

| Ref.No. Authors (Year)          | Study Aim   | Activity (A(n))/ Behaviours monitored   | Study settings                                      | Experiment Design   | No of participants                      | Sensing technology used                       | Data Analysis Methods   | Main Results  |
|---------------------------------|---|---|---|---|---|---|---|---|
| [44] Adib, F. et al. (2014)     | <b>WiTrack:</b> Develop a system for tracking 3D human motion.  | A1. Estimate pointing gesture (3D human motion); A2. Detect fall from other PA (walk, sit on a chair and floor) | VICON motion lab                                    | A1: Stand in different locations and perform the pointing gesture; A2: 132 experiments each PA 32 times each P  | 11 (Age: 22 - 56 yrs)                   | FMCW radar                                    | FFT   | A1: Median arm orientation error is 11.2 degrees ; A2: Precision of the fall detection 96.9% and the recall is 93.9%  |
| [15] Adib, F. et al. (2015)     | <b>RF-Capture:</b> Capture humans by tracking the 3D positions of their limbs and body parts through a wall.                      | A1. Body part Identification, A2. Body part tracking (left & right arm, left & right foot, and head)            | Lab with basic furniture                            | A1: Walk towards the device, stop at a distance (in between 3-8m), and move one of the body parts. A2: Raise hand and write an English letter of choice in mid-air. | 15 (Avg. Age: 31.5 yrs)                 | FMCW transceiver                              | Segmentation and pose estimation algorithms                           | A1: Body part classification accuracy is 99.13% at 3m and decreases with distance. A2: Median tracking error is 2.19cm and 90th percentile error is 4.84cm. |
| [45] Adib, F. et al.(2015)      | <b>Vital Radio:</b> Monitor vital signs by using wireless technology.   | A1. HR & A2. BR   | Office with basic furniture.                        | Each P sits at 8 locations (1m away from previous location) for 2 mins facing the device (112 experiments)  | 14 (Avg. age: 31.4 yrs)                 | FMCW radar                                    | FFT   | Median accuracy at 8m for A1is 98.3% & A2 is 98.7%  |
| [46] Akl, A. et al.(2015)       | Explore the feasibility of autonomously mild cognitive impairment (MCI) detection system.   | ADLs, Walking speed and number of outings/visitors  | House of participants                               | ADLs data was collected for 3 years while participants were staying there.  | 97 (Age: above 70 yrs), 18 with low MCI | PIR motion sensors, wireless contact switches | SVM, RF   | MCI can be detected with an area under the ROC curve of 0.97 and an area under the precision-recall curve of 0.93.  |
| [24] Çağlıyan, B. et al. (2015) | Explore the capabilities of the BumbleBee Radar for HAR.  | PA: Walking, running and crawling   | Corridors   | Performe a set of 3 activities for 64 seconds at 7 different angles (between 0 and 90 degrees).   | 10 (Age: NA)                            | BumbleBee radar                               | k-NN  | Activity classification accuracy: Walking 90%, running 88%, and crawling 93%  |
| [47] Chen, Z. et al.(2014)      | Demonstrate the feasibility of using a highly sensitive microbend multimode fiber optic sensor for vital sign detection.          | A1. HR & A2. BR   | MRI lab (hospital settings)                         | Data was collected while participants were lying in MRI machine.  | 11 (Age: 26-62 yrs)                     | Microbending optical fibers                   | Signal Processing   | Pearson correlation between mat and ground truth device for A1 is $r = 0.997$ and A2 is $r = 0.963$   |
| [48] Chi, Z. et al.(2018)       | <b>EAR:</b> Conduct fine-grained human gesture recognition using ambient RF signals generated from uncontrollable signal sources. | Gestures: Slight Kick, Pull, Wave, Swipe, Punch, Raise Arm, Circle, Stand Still, Push                           | In meeting room and apartment with basic furnitures | 11250 sample of respective gestures were collected (less information on experiment design is available)   | 10 (Age: NA)                            | EAR receivers and various IOT devices         | K -means clustering, Markov model                                     | Gesture recognition accuracy ~92% in both environments  |
