

Recent Advances in Wearable Biomedical Sensors: Materials, Signal Processing, and Healthcare Applications

Mohamed Atef Abbas^{1*}, Fahad Al-Jamè²

¹Faculty of Engineering Ain Shams University & Arab Academy for Science and Technology Cairo, Egypt

²School of Electrical Engineering, Kuwait Institute for Scientific Research (KISR), P.O. Box 24885 Safat, Kuwait

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ABSTRACT

The recent trend of wearable biomedical sensors poses a very significant transformation to the current healthcare system; they could monitor the physiological parameters of people in real-time, continuously, providing an early warning of diseases and the ability to treat patients remotely. Based on it the recent developments in the field are thoroughly discussed keeping in view three important areas such as new materials, new signal processing techniques and various healthcare applications. The growth of clinically useful flexible, stretchable and non-toxic materials has contributed greatly to the convenience, life span and skin friendliness of sensors. At the same time, advanced signal acquisition and artificial intelligence processing has enhanced the quality and trustworthiness of biosignal analysis even on the low-resource wearable systems. The paper also examines an extensive variety of clinical, wellness applications, such as chronic disease, rehabilitation, neurological assessment, and pandemic-driven telemedicine. Such challenges as power consumption, data security, interoperability, and long-term biocompatibility are critically discussed. Lastly, concluding remarks on the future research directions will be presented, where the future of intelligent wearable healthcare systems will be determined by developing new technologies such as 2D materials, edge-AI, and next-generation wireless networks.

Author's e-mail: Moham.a.ab@aast.edu, Fah.al-ja@kisir.edu.kw

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INTRODUCTION

Over the past couple of years, wearable technology has disrupted the healthcare market and is moving all the way from consumer-based fitness devices to medical device-level monitoring systems. This is prompted by the increasing need of getting continuous and real-time health assessment at a time when personal and preventive healthcare is becoming essential. The primary driver of this transformation is wearable biomedical sensors which are the biomedical devices that can process, detect, and transmit physiological signals. These sensors help achieve early interventions and decrease hospitalization due to brain activity and muscular movement tracking, heart rate monitoring, glucose levels, and so on to enable people to take control of their health.

In this case, the significance of real-time physiological monitoring is that it is expected to identify abnormalities at an earlier stage, treat chronic conditions better, and

assist in caring about remote patients, especially in geriatric populations and rural or underserved regions. Wearable sensors can now complement end-users and smart healthcare systems since the researchers combined wireless communication, AI-driven analytics, and miniaturized hardware.

This review offers an in-depth history of recent progress in the field of wearable biomedical sensors, focusing on three critical aspects, namely: (i) Materials- the evolution of wearable and stretchable and biocompatible substrates and electrodes in support of both manageability and efficacy; (ii) Signal Processing- advanced procedure and algorithms in the correct and noise-resistant consumption of biosignals; and (iii) Healthcare Applications- the setup of these sensors in a variety of clinical and wellness applications which include cardiovascular monitoring, neurophysiological assessment, Through the combination of advancements

in these areas, the given paper will help determine present-day obstacles, see the best technology available, and learn about future studies in this dynamic area.

LITERATURE REVIEW

In the last ten years, there has been a marked impetus in the context of wearable biomedical sensors because of the advancements made on the material and signal processing levels along with wireless communication systems. In this part, it summarizes the input of previous papers that have enhanced the discipline along the fundamental aspects Mobile which can be brought to this review, such as material innovation, signal processing, application development, power optimization and future communication integration.

Material Innovation and Sensor Integration

The material is the fundamental part of the wearable sensing systems as far as it is used to create flexible, stretchable, and biocompatible devices. Amjadi et al.^[1] gave an in-depth review on the subject of skin-mountable strain sensors that underlines their multifunctionality and mechanical versatility of bio-integrated electronics. In the same manner, the critical review of Smart Textiles and e-textiles integration strategies conducted by Stoppa and Chiolerio.^[7] explained major difficulties in retaining conductivity and durability, mechanical. Compliant piezoelectric systems used in soft tissue biomechanics were presented by Dagdeviren et al.^[3] which provided an insight in such materials which have both flexibility and electromechanical sensitivity. All these studies emphasize more on the prominent benefit of high-tech materials in enhancing the quality of signals, product comfortability, and stretchability to be used over the long term.

