirm or verify the detection of a sleep apnea or hypopnea episode. The additional sensors may be employed to prevent false or missed detections of sleep apnea/hypopnea due to posture and/or motion related artifacts.

[**0181**] Another embodiment of the invention involves classifying respiration patterns as disordered breathing episodes based on the breath intervals and/or tidal volumes of one or more respiration cycles within the respiration patterns. According to this embodiment, the duration and tidal volumes associated with a respiration pattern are compared to duration and tidal volume thresholds. The respiration pattern is detected as a disordered breathing episode based on the comparison.

[**0182**] According to principles of the invention, a breath interval is established for each respiration cycle. A breath interval represents the interval of time between successive breaths, as illustrated in **FIG. 17**. A breath interval **1730** may be defined in a variety of ways, for example, as the interval of time between successive maxima **1710**, **1720** of the impedance signal waveform.

[**0183**] Detection of disordered breathing, in accordance with embodiments of the invention, involves the establishment of a duration threshold and a tidal volume threshold. If a breath interval exceeds the duration threshold, an apnea event is detected. Detection of sleep apnea, in accordance with this embodiment, is illustrated in the graph of **FIG. 17**. Apnea represents a period of non-breathing. A breath interval **1730** exceeding a duration threshold **1740** comprises an apnea episode.

[**0184**] Hypopnea may be detected using the duration threshold and tidal volume threshold. A hypopnea event represents a period of shallow breathing. Each respiration cycle in a hypopnea event is characterized by a tidal volume less than the tidal volume threshold. Further, the hypopnea event involves a period of shallow breathing greater than the duration threshold.

[**0185**] A hypopnea detection approach, in accordance with embodiments of the invention, is illustrated in **FIG. 18**. Shallow breathing is detected when the tidal volume of one or more breaths is below a tidal volume threshold **1810**. If the shallow breathing continues for an interval greater than a duration threshold **1820**, then the breathing pattern represented by the sequence of shallow respiration cycles, is classified as a hypopnea event.

[**0186**] **FIGS. 19 and 20** provide charts illustrating classification of individual disordered breathing events and

series of periodically recurring disordered breathing events, respectively. As illustrated in **FIG. 19**, individual disordered breathing events may be grouped into apnea, hypopnea, tachypnea and other disordered breathing events. Apnea events are characterized by an absence of breathing. Intervals of reduced respiration are classified as hypopnea events. Tachypnea events include intervals of rapid respiration characterized by an elevated respiration rate.

[0187] As illustrated in **FIG. 19**, apnea and hypopnea events may be further subdivided as either central events, related to central nervous system dysfunction, or obstructive events, caused by upper airway obstruction. A tachypnea event may be further classified as a hyperpnea event, represented by hyperventilation, i.e., rapid deep breathing. A tachypnea event may alternatively be classified as rapid breathing, typically of prolonged duration.

[0188] **FIG. 20** illustrates classification of combinations of periodically recurring disordered breathing events. Periodic breathing may be classified as obstructive, central or mixed. Obstructive periodic breathing is characterized by cyclic respiratory patterns with an obstructive apnea or hypopnea event in each cycle. Central periodic breathing involves cyclic respiratory patterns including a central apnea or hypopnea event in each cycle. Periodic breathing may also be of mixed origin. Mixed origin periodic breathing is characterized by cyclic respiratory patterns having a mixture of obstructive and central apnea events in each cycle. Cheyne-Stokes is a particular type of periodic breathing involving a gradual waxing and waning of tidal volume and having a central apnea and hyperpnea event in each cycle. Other manifestations of periodic breathing are also possible. Disordered breathing episodes may be classified based on the characteristic respiration patterns associated with particular types of disordered breathing.

[0189] As illustrated in **FIGS. 21A-E**, a respiration pattern detected as a disordered breathing episode may include only an apnea respiration cycle **2110** (**FIG. 21A**), only hypopnea respiration cycles **2150** (**FIG. 21D**), or a mixture of hypopnea and apnea respiration cycles **2120** (**FIG. 21B**), **2130** (**FIG. 21C**), **2160** (**FIG. 21E**). A disordered breathing event **2120** may begin with an apnea respiration cycle and end with one or more hypopnea cycles. In another pattern, the disordered breathing event **2130** may begin with hypopnea cycles and end with an apnea cycle. In yet another pattern, a disordered breathing event **2160** may begin and end with hypopnea cycles with an apnea cycle in between the hypopnea cycles.