| [49] Daher, M. et al.(2017)     | Detect fall from other ADLs by using smart tiles.   | Fall and ADLs (Walk, sit, stand, lie down)  | INRIA-Nancy smart apartment (simulated)             | 10 different sequences of involved activities, each sequence five times   | 6 (Age: NA)                             | Pressure sensors, 3-axis accelerometers       | HCM (Histogram Comparison Method) in combination with SFS (Sequential | System sensitivity is greater than 90% for all postures and 94.1% for all   |

|                                  |  |   | smart home setting)                   |  |   |  | Forward Selection).  |  |
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| [25] Diraco, G. et al.(2017)     | Develop and validate a Radar Smart Sensor (RSS) to detect vital signs and ADLs.  | A1. HR while doing ADLs A2. BR while doing ADLs A3. Fall (forward, backward lateral left/right) * ADLs - cooking, washing dishes, eating, sitting, sleeping | Lab with basic furniture              | 15 sequences of ADLs for 15 mins per P (alone and multiple people), each sequence followed by fall.          | 30 divided into two age groups (Avg. age: 25 & 47 yrs)        | Ultra Wideband Radar                                     | A1&A2: Empirical Mode Decomposition; A3: one-class Support Vector Machine (OCSVM) classifier | Accuracy- A1: 84%, A2: 90%; A3 sensitivity: 97% and specificity: 90%   |
| [26] Garripoli, C. et al. (2014) | Detect fall emergencies and to localize persons by using a radar system.   | Walk and fall   | Lab settings with some furniture      | Move/do anything without restrictions for 5 minutes followed by one simulated fall.                          | 16 (25-39 yrs)  | Radar  | Least-Square SVM   | 100% fall detection with a maximum delay of about 316 ms   |
| [50] Guettari, T. et al.(2016)   | Design and evaluate a sensing system for estimating sleep quality.   | Sleep quality   | Clinical study setup                  | Every night sleep data (thermal signals) were collected (less information on experiment design is available) | 13 Patients (Avg age: 60.84 yrs)                              | Thermal sensors  | Self-organization map (SOM)  | Deep sleep, agitated sleep and awake phase classified with 87% accuracy and 95% confidence intervals   |
| [51] Hillyard, P. et al. (2018)  | Compare the performance of four RF technologies (Wi-Fi, UWB, 1-dB quantized and sub-dB quantized RSS) for respiration detection. | BR while sleeping   | Clinical study setup                  | 8 hr BR data while sleeping.   | 20 Patients (Age: NA)   | IR-UWB, WiFi CSI, Zigbee RSS, and sub-1 dB quantized RSS | PSD  | Median error : CIR 1.32, CSI 0.60, RSS 1.56, SUB 3.36  |
| [52] Hsu, C. Y. et al. (2017)    | <b>EZ-Sleep:</b> Monitor insomnia and sleep remotely by using the radio signals.   | Insomnia using Sleep latency (SL), Total sleep time (TST), Time in Bed (TIB), Sleep efficiency (SE), Wake after sleep onset (WASO)                          | House of participants                 | 100 nights of sleep data was collected.  | 10 (Age: 23-45 yrs)   | RF-based sleep sensor                                    | HMM  | Average Error: TIB 3.15 min, TST 10.3 min, SL 4.9 min, SE 2.8 %, WASO 8.2 min  |
| [53]Hsu, C. Y. et al.(2017)      | <b>WiGait:</b> develop a radio signals based sensor to continuously measure gait velocity and stride length at home              | Gait velocity and Stride length   | In lab and house with basic furniture | Experimental study (Walk in the assigned place) followed by acceptability study                              | 25 (23 - 89 yrs; 7 above 55 yrs), 18 P in lab and 14 in house | Radio sensor   | FFT  | Accuracy of Gait Velocity between 96.0% - 99.8% and Stride length between 88.4% - 99.3%; Acceptability study: In house participants showed higher rate of acceptance |