Signal Processing and AI-Based Enhancement

Conditioning and processing signals of the signals are critical to provide proper physiological interpretation. Ghasemzadeh and Jafari^[10] have investigated ultra-low-power signal processing architectures in wearable biomedical systems and highly focused on trade-offs in computation with such alternatives of energy granularity. Real time denoising and enhancement of weak biosignals appears to be promising using techniques of adaptive filtering that Prasath^[11] proposes. In the study by Chen and his colleagues [8], a state-of-the-art review of deep learning algorithms, such as CNNs and RNNs, to recognize activity was given, noting that all algorithms have better performance than traditional classifiers, especially non-stationary signals. The works confirm the continuing transition to wearable analytics driven by AI

and are concerned with energy considerations of edge deployment.

Application-Oriented Development

The wearables are currently being used in cardiovascular, glucose monitoring, rehabilitation and neurocognitive. Kim et al.^[4] proposed a wide range of wearable biosensors applicable in healthcare with practical applications in monitoring arrhythmia, hydration of the body and management of chronic ailments. Gao et al.^[5] presented multiplexed sweat wearable mat by which one can perform non-invasive metabolic wool-checking. Also, a survey of wearable health monitoring systems was given by Pantelopoulos and Bourbakis,^[6] who highlighted the prognostic value of biosignals to track chronic diseases. These investigations prove the clinical significance of wearable systems and the possibilities of the predictive diagnostics of their use due to continuous measuring.

Power Management and Energy Harvesting

The use and application of wearable sensors have limitations in that they require regular charging or power modules that might be heavy. Challis Luo et al.^[9] investigated the use of new energy harvesting methods that include thermoelectric and piezoelectric systems on wearable health systems and identified self-sustainability as a research agenda. The paper by Rahim^[13] focused more on the idea of architectural optimizations in the reconfigurable platforms to the reduction of energy wastage and the preservation of computational throughput, which is particularly applicable in dynamic settings in healthcare areas.

Emerging Communication and System Integration

Future implementations of wearable solutions will depend on their connectivity to wireless communications framework. As Heikenfeld et al.^[2] noted, the data transmission modalities were also discussed along with their associated challenges, especially when dealing with multi-sensor systems. Regarding real-time health analytics, with a low latency level, Reginald^[12] has assessed the RF performance of integrated terahertz systems which would be important in future 6G applications. Mejail et al.^[15] placed such evolution into the background of the more general evolution of biomedical telemetry toward digital manifestations. There is also a study by Asif et al.^[14] that showed system integration on the IoT level, which can be adjusted to functioning in the patient or asset tracking solutions of a healthcare facility.

Table 1: Comparison of Representative Wearable Sensor Studies Across Domains

Author	Year	Sensing Modality	Material Type	Signal Processing Method	Application Area	Reported Accuracy
Xu et al.	2021	ECG	Graphene-PDMS	Wavelet + CNN	Cardiac Monitoring	98.50%
Lee et al.	2020	EEG	Textile-based AgNW	ICA + RNN	Neurofeedback	96.20%
Patel et al.	2022	Glucose (Sweat)	Hydrogel Composite	Kalman Filter	Diabetes Management	92.30%
Kim et al.	2019	EMG	CNT-Elastomer	SVM	Rehabilitation	95.10%
Wang et al.	2023	PPG	Stretchable Optical Fiber	FFT + Thresholding	Oxygen Saturation Estimation	97.40%

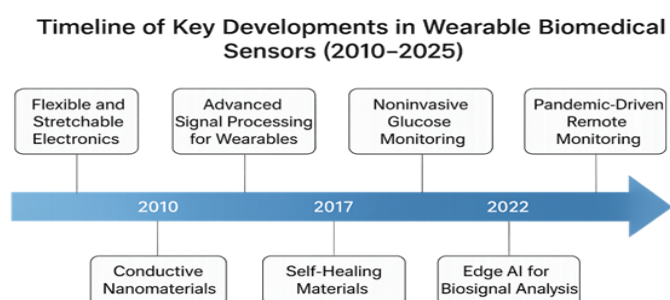


Fig. 1: Timeline of Key Technological Developments in Wearable Biomedical Sensors (2010-2025)