[0190] **FIG. 22** is a flowchart of a method for detecting disordered breathing in accordance with embodiments of the invention. The method illustrated in **FIG. 22** operates by classifying breathing patterns using breath intervals in conjunction with tidal volume and duration thresholds as previously described above. In this example, a duration threshold and a tidal volume threshold are established for determining both apnea and hypopnea breath intervals. An apnea episode is detected if the breath interval exceeds the duration threshold. A hypopnea episode is detected if the tidal volume of successive breaths remains less than the tidal volume threshold for a period in excess of the duration threshold. Mixed apnea/hypopnea episodes may also occur. In these cases, the period of disordered breathing is characterized by shallow breaths or non-breathing intervals.

During the mixed apnea/hypopnea episodes, the tidal volume of each breath remains less than the tidal volume threshold for a period exceeding the duration threshold.

[0191] Transthoracic impedance is sensed and used to determine the patient's respiration cycles. Each breath **2210** may be characterized by a breath interval, the interval of time between two impedance signal maxima, and a tidal volume (TV).

[0192] If a breath interval exceeds **2215** the duration threshold, then the respiration pattern is consistent with an apnea event, and an apnea event trigger is turned on **2220**. If the tidal volume of the breath interval exceeds **2225** the tidal volume threshold, then the breathing pattern is characterized by two respiration cycles of normal volume separated by a non-breathing interval. This pattern represents a purely apneic disordered breathing event, and apnea is detected **2230**. Because the final breath of the breath interval was normal, the apnea event trigger is turned off **2232**, signaling the end of the disordered breathing episode. However, if the tidal volume of the breath interval does not exceed **2225** the tidal volume threshold, the disordered breathing period is continuing and the next breath is checked **2210**.

[0193] If the breath interval does not exceed **2215** the duration threshold, then the tidal volume of the breath is checked **2235**. If the tidal volume does not exceed **2235** the tidal volume threshold, the breathing pattern is consistent with a hypopnea cycle and a hypopnea event trigger is set on **2240**. If the tidal volume exceeds the tidal volume threshold, then the breath is normal.

[0194] If a period of disordered breathing is in progress, detection of a normal breath signals the end of the disordered breathing. If disordered breathing was previously detected **2245**, and if the disordered breathing event duration has not exceeded **2250** the duration threshold, and the current breath is normal, then no disordered breathing event is detected **2255**. If disordered breathing was previously detected **2245**, and if the disordered breathing event duration has extended for a period of time exceeding **2250** the duration threshold, and the current breath is normal, then the disordered breathing trigger is turned off **2260**. In this situation, the duration of the disordered breathing episode was of sufficient duration to be classified as a disordered breathing episode. If an apnea event was previously triggered **2265**, then an apnea event is declared **2270**. If a hypopnea was previously triggered **2265**, then a hypopnea event is declared **2275**.

[0195] As previously discussed in connection with the flowcharts of **FIGS. 1B, 1D** and **1E** above, the sleep disordered breathing therapy may be modified based on feedback information developed using one or more monitored patient conditions. The feedback information may indicate that the sleep disordered breathing therapy should be initiated, terminated or modified. The feedback information may be developed based on the severity of the sleep disordered breathing, interactions between the sleep disordered breathing therapy and other therapies delivered to the patient, the effectiveness of the sleep disordered breathing therapy, the impact of the sleep disordered breathing therapy on the patient, and/or other parameters of the breathing therapy. Once initiated, the system may continue to monitor patient conditions to develop feedback information and the breathing therapy may be modified based on periodically updated assessments of sleep disordered breathing severity,

therapy efficacy, patient comfort during therapy, sleep quality during therapy, interactions between therapies, or other factors, for example.

[0196] A subset of patient conditions, for example, one or more of the representative conditions listed in Table 1, may be used in connection with detecting sleep disordered

conditions used to assess therapy effectiveness may be different from, or the same as, conditions used to assess an impact of the therapy on the patient. Table 4 provides a representative set of conditions that may be used for therapy assessment with respect to therapy efficacy/disordered breathing severity and therapy impact.