| [54] Jia, Z. et al. (2017)       | <b>VitalMon:</b> Monitor vital signs in sharing bed situations using geophones.  | A1. HR & A2. BR   | NA                                    | Participants were asked to exercise (running, climbing) before collecting A1 & A2 data.                      | A1: 35 (Avg. age: 25.26 yrs), A2: 28 (Avg. age: 24.79)        | Geophone Sensor  | A1: FFT & DUET, A2: Square-law amplitude demodulation (SLD) algorithm combined with          | Average error rate for A1 is 0.72 BPMhr & A2 is 2.62 BPMrr, & the median error for A1 is 1.90 BPMhr & A2 is 1.95 BPMrr.  |

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| [55] Kalyanaraman, A. et al. (2017) | <b>FormaTrack:</b> Use body shape as weak biometric for differentiating people.                               | Body Shape based on features such as head size, shoulder size, or torso size.  | House of participants  | Each participant walked for 7 days, 25 times in one session.  | 8 (Age: NA)         | IR-UWB transceiver chip                          | FFT followed by SVM classifier  | Tracking precision 100%, recall 99.86%, direction 99.7% and identity 90.3%   |
| [18] Klein Brinke, J. et al. (2019) | Validate the strength of COTS WiFi devices in HAR   | PA: Clap, walk, wave, jump, sit, fall  | Apartment of participants  | Perform the same activity for 250 seconds (50 trials of 5 seconds).   | 6 (Age: NA)         | Tx-Rx system                                     | CNN   | Single-participant activity validation up to 93% and cross-validation 30%-60%  |
| [27] Kuutti, J. et al.(2015)        | Evaluate a doppler radar for detection of vital signs with radar-signal reflecting aluminium-coated surfaces. | A1. HR & A2. BR  | Test room constructed of thick insulation boards and aluminum coating. | Lay in 4 positions (supine, prone, right and left side) and 2 sitting positions (under & away from radar) for 2 mins while breathing normally followed by holding breath. | 10 (Avg age: 33yrs) | Microwave Doppler radar sensor                   | Signal Processing   | Correlation with ground truth respiration signal is 0.84 and 0.93 for normal breathing and breath hold. (Less information available) |
| [56] Li, M et al.(2018)             | Design and validate a gait monitoring system using electrostatic sensing.                                     | Walk slowly, fast and at a normal pace.  | NA   | Walk slow, normal and fast pace for at least 20 seconds per pace, 300 valid gait cycle data samples were collected.   | 10 (Age: NA)        | Electrostatic field sensing measurement          | Thresholding (foot pressure), mathematical model validation for electrostatic field sensing (EFS) | Gait monitoring accuracy: 97%  |
| [57] Li, X. et al.(2018)            | <b>WiVit:</b> Design a vitality monitoring system (detect motion and location) using Wi-Fi devices.           | A1.Walk, A2.PA: Run, Sit down, and Fall  | Empty room, office room with basic furniture, and a smart home         | Walk freely or keep still and do PA; 3427 instances of PA were collected.   | 5 (Avg age: 26 yrs) | Wi-Fi cards as the transmitter and receivers.    | HMM   | Precision of activity detection for A2 98% and FNR is 1%, for A1 96% and FNR is 5% in smart homes.                                   |
| [58] Lin, W. et al.(2018)           | <b>DW-Health:</b> Recognize daily activity of drinking water.   | A1. Drinking behaviour, A2. Drinking-like behaviour (jumping, pushing glasses), A3. Non-Drinking behaviour (keystroking, and moving mouse), A4. Water intake A5. Body state (calm or not clam) | Empty room and office with basic furniture                             | A1 A2 and A3 at 6 different locations. A5: calm state followed by different sports for non calm state   | 6 (Age: 21-38 yrs)  | Wi-Fi Tx (2 antennas) and Rx system (3 antennas) | Variational mode decomposition (VDM) and Principal component analysis (PCA)                       | Average detection rate- A1: 97% , A2: 89.01%, A3: 84.83% A4: No accurate results , A5: 90%   |
| [59] Liu, C. et al.(2019)           | <b>TagSleep:</b> Detect sleep sound-activities by using RFID tags.  | A1. Sleep Posture, A2. Sleep sound activity (snore, cough and somniloquy)  | House of participants  | Two months of sleep data was collected by placing tags to the nearby wall and antenna on the nightstand.  | 30 (Age: 18-60 yrs) | 3 RFID tags and 1 RFID reader                    | RF  | Precision, recall, accuracy for A1 is ~98% for A2 is ~96%  |