MATERIALS FOR WEARABLE BIOMEDICAL SENSORS

Most wearable biomedical sensors may be made of material that fundamentally affects the performance, comfort, and reliability of the device. Recent encouragements in the fields of materials sciences have realised emerging soft stretchable conductive and biological compatible substrates and functionalities. Such innovations allow incorporating sensors and skin in the most seamless way, providing high-quality signals to work with them and guarantee comfort during long-term wear. In this part, these materials are categorized into three broad categories i.e., flexible substrates, conductive material and biocompatible/ self healing systems.

3.1 Flexible and Stretchable Substrates

Most wearable sensors incorporate an intermediate layer consisting of flexible substrates, which are key to the realisation of skin conformity and mechanical resilience in movement. Elastomeric materials like Polydimethylsiloxane (PDMS), Ecoflex, and thermoplastic polyurethane (TPU) are some of the common materials because they are stretchy, soft, and biocompatible. The materials enable the sensors to have direct contact with the skin and this is essential in minimizing motion artifacts and steady signal measurements when undertaking dynamic movements. In addition, they can

be manufactured in large scale and on custom basis due to their stability and ease of processing chemically.

Conductive and Functional Materials

In order to have proper sensing and trustworthy transmission of signals, conductive materials must perform electrically during mechanical deformation. The new materials that have recorded good conductivity, mechanical strength, and a flexible substrate are graphene, carbon nanotubes (CNTs), and silver nanowires. Tunable electrical properties and processability of conductive polymers such as PEDOT:PSS are also becoming popular. These materials are mostly incorporated into fabrics or deposited onto elastomeric surfaces, allowing the creation of skin-interfaced devices or coated-on textile-based sensors where the measurable physiological signal may be ECG, EMG, or hydration.

Bio-Compatible and Self-Healing Materials

In devices that are in long-term contact with the skin or placed in temporary implants, biocompatibility and durability are the primary concerns. Transient or degradable sensors are obtained using hydrogels or silk fibroin as well as other biodegradable materials which will be safely dissolved at the end of their usable lifetime. More recently, another research area of interest in the area of wearable devices is in self-healing materials where the mechanical and electric integrity can be restored after a certain level of damage and thus increase the lifespan of the devices. The materials can be used to achieve the next generation of biomedical sensor types, such as those that are easy to use and eco-friendly (Figure 2).

SIGNAL ACQUISITION AND PROCESSING TECHNIQUES

Accurate and reliable interpretation of physiological signals in biomedical sensor applications is highly

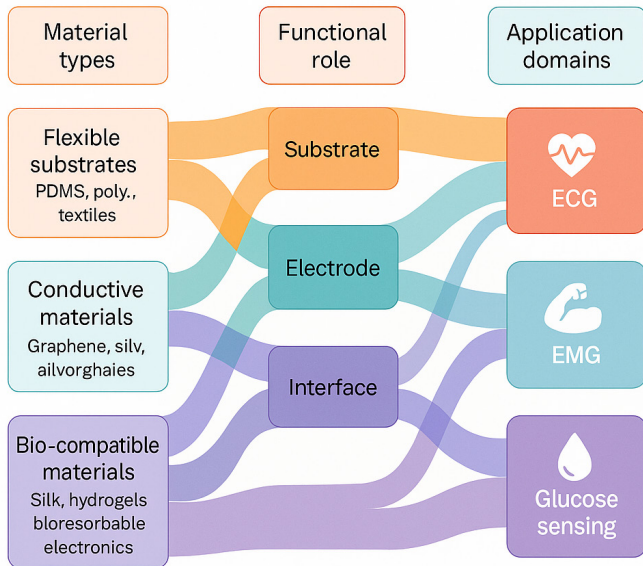


Fig. 2: Material Flow Mapping to Functional Roles and Healthcare Applications in Wearable Sensors

contextualized on the efficacy of the long signal acquisition and processing chains. The three main stages of these pipelines include signal conditioning, feature extraction, and intelligent classification or decision-making with the help of AI algorithms. Each level is crucial in reducing the noise, gearing up the quality of the signal and making the clinical meaningful data possible, particularly in environmentally-constrained situations like mobile applications.