TABLE 4

Condition	Therapy Impact	Therapy Efficacy/Severity
Arousal-Based Sleep Fragmentation Measures	May be used to assess therapy impact during sleep.	
Restful sleep (Patient reported)	May be used to assess therapy impact during sleep.	
Discomfort (Patient reported)	May be used to assess therapy impact.	
Pacing algorithm interaction	May be used to assess therapy impact.	
Heart Failure (HF)Severity	May be used to assess therapy impact.	May be used to analyze the efficiency of therapy to improve heart pumping function. HF severity may be indicated by the apnea hypopnea index. Improving apnea via therapy may improve HF condition.
Remaining useful life of therapy device	May be used to assess therapy impact.	
Disturbed Breathing-Based Measures		May be used to analyze/assess efficacy of therapy to mitigate disordered breathing episodes.
Respiration quality (Patient reported)		May be used to analyze/assess efficacy of therapy to mitigate disordered breathing episodes.
Heart rate variability (HRV)		Disordered breathing causes heart rate variability to decrease. Therapy may be modified based on changes in HRV
Blood pressure		Disordered breathing causes blood pressure increase
Sympathetic nerve activity (SNA)		Changes in sympathetic nerve activity are caused by disordered breathing. Therapy may be adjusted based on the level of SNA
Blood chemistry		A number of disordered breathing related changes may occur in a patient's blood chemistry, including, e.g., higher norepinephrine levels, and lower PaCO <sub>2</sub>

breathing. Another subset of patient conditions, which may overlap the conditions used sleep disordered breathing assessment, may be used in connection with the determining a severity of disordered breathing. Another subset of patient conditions may be used to determine therapy efficacy. In some scenarios, the severity of disordered breathing may be inversely related to therapy efficacy. Thus it may be possible to use a common subset of patient conditions to assess severity of disordered breathing and therapy efficacy. Other subsets may be used to assess impact to the patient and/or therapy interactions, for example.

[0197] Acute responses to disordered breathing may be used to detect disordered breathing and both acute and chronic responses may be used to assess the severity of the disordered breathing, the efficacy of the therapy and/or impact of disordered breathing therapy, for example. Con-

[0198] It is understood that the patient conditions that may be used in connection the medical systems described herein are not limited to the representative sets listed in Tables 1-4 or those described herein. Further, although illustrative sensing methods for detecting the patient conditions listed above are provided, it is understood that the patient conditions may be detected using a wide variety of technologies. The embodiments and features described in herein are not limited to the particular patient conditions or the particular sensing technologies provided.

[0199] In accordance with various embodiments of the invention, conditions related to sleep quality, e.g., sleep fragmentation and/or other arousal-based measures, patient-reported restful sleep, and patient-reported discomfort during therapy, may be used to assess the impact of the therapy on the patient. For example, if a patient is receiving effective

disordered breathing therapy and has low sleep fragmentation, reports restful sleep, and reports no discomfort, the adverse effects of the therapy on the patient may be relatively low. If sleep fragmentation is relatively high, or if the patient reports discomfort or feeling tired after sleeping, these conditions may indicate that therapy is causing sleep disturbances and/or other undesirable effects.

[0200] It is undesirable to provide therapy that eliminates the disordered breathing but increases sleep fragmentation. In such a situation, the disordered breathing therapy may exacerbate the adverse effects produced by the respiratory disturbances. Thus, it may be preferable to assess the impact of the therapy on the patient and adjust the therapy to improve sleep quality.

[0201] Sleep fragmentation and sleep disruptions may also occur if disordered breathing therapy is ineffective and disordered breathing occurs during sleep. Therefore, a therapy impact assessment based on detected sleep quality and/or patient-reported restful sleep may preferably take into account an assessment of therapy effectiveness.

[0202] Evaluation of the impact of disordered breathing therapy on the patient preferably takes into consideration the impact of disordered breathing therapy on the overall therapeutic goals for the patient, including goals associated with other therapies delivered to the patient as well as sleep disordered breathing therapy goals. The disordered breathing therapy may involve a variety of therapy regimens implemented to achieve predetermined therapeutic goals. In some embodiments, the effectiveness of the therapy, or the degree to which the therapy meets one or more therapeutic goals, may be assessed by detecting and analyzing episodes of disordered breathing that occur during therapy delivery.