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| [60] Liu, J. et al.(2018)         | Track vital signs during sleep by using off-the-shelf WiFi.   | A1. HR, A2. BR, A3. Sleep  | Lab (for A3) and two apartment's bedrooms (for A1 and A2) with basic furniture. | Three-months of data for A1 & A2. For A3, lie on bed in four sleep postures (prone, supine, curl-up and recumbent), 40 mins each.             | 6 (Age: NA)             | 3 sets of Wi-Fi router as Tx and PC as Rx | A1 & A2: power spectral density (PSD); A3:DA, SVM, kNN, and RF                      | A1: 90% of estimation errors are less than 4bpm; A2: 80% estimation errors are less than 0.5bpm; Accuracy of A3 by DA, SVM > 80% , & by kNN & RF >90% |
| [61] Liu, J. J et al.(2014)       | <b>BreatheSense:</b> Evaluate the effectiveness of the torso localization algorithm for respiratory signal extraction.        | BR while sleeping  | Lab settings with some furniture  | Sleep in any preferred style and some experiments were done in tilted bed position as well.   | 12 (Age: NA)            | High-density pressure sensor array        | Pressure images analysis (torso localization)                                       | Torso area shows 1.7% error w.r.t. to ground truth  |
| [62] Liu, C. et al. (2019)        | <b>Wi-CR:</b> Develop a human action counting and recognition system using Wi-Fi signals.                                     | A1. Start and end times of actions (Walk & Squat), A2. Number of actions   | Lab settings with some furniture  | Experiments were conducted in the middle of the LOS having 1.5 seconds gap between two actions (walk and squat) and each action for 50 times. | 5 (Age: NA)             | WiFi router as a Tx, and a PC as the Rx   | DWT based waveform feature extraction method and DTW and KNN for action recognition | Accuracy: 95% for action counting and an 90% for action recognition rate  |
| [63] Liu, Y. et al. (2015)        | <b>WihzPAD:</b> Develop a Bed-Centred Telehealth System (BCTS), to collect health data from beds for homes and nursing homes. | Sleep on bed (flat, turn left, turn right) then get off the bed  | NA  | Each position for 30 seconds and repeated 3 times for each P.   | 15 (Age: 20-30 yrs)     | Motion sensors                            | Mathematical analysis   | Sensitivity: on-bed & off-bed detection is 1.00; the lying flat and side detection in are 0.79 and 0.92   |
| [64] Luo, X. et al. (2012)        | <b>SensFall:</b> Design and implement fall detection system   | Fall followed by ADLs (Sit down, stand up from a chair, walk and jog)  | Office with basic furniture.  | Fall followed by ADLs ten times. 80 fall samples and 320 normal activity samples were obtained.   | 8 (Age: NA)             | 7 PIR sensors assembled in a box          | HMM   | Fall detection rate 86.5%   |
| [65] Matkovic, T. et al. (2018)   | <b>Wi-Mind:</b> Evaluate wireless system for cognitive load inference.  | 8 cognitive tasks of different levels (like finding hidden patterns) to elicit cognitive load.                               | Office with basic furniture.  | Each of the 8 tasks were presented three times having three different difficulty levels. Data from Wi-mind is collected for appx. 45 minutes. | 23 (Age: 20-38)         | Software defined radio based (SDR) radar  | FFT followed by RF, NB and SVM  | Cognitive load detection accuracy by RF - 83%, SVM - 54%, NB -77%   |
| [66] Minvielle, L. et al. (2017)  | Design a fall detection system by embedding sensors in the floor.   | ADLs: Walks with one or more persons, movements with a chair, sitting, jumping, running, picking objects, followed by falls. | NA  | Fall followed by other respective ADLs.   | 28 (25-45 yrs)          | Piezoelectric sensor                      | RF  | Maximum fall detection accuracy with RF was 98.4%   |
| [67] Podbreznik, P. et al. (2013) | Develop a human vital sign monitoring system using cost-efficient plastic optical fiber (POF)                                 | A1. HR & A2. BR  | NA  | Lay in supine on the mattress for 2 mins.   | 10 (Avg. age: 31.8 yrs) | Plastic optical fiber (POF) system        | Spectral Analysis   | Precision for A1 98.8% & A2 97.9%; Sensitivity for A1 99.4 & A2 95.3%   |