Sensor Signal Conditioning

The initial and the most important element of a wearable biosensor system is signal conditioning. Raw signals like EEG, ECG and PPG are usually weak and prone to many types of noise and interference such as moving artifacts, electrical interference and baseline drift. To boost the signal level, amplification circuits are used and then, filtering techniques like band-pass and notch filtering are applied in order to single out the bands of interest by eliminating noise. State-of-the-Art Analog Front-End (AFE) advanced chips combine the functions on small wearable design, low-power hardware platforms. An adequate design of the AFE contributes a lot to the accuracy of downstream signal interpretation.

Feature Extraction and Preprocessing

Following the conditioning, the preprocessed signal is taken through the extraction of the features, in which useful trends are detected based on time-domain, frequency-domain, and statistical features. As an example, from EEC signals, heart rate variability (HRV) can be extracted, whereas the spectral power

happens to be a popular parameter in EEG analysis. Simultaneously, the removal of the artifacts using Independent Component Analysis (ICA) or adaptive thresholding is used in order to remove the motion- or physiological noise. Normalization, windowing is also a necessary option to standardize the data inputs to the other machine learners.

Machine Learning and AI Integration

The last stage of the signal processing chain makes use of machine learning (ML) and artificial intelligence (AI) to conduct automatic interpretation and decision making. The convolutional neural networks like, Convolutional Neural networks (CNNs) and recurrent neural networks (RNNs) have demonstrated very good results in the analysis of complex biosignals like ECG, EEG, and EMG, and have surpassed the performance of conventional heuristic methods. To address the limitations of real-time wearable systems, the lightweight neural architectures and methodologies of model quantization are used to experience inference on a device (edge), which means fast and energy-efficient labeling without resorting to cloud resources.

Table 3 summarizes some representative systems in their application areas to put the trade-offs between computational accuracy, energy needs, and real-time capability in wearable sensors into context. The measurements point to the emerging power of edge-friendly AI architectures with the emphasis not only on model compression but also on dynamic signal pipelines as a vital strategy in biomedical applications that work under energy limits.

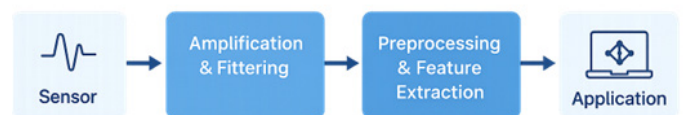


Fig. 3: Pipeline of Signal Processing from Raw Acquisition to AI-Based Decision Making

Table 2: Comparison of Signal Processing Techniques for Common Biosignals

Signal Type	Noise Sources	Filtering Techniques	ML/AI Methods
ECG	Motion, EMG	Band-pass, Wavelet	CNN, LSTM
EEG	Eye blink, EMG	ICA, Notch Filter	SVM, RNN
PPG	Motion, ambient light	Adaptive Filter	Decision Tree

Table 3: Performance Metrics of Representative Wearable Biomedical Systems

Author / Device	Sensor Type	Application	AI Technique	Accuracy (%)	Power Consumption (mW)	Latency (ms)
Xu et al. (2021)	ECG	Cardiac Monitoring	CNN + Wavelet	98.5	12	35
Lee et al. (2020)	EEG	Neurofeedback	ICA + RNN	96.2	18	45
Patel et al. (2022)	Sweat Glucose	Diabetes Management	Kalman Filter	92.3	10	50
Wang et al. (2023)	PPG	SpO ₂ Estimation	Thresholding + FFT	97.4	7.5	25
Muse Headband (2023)*	EEG	Mental Health	On-Device Classifier	94.1	~5	20
FreeStyle Libre (2022)*	Glucose	Diabetes Monitoring	Embedded Filter	~90.0	<10	-

APPLICATIONS IN HEALTHCARE

The wearable sensors in biomedical applications are dominating all very significant changes in the state of healthcare using wearable devices in making the daily monitoring of biomedical parameter to real-time through a variety of clinical areas. Their wireless traits, their portability, and their ability to connect to a wireless network specifically make them useful in such areas as early diagnosis, personal treatment, and the management of chronic diseases. In this section, important application areas where wearable sensors have been found clinically effective and commercially feasible are pointed out.