[0203] For example, a therapeutic goal may involve terminating a disordered breathing episode and the disordered breathing therapy may be adapted to achieve this goal. Additionally, or alternatively, a therapeutic goal may involve terminating a disordered breathing episode and preventing further disordered breathing. In this example situation, the therapy regimen may be adapted to provide a first therapy to terminate the disordered breathing episode and provide a second preventative therapy to reduce or eliminate further disordered breathing episodes. The second preventative therapy may be adapted to reduce episodes of disordered breathing below a predetermined disordered breathing episode threshold. A disordered breathing episode threshold may be expressed, for example, in terms of an apnea/hypopnea index (AHI) or percent time in periodic breathing (% PB).

[0204] FIGS. 23 and 24 are flowcharts illustrating methods of adapting a sleep disordered breathing therapy according to embodiments of the invention. As previously discussed, the sleep disordered breathing therapy may involve one or more of a number of therapy types. The sleep disordered breathing therapy may involve, for example, one or more of cardiac pacing therapy, patient-external breathing therapy, nerve stimulation therapy, muscle stimulation therapy, and/or drug therapy. Processes for adapting a cardiac therapy based on feedback information, are described in commonly owned U.S. patent application Ser. No. 10/643, 203, filed Aug. 18, 2003 which is incorporated herein by reference. Similar techniques may be applied to adjust therapy of different types.

[0205] The flowchart of FIG. 23 illustrates a method of adapting disordered breathing therapy to achieve a desired level of therapy efficacy. In this embodiment, a first set of conditions associated with disordered breathing is detected 2310 and used to determine if a disordered breathing episode is occurring. If disordered breathing is detected 2320, disordered breathing therapy is delivered 2330 to the patient to mitigate the disordered breathing. In one embodiment, the therapy delivered to the patient may involve external respiratory therapy. The therapy may initially involve air delivered at a first predetermined pressure.

[0206] A second set of conditions associated with therapy effectiveness is sensed 2340 and used to assess the effectiveness of the therapy. The detected conditions used to assess the efficacy of the therapy and adapt the therapy to mitigate disordered breathing may represent one or more of the acute conditions associated with disordered breathing, e.g., detected episodes of interrupted breathing, hypoxia, arousals, negative intrathoracic pressure, blood pressure, and heart rate or blood pressure surges.

[0207] Additionally, or alternatively, the conditions used to assess therapy efficacy and adapt the sleep disordered breathing therapy may include one or more chronic conditions associated with disordered breathing, including, for example, decreased heart rate variability, increased blood pressure, chronic changes in sympathetic nerve activity, and changes in blood chemistry, such as increased levels of PaCO<sub>2</sub> and norepinephrine levels, among others.

[0208] In general, a therapeutic goal in the treatment of disordered breathing is to provide the least aggressive therapy that effectively mitigates, terminates or prevents the patient's disordered breathing or achieves a particular therapeutic goal associated with disordered breathing therapy. If the severity of the disordered breathing is determined to be severe, then a more intense level of therapy may be initially delivered to the patient. The disordered breathing therapy regimen may be enhanced by increasing the intensity or level of therapy to more effectively mitigate the disordered breathing. Alternatively, the disordered breathing therapy regimen may be enhanced by reducing the intensity or level of therapy while maintaining a desired decrease in the severity or frequency of disordered breathing episodes, thus reducing undesirable side effects from the therapy and extending the device lifetime.

[0209] If the therapy effectiveness is acceptable 2350, e.g., terminates or reduces the patient's disordered breathing or meets some other desired goal, then the therapy may be adapted 2360 to provide a less aggressive therapy, e.g., air delivered at a decreased pressure, cardiac pacing delivered at a higher rate, nerve stimulation delivered at a lower amplitude. If the therapy is not effective 2350, then the therapy may be adapted 2370 to enhance therapy efficacy by providing a more aggressive therapy, e.g., delivering air at an increased pressure, cardiac pacing delivered at a lower rate, nerve stimulation delivered at a lower amplitude.