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| [68] Qifan, P. et al.(2013)      | <b>WiSee:</b> Develop a whole-home sensing and human gestures recognition system using wireless signals.     | PA: Push, dodge, Strike, Pull, Drag, Kick, Circle, Punch, Bowling.   | Office building and a two-bedroom apartment     | Perform a set of respective PA in LOS, NLOS and through the wall. (Less information available)   | 5 (Age: NA)  | SDR radio with multiple Tx (single antenna) and multiple Rx (5 antennas)                  | Classification based on sequence recognition of the activity in the doppler shift  | Recognition accuracy: 94% on average (SD: 4.6%)  |
| [69] Rahman, T. et al. (2015)    | <b>DoppleSleep:</b> Develop a sleep sensing system for tracking sleep quality using COTS radar modules.      | A1: HR, A2: BR, A3: Body movements while sleeping.   | House of participants                           | 110 hours of sleep data from 16 sleep sessions.  | 8 (Age: NA)  | K-band radar module   | A1&A2: Mean Absolute Error (MAE) & Normalized Root-Mean-Square Deviation (NMRSD), A3:Root mean square, B1: Random forest | Overall mean absolute error A1: 1.98 & A2: 3.29 cycles pm. B1: sleep or wake event with a recall of 89.6% and sleep stages with a recall of 80.2%. |
| [70] Sadek, I. et al.(2017)      | Measure interbeat intervals by using a microbend fiber optic sensor.   | HR while doing various activities.   | NA  | During the data acquisition Ps answered questionnaires, took rest (no movement), and had stress relief massage.                            | 50 (Age: NA)   | Microbend fiber optic sensor  | Maximal overlap DWT  | Mean Avg Error for the MODWT (7.31 +-1.60)   |
| [28] Seifert, A-K. et al. (2019) | Develop and validate a micro-doppler radar system for in-home gait analysis.                                 | Normal walk, walk while limping one leg or both legs, use cane   | Office with basic furniture.                    | Walk slowly toward and away from the radar system doing each activity one by one.  | 10 (Age: 23 ± 2.6 yrs), 4 Patients (Age: NA)           | UWB Radar   | Model verification and thresholding  | Gait avg. accuracy: 93.8% & cross-validation 80%   |
| [71] Shah, S.A. et al.(2018)     | Develop and validate a seizure episode detection system.   | Press-ups, walk, sit on a chair, squats followed by simulated epileptic seizure                              | Lab (with simulation of home/hospital settings) | Each experiment ~250s, time per activity varied (press-ups 50s, walking 100s, sitting on chair 25s, squatting 25s, epileptic seizure 25s). | 10 (Age: NA)   | S Band Tx-Rx Channel Input Response (CIR)   | SVM, k-NN, RF  | Seizure episode detection accuracy: ~90%   |
| [72] Stucki, R.A. et al. (2014)  | Evaluate assistive technology that recognizes and classifies ADLs.   | 8 ADLs : Sleeping, Grooming Toileting, Getting ready for bed, Cooking, Eating, Watching TV, Seated activity. | House of participants                           | Activities were recorded for 20 days.  | 10 (Age: 28-79 years), 1 84 yrs                        | Temperature, humidity, luminescence, motion and acceleration sensors assembled in the box | Classifier for classifying ADLs was developed.   | System reliability: 99.53% , Sensitivity: 91.27%, and Specificity 92.52%   |
| [29] Sun, G. et al.(2014)        | <b>Vital-Cube:</b> Develop a vital sign monitoring system microwave radar.                                   | A1. HR & A2. BR  | Lab with basic furniture                        | Participants were asked to sit in front of the device. (Less information available)  | 16 (Avg Age: 23 ± 3yrs)                                | Microwave radar   | Bland-Altman Analysis  | A1: correlation with ECG , r = 0.87; A2: correlation with respiratory belt, r = 0.91   |
| [73] Takano, M. et al.(2018)     | Develop and validate a fabric-sheet sensing solution to monitor in-bed physiological and behavioral signals. | A1. BR, A2. Different sleep postures   | NA  | Monitored for A1, A2 (change posture every 20 seconds); Sleep & BR data for 6hrs each.   | 7 (Age: 22–45 yrs), 2 (Age: 24yrs), 7 (Age: 20–23 yrs) | Fabric-sheet unified  | K-means clustering   | Classification accuracy A1: ~80% & A2: ~88%  |