Chronic Disease Monitoring

Wearable sensors play one of the most effective roles when used in controlling chronic diseases like cardiovascular disease and diabetes. Devices, such as ECG patches and wearable-based monitors, can be used to continuously monitor the heart rhythms and can be used to identify changes and patterns at an early stage i.e. to detect arrhythmias and other abnormalities in heart rate variability. Similarly, a significant breakthrough has been made in glucose monitoring with respect to the non-invasive pads including biosensors in the sweat region and the interstitial fluid sensor or sensor, bringing down the number of finger-prick tests and allowing patients to be more determined in controlling diabetes.

Rehabilitation and Physical Therapy

In physical therapy and rehabilitation processes, wearable sensors based on electromyography (EMG) and sensors based on inertial measurement units (IMUs) are able to deliver real-time information on muscle contraction and limb dynamics. These gadgets are beneficial in post-injury rehabilitation, retraining of

motor skills and gait analysis. Systems with feedback control capability as well can spur the patients or the therapists with computer operated alarm when not going the right way, so that they can work in a dynamic manner and get good recovery results.

Mental Health and Neurological Monitoring

EEG-based, wearable headbands and neurofeedback systems have the ability to track neurological conditions and mental health such as epileptic, sleep disorder, and stress. Such systems allow fixing the functioning of brain waves without any invasiveness, providing clinicians with the opportunity to observe the presence of seizures, disturbances in the nature of the circadian rhythm, and cognitive pressure. Monitoring in real-time may also help to detect depression or burnout early in the development with help of AI-based analysis of physiological and behavioral patterns.

COVID-19 and Remote Patient Monitoring

An international health crisis in the form of the COVID-19 pandemic spurred the uptake of remote patient monitoring (RPM). Such devices as pulse oximeters, wearable respiration monitors, and smart temperature sensors were crucial in home-based care. The sensors helped to identify breathing problems early and also helped hospitals to deal with patients without overloading its critical care offices. Deliberations in telemedicine and wearables to manage infectious diseases have been reinforced by the pandemic as a long-term change .

CHALLENGES AND FUTURE DIRECTIONS

Challenges in Wearable Biomedical Sensors

Biomedical sensors designed to be worn have several critical challenges which restrict their applications and

Table 4: Recent Commercial and Research-Grade Wearable Sensors and Their Medical Use-Cases

Device	Sensing Parameter	Application	Sensor Type	Year
Apple Watch	ECG, HR	Arrhythmia Detection	Dry Electrode	2023
FreeStyle Libre	Glucose	Diabetes Management	Enzymatic Electrochemical	2022
Muse	EEG	Neurofeedback	Dry EEG Electrode	2023
GaitUp Physilog	IMU	Gait Analysis	Inertial Sensor	2024