[0210] In one embodiment, therapy may be determined to be ineffective if disordered breathing continues unmitigated following therapy delivery. In this situation, the therapy may be adapted to provide a more aggressive therapy. In another embodiment, if the disordered breathing decreases sufficiently in severity, or is otherwise sufficiently mitigated, the therapy may be enhanced by adapting the therapy to provide

a less aggressive therapy, e.g., decreased air pressure. As previously discussed, a less aggressive therapy is preferable to reduce the risk of arousal and to provide a more comfortable therapy to the patient, for example.

[0211] The flowchart of **FIG. 24** illustrates a method of adapting a disordered breathing therapy in accordance with embodiments of the invention. In this example, a first set of conditions associated with disordered breathing is detected **2410** and used to determine if a disordered breathing episode is occurring. If disordered breathing is detected **2420**, therapy is delivered **2430** to the patient to mitigate the disordered breathing. The level of therapy initially delivered to the patient may be based on a severity of the disordered breathing.

[0212] A second set of conditions is detected **2440** and used to adapt the therapy. Based on the second set of sensed conditions, the therapy efficacy is assessed **2445**. If the therapy efficacy is not acceptable **2450**, then the therapy may be adapted **2460** to enhance therapy efficacy. If the therapy efficacy is acceptable **2450**, then the impact of the therapy on the patient may be assessed **2470**.

[0213] If the therapy impact on the patient is acceptable **2480**, the system continues to deliver the therapy. When the therapy regimen is complete **2485**, then therapy is terminated **2490**. If the therapy impact on the patient exceeds acceptable limits, the therapy impact is not acceptable **2480**, and the therapy may be adapted **2460** to reduce the therapy impact.

[0214] The methods illustrated in the flowcharts of **FIGS. 23 and 24** contemplate real-time monitoring of patient conditions allowing the therapy system to dynamically adjust the therapy regimen to accommodate the changing needs of the patient. In one configuration, the therapy may be adjusted during the period that therapy is delivered to the patient. In another configuration, the therapy may be adapted between sleep disordered breathing episodes or from night-to-night based on assessment of the therapy delivered in connection with one or more previously detected disordered breathing episodes.

[0215] Methods, devices, and systems implementing a coordinated approach to monitoring breathing treatment and/or providing therapy for disordered breathing may incorporate one or more of the features, structures, methods, or combinations thereof described herein. For example, a medical system may be implemented to include one or more of the features and/or processes described below. It is intended that such a method, device, or system need not include all of the features and functions described herein, but may be implemented to include one or more selected features and functions that provide unique structures and/or functionality.

[0216] A number of the examples presented herein involve block diagrams illustrating functional blocks used for coordinated monitoring, diagnosis and/or therapy functions in accordance with embodiments of the present invention. It will be understood by those skilled in the art that there exist many possible configurations in which these functional blocks can be arranged and implemented. The examples depicted herein provide examples of possible functional arrangements used to implement the approaches of the invention.

[0217] It is understood that the components and functionality depicted in the figures and described herein can be implemented in hardware, software, or a combination of hardware and software. It is further understood that the components and functionality depicted as separate or discrete blocks/elements in the figures in general can be implemented in combination with other components and functionality, and that the depiction of such components and functionality in individual or integral form is for purposes of clarity of explanation, and not of limitation.

What is claimed is:

1. A method of controlling sleep disordered breathing therapy, comprising:

monitoring one or more patient conditions using a monitoring device having circuitry disposed within an implantable housing;

developing feedback information for controlling sleep disordered breathing therapy based on the one or more monitored conditions; and

providing the feedback information to a device delivering therapy to treat sleep disordered breathing, wherein a housing of the therapy device is separate from the implantable housing of the monitoring device.

2. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring physiological conditions.

3. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring respiratory system conditions.

4. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring respiration patterns.

5. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring cardiovascular system conditions.

7. The method of claim 1, wherein monitoring the one or more conditions comprises monitoring cardiopulmonary conditions.

7. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring heart rate.

8. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring nervous system conditions.

9. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring blood chemistry conditions.

10. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring blood pressure conditions.

11. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring non-physiological conditions.

12. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring contextual conditions.

13. The method of claim 1, wherein monitoring the one or more patient conditions comprises monitoring environmental conditions.