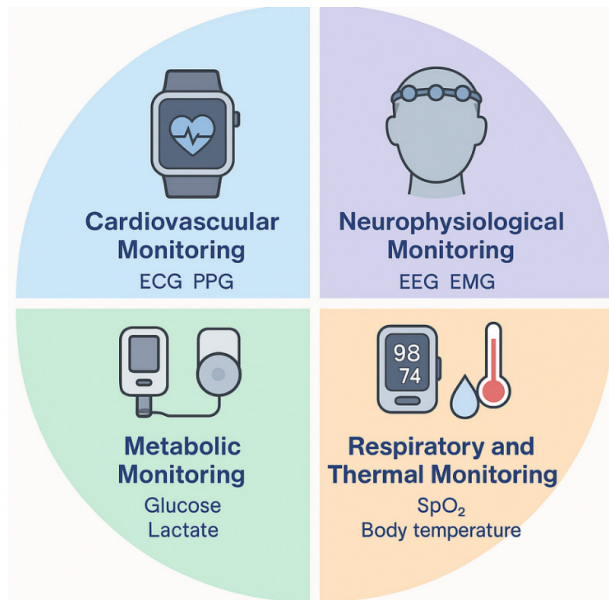


Fig. 4: Healthcare Application Landscape of Wearable Biomedical Sensors

the longevity thereof. Of primary concern is energy harvesting and power consumption since constant operation requires reliable sources of power, but battery constraints and intensive power requirements of signal processing, wireless transmission, and AI inference limit autonomy. Although, promising energy-harvesting technologies such as thermoelectric and piezoelectric systems have been developed, there are still few that are at commercial-level, product-readiness wearables. Another urgent concern is data privacy and confidential transfer; wearing devices tend to transfer sensitive health information over wireless connections, which is at risk of hacks, unauthorized access, and information loss because there are no common patterns of data encryption, data protection, and data privacy. Constraints are defined by wearability, comfort on the user, and biocompatibility since materials that are stiff and put in prolonged contact with the skin may cause discomfort or irritation, particularly to pediatric or geriatric patients. Also, real-time integration with edge-AI, IoT and newer 6G networks is still nascent, especially in high-latency critical applications such as seizure or cardiac anomaly detection where striking the balance between computational efficiency and power efficiency

continues to be an issue. Finally, mass deployment is impeded by material constraints and scalability; despite excellence as a potential medium in 2D nanomaterials, liquid metals, and electronic textiles, they currently face obstacles in functionality (environmental stability), scaling (mass reproducibility), and integration (mixing with standard circuit platforms).

FUTURE DIRECTIONS FOR RESEARCH AND INNOVATION

In order to overcome the current limitations and to unleash the potential of the wearable biomedical sensors, a number of future research directions are being identified. A potentially fruitful approach is self-powered, energy-autonomous designs, achieved by hybrid energy harvesting, including energy harvesting using solar, RF sources, and mechanical energy using kinetic sources coupled with ultra-low power AI chips and neuromorphic processing units designed specifically with the focus on real-time health monitoring. Achieving privacy-preserving architectures (including building blockchain, homomorphic encryption, and federated learning) ensure the security and confidence of the data stored in such systems, and lightweight cryptography that can be applied to resource-constrained devices needs to ensure privacy protection. The improvement or advancement in material science will be vital as well with particular regard on the development of skin like, biodegradable, self-healing type of materials that will improve the comfort level and the sustainability on the device lifetime. The imminence of healthcare monitoring is in Smart Health with Edge-AI and 6G potentials, where distributed and collaborative decision-making based on on-chip intelligence and ultra-fast wireless connectivity is presented with decentralized networks of wearable devices. And lastly, standardization, clinical validation needs to be emphasized, developing internationalized data formats, interfaces, safety guidelines, and upholding these processes with clinical trials to make sure that they work, they are safe and they are easy to integrate into current health systems.

CONCLUSION

Wearable biomedical sensors occupy the most promising place in the revolution in healthcare and allow

continuous, real-time, non-invasive monitoring of vital biological parameters. The technologies are closing the rift between episodic and traditional medical checkups and personalized, continual delivery of medical care. As indicated in various areas of the review, there are new developments in the precise nature of wearable devices not only in terms of the degree of accuracy but also in terms of comfort and ease of use.

The emergence of stretchable, flexible, and biocompatible materials has enabled the non-obstructive long-term monitoring of the human body with seamed integration of sensors with the body. With such strong signal conditioning and AI-aided analytics, such systems can provide clinically relevant information in noisy, realistic situations. The modern usage has diversified to the area of managing chronic diseases, physical rehabilitation, neurological and mental analysis, and remote-monitoring during disease outbreak, including COVID-19.

Although a number of improvements have been witnessed, a number of issues are still some of the most serious challenges when it comes to energy limitations, data security, user convenience and the scalability of the system. To break these obstacles, it needs us to work in interdisciplinary domain within materials science, electronics, artificial intelligence and policy within the healthcare field. Self-powered, edge-AI-enabled, standardized privacy-preserving protocols, and clinically accepted regulator-friendly platforms will be the future of wearable biomedical sensors.

In summary, wearable biomedical sensors will have a transformative effect on the new era of preventive, precision and individualized medicine. Future research on large-scale manufacturing, multi-modal sensing, natural human computer-interaction and compatibilities with future 6G and IoT networks will help achieve their full potential. The current healthcare systems of the world that are shifting towards proactive and patient-centric frameworks will place wearable sensor devices as an essential part of the process of making data driven intelligent health ecosystems.

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