14. The method of claim 1, wherein monitoring the one or more patient conditions comprises storing information associated with the one or more patient conditions.

**15.** The method of claim 1, wherein developing the feedback information comprises:

detecting sleep based on the one or more monitored conditions; and

developing the feedback information based on the detection of sleep.

**16.** The method of claim 1, wherein developing the feedback information comprises:

detecting therapy interactions based on the one or more monitored conditions; and

developing the feedback information based on the detected therapy interactions.

**17.** The method of claim 1, wherein developing the feedback information comprises:

determining therapy effectiveness based on the one or more monitored conditions; and

developing the feedback information based on the therapy effectiveness.

**18.** The method of claim 1, wherein developing the feedback information comprises:

determining an impact of the therapy on the patient based on the one or more monitored conditions; and

developing the feedback information based on the therapy impact.

**19.** The method of claim 1, wherein:

monitoring the one or more patient conditions comprises:

detecting sleep disordered breathing events based on the one or more patient conditions; and

determining one or more characteristics of the sleep disordered breathing events; and

developing the feedback information comprises developing the feedback information based on the one or more characteristics of the sleep disordered breathing events.

**20.** The method of claim 19, wherein determining the one or more characteristics of the sleep disordered breathing events comprises determining a severity of the sleep disordered breathing events.

**21.** The method of claim 19, wherein determining the one or more characteristics of the sleep disordered breathing events comprises determining a frequency of the sleep disordered breathing events.

**22.** The method of claim 19, wherein determining the one or more characteristics of the sleep disordered breathing events comprises determining a duration of the sleep disordered breathing events.

**23.** The method of claim 19, wherein determining the one or more characteristics of the sleep disordered breathing events comprises calculating a disordered breathing index

**24.** The method of claim 19, wherein determining the one or more characteristics of the sleep disordered breathing events comprises calculating an apnea/hypopnea index.

**25.** The method of claim 1, wherein developing the feedback information comprises:

determining trends of the one or more monitored conditions; and

developing the feedback information based on the trends.

**26.** The method of claim 1, further comprising transmitting information associated with the one or more monitored conditions from the monitoring device to a separate medical device other than the therapy device, wherein developing the feedback information based on the one or more monitored conditions comprises developing the feedback information using the separate medical device.

**27.** The method of claim 26, wherein providing the feedback information comprises transmitting the feedback information from the separate medical device to the therapy device.

**28.** The method of claim 27, wherein at least one of transmitting information associated with the one or more monitored conditions from the monitoring device to the separate medical device and transmitting the feedback information from the separate medical device to the therapy device is performed wirelessly.

**29.** The method of claim 1, wherein:

developing the feedback information comprises developing the feedback information using the monitoring device; and

providing the feedback information to the therapy device comprises transmitting the feedback information from the monitoring device to the therapy device.

**30.** The method of claim 29, wherein transmitting the feedback information from the monitoring device to the therapy device comprises wirelessly transmitting the feedback information.

**31.** A method, comprising:

monitoring one or more patient conditions using a monitoring device having circuitry disposed within an implantable housing;

developing feedback information for controlling sleep disordered breathing therapy based on the one or more monitored conditions;

providing the feedback information to a device delivering therapy to treat sleep disordered breathing, wherein a housing of the therapy device is separate from the implantable housing of the monitoring device; and

adjusting the sleep disordered breathing therapy using the feedback information.

**32.** The method of claim 31, wherein:

providing the feedback information to the device delivering therapy to treat the sleep disordered breathing comprises providing the feedback information to a nerve stimulation device delivering nerve stimulation therapy to treat the sleep disordered breathing; and

adjusting the sleep disordered breathing therapy using the feedback information comprises adjusting the nerve stimulation therapy.

**33.** The method of claim 31, wherein:

providing the feedback information to the device delivering therapy to treat the sleep disordered breathing comprises providing the feedback information to a muscle stimulation device delivering muscle stimulation therapy to treat the sleep disordered breathing; and

adjusting the sleep disordered breathing therapy using the feedback information comprises adjusting the muscle stimulation therapy.

- 34.** The method of claim 31, wherein:  
providing the feedback information to the device delivering therapy to treat the sleep disordered breathing comprises providing the feedback information to a drug delivery device delivering drug therapy to treat the sleep disordered breathing; and  
adjusting the sleep disordered breathing therapy using the feedback information comprises adjusting the drug therapy.
- 35.** The method of claim 31, wherein:  
providing the feedback information to the device delivering therapy to treat the sleep disordered breathing comprises providing the feedback information to a respiratory therapy device delivering a patient-external respiration therapy to treat the sleep disordered breathing; and  
adjusting the sleep disordered breathing therapy using the feedback information comprises adjusting the patient-external respiration therapy.
- 36.** The method of claim 31, wherein:  
providing the feedback information to the device delivering therapy to treat the sleep disordered breathing comprises providing the feedback information to a cardiac device delivering cardiac stimulation therapy to treat the sleep disordered breathing; and  
adjusting the sleep disordered breathing therapy using the feedback information comprises adjusting the cardiac stimulation therapy.
- 37.** The method of claim 31, wherein adjusting the sleep disordered breathing therapy comprises manually adjusting the sleep disordered breathing therapy.
- 38.** The method of claim 31, wherein adjusting the sleep disordered breathing therapy comprises automatically adjusting the sleep disordered breathing therapy.
- 39.** A medical system, comprising:  
a monitoring unit having components disposed within an implantable housing, the monitoring unit configured to monitor one or more patient conditions;  
a processor coupled to the monitoring unit and configured to provide feedback information related to sleep disordered breathing therapy delivered to a patient based on the one or more monitored conditions, wherein components of a therapy device delivering the disordered breathing therapy are disposed within a therapy device housing and the therapy device housing is separate from the implantable housing of the monitoring device.
- 40.** The medical system of claim 39, wherein the monitoring unit is configured to monitor a physiological condition.
- 41.** The medical device of claim 39, wherein the monitoring unit is configured to monitor a respiratory system condition.
- 42.** The medical device of claim 39, wherein the monitoring unit is configured to monitor respiration patterns.
- 43.** The medical device of claim 39, wherein the monitoring unit is configured to monitor a cardiovascular system condition.
- 44.** The medical device of claim 39, wherein the monitoring unit is configured to monitor a cardiopulmonary condition.
- 45.** The medical device of claim 39, wherein the monitoring unit is configured to monitor heart rate.
- 46.** The medical device of claim 39, wherein the monitoring unit is configured to monitor a nervous system condition.
- 47.** The medical device of claim 39, wherein the monitoring unit is configured to monitor a blood chemistry condition.
- 48.** The medical device of claim 39, wherein the monitoring unit is configured to monitor blood pressure.
- 49.** The medical device of claim 39, wherein the monitoring unit is configured to monitor a non-physiological condition.
- 50.** The medical device of claim 39, wherein the monitoring unit is configured to monitor a contextual condition.
- 51.** The medical device of claim 39, wherein the monitoring unit is configured to monitor an environmental condition.
- 52.** The medical device of claim 39, wherein the monitoring unit further comprises a memory configured to store information associated with the one or more patient conditions.
- 53.** The medical device of claim 39, wherein the monitoring unit further comprises a sleep detector, the sleep detector configured to detect sleep based on the one or more monitored conditions and the processor is configured to develop the feedback information based on the detection of sleep.
- 54.** The medical device of claim 39, wherein the monitoring unit is configured to detect therapy interactions based on the one or more monitored conditions and the processor is configured to develop the feedback information based on the detected therapy interactions.
- 55.** The medical device of claim 39, wherein the monitoring unit is configured to determine therapy effectiveness based on the one or more monitored conditions and the processor is configured to develop the feedback information based on the therapy effectiveness.
- 56.** The medical device of claim 39, wherein the monitoring unit is configured to determine an impact of the therapy on the patient based on the one or more monitored conditions and the processor is configured to develop the feedback information based on the therapy impact.
- 57.** The medical device of claim 39, wherein the monitoring unit further comprises a disordered breathing detector configured to detect disordered breathing events based on the one or more patient conditions and to determine one or more characteristics of the disordered breathing events and the processor is configured to develop the feedback information based on the one or more characteristics of the disordered breathing events.
- 58.** The medical device of claim 57, wherein the disordered breathing detector is configured to determine a severity of the disordered breathing events.
- 59.** The medical device of claim 57, wherein the disordered breathing detector is configured to determine a frequency of the disordered breathing events.
- 60.** The medical device of claim 57, wherein the disordered breathing detector is configured to determine a duration of the disordered breathing events.
- 61.** The medical device of claim 39, wherein the monitoring unit is configured to calculate an apnea/hypopnea index and the processor is configured to develop the feedback information based on the apnea/hypopnea index.

**62.** The medical device of claim 39, wherein the monitoring unit is configured to determine trends of the one or more monitored conditions and the processor is configured to develop the feedback information based on the trends.

**63.** A medical system, comprising:

a monitoring unit having components disposed within an implantable housing, the monitoring unit configured to monitor one or more patient conditions;

a therapy device having components disposed within a housing that is separate from the implantable housing of the monitoring device, the therapy device configured to deliver sleep disordered breathing therapy; and

a processor coupled to the monitoring unit and the therapy device, the processor configured to provide feedback information related to the sleep disordered breathing therapy based on the one or more patient conditions.

**64.** The medical system of claim 63, further comprising a transmitter configured to transmit the feedback information from the processor to the therapy device.

**65.** The medical system of claim 63 wherein the processor is disposed within the implantable housing of the monitoring device.

**66.** The medical system of claim 63, wherein the therapy device is configured to use the feedback information to adjust the sleep disordered breathing therapy.

**67.** The medical system of claim 63, wherein the therapy device comprises a nerve stimulation device.

**68.** The medical system of claim 63, wherein the therapy device comprises a muscle stimulation device.

**69.** The medical system of claim 63, wherein the therapy device comprises a drug therapy device.

**70.** The medical system of claim 63, wherein the therapy device comprises a patient-external breathing therapy device.

**71.** The medical system of claim 63, wherein the therapy device comprises a cardiac stimulation device.

**72.** A system for controlling sleep disordered breathing therapy, comprising:

means for monitoring one or more patient conditions using a monitoring device having circuitry disposed within an implantable housing;

means for developing feedback information for controlling sleep disordered breathing therapy based on the one or more monitored conditions; and

means for providing the feedback information to a device delivering therapy to treat sleep disordered breathing, wherein a housing of the therapy device is separate from the implantable housing of the monitoring device.

**73.** The system of claim 72, further comprising:

means for detecting sleep disordered breathing events based on the one or more patient conditions;

means for determining one or more characteristics of the sleep disordered breathing events; and

means for developing the feedback information based on the one or more characteristics of the sleep disordered breathing events.

**74.** The system of claim 73, further comprising:

means for determining a severity of the; and

means for developing feedback information based on the severity of the sleep disordered breathing events.

**75.** A medical system, comprising:

means for monitoring one or more patient conditions using a monitoring device having circuitry disposed within an implantable housing;

means for developing feedback information for controlling sleep disordered breathing therapy based on the one or more monitored conditions;

means for providing the feedback information to a device delivering therapy to treat sleep disordered breathing, wherein a housing of the therapy device is separate from the implantable housing of the monitoring device; and

means for adjusting the sleep disordered breathing therapy using the feedback information.

\* \* \* \* \*

专利名称(译)	睡眠呼吸障碍治疗的反馈系统和方法		
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[标]申请(专利权)人(译)	LEE KENT 哈特利JESSE W STAHMANN JEFFREY E 倪泉		
申请(专利权)人(译)	LEE KENT 哈特利JESSE W. STAHMANN JEFFREY E. NI QUAN		
当前申请(专利权)人(译)	心脏起搏器, INC.		
[标]发明人	LEE KENT HARTLEY JESSE W STAHMANN JEFFREY E NI QUAN		
发明人	LEE, KENT HARTLEY, JESSE W. STAHMANN, JEFFREY E. NI, QUAN		
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摘要(译)

方法和系统涉及使用完全或部分可植入的监测装置监测一个或多个患者状况。基于监测的条件开发反馈信息，并将其提供给提供治疗以治疗睡眠呼吸紊乱的装置。监测装置的部件设置在可植入的壳体内，该壳体与治疗装置的壳体分开。治疗装置可包括可植入或患者外部的壳体。反馈信息可用于调整睡眠呼吸障碍呼吸治疗。