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| [74] <i>Valtonen, M. et al. (2011)</i> | Design a human height and posture measurement system using capacitive sensors.   | Height & posture   | Lab with basic furniture                                       | Stand, crouch with heels lifting off the ground, and crouch with heels staying on the ground.   | 14 (Age: NA)             | Multiple Rx and Tx were used to create capacitive sensors | Mathematical analysis  | Height of a person can be measured with 5.2 cm and 14.3 accuracy in standing and all other postures |
| [75] <i>Wang, K. et al. (2019)</i>     | Demonstrate the potential of detecting falling events using commodity mmWave sensor.                                   | Various fall activities : Slip, fall from chair, lose conscious, losing balance, sit, slight forward and backward lean, bending down, random wandering | In corridor, offices and tea/ coffee room with basic furniture | Experiment paradigm follows various fall activities.  | 28 (Age: 20-45 yrs)      | mmWave sensor   | Power-based method for body-height estimation and an OBB-based method for body-orientation approximation | Accuracy: 88.79%, Precision: 75.20%, Recall: 92.16% and F1 score: 82.82%,                           |
| [76] <i>Wang, T. et al. (2018)</i>     | Develop and validate a FMCW acoustic radar to monitor respiratory rate.  | BR while sleeping  | Four rooms of varied size (less information available)         | BR was monitored for 200 seconds in three different postures.   | 7 old age , 13 (Age: NA) | Speaker and microphone as transceiver                     | Cross-correlation FMCW   | Error lower than 0.35 breaths/min under 0.7m  |
| [77] <i>Wang, W. et al. (2017)</i>     | Develop and validate a system to detect HAR using COTS WiFi devices and CSI.   | Walk, fall, sit, open refrigerator, run, fall, boxing, pushing one hand, brushing teeth  | Lab with basic furniture                                       | Perform activities at different locations w.r.t. Tx-Rx, a total of 1400 samples were collected.   | 25 (Age: 19-22 yrs)      | Tx-Rx system  | PCA followed by HMM  | HAR accuracy: 96%   |
| [78] <i>Wang, Y. et al. (2018)</i>     | Develop and validate an RFID reflection based HAR system.  | PA: Stand, sit, raise hand, drop hand, walk, fall, rotate, get-up  | 3 office rooms with basic furniture                            | Sets of PA were performed, each activity repeating for 240 times by each P in 3 locations.  | 12 (Age: 24-58 yrs)      | Antenna and RFID tags                                     | Segmentation algorithm followed by DT, SVM, RF, NB, QDA)   | Avg. precision HAR by RF: 93.5%   |
| [79] <i>Wenyuan, L. et al. (2018)</i>  | <b>WiCoach:</b> Develop a system that uses different parts and movements of the human body for activities recognition. | Eight section brocade (fitness composed of eight sections of movements involving hands, arms, head, neck, torso, legs, ankles, feet)                   | Empty hall room and office with basic furniture.               | Perform ESB in LOS and NLOS (0.5m away)   | 6 (Avg. age: 29 yrs)     | Wi-Fi router as Tx and PC as Rx                           | DTW followed by k-NN   | Average classification accuracy of the ESB was 0.92 with standard deviation 0.07.                   |
| [80] <i>Yang, Z. et al. (2017)</i>     | Design a vital sign and sleep monitoring systems using mmWave sensors.   | A1. HR, A2. BR, A3. HR & BR while sleeping   | Lab and apartment bedroom with basic furniture                 | A1 & A2: Sitting at three different incident angles for 10 mins; A3: Sleep for 3 minutes (repeated 10 times) in four different postures | 7 (Age: NA)              | mmWave Tx and Rx  | Less information available   | A1: 0.5 Bpm (error), A2: 2.5 bpm (error), A3 accuracy : ~98% (BR) & ~95% (HR)                       |
| [11] <i>Yao, L. et al. (2017)</i>      | Develop and validate an RFID RSSI HAR system.  | PA: Sit, stand straight, sit-stand, walk, high arm waving (3 versions), kick, bend over, crouch, and fall  | Office and house with basic furniture.                         | Perform sets of PA, 120 seconds each.   | 6 (Age: NA)              | Antenna and RFID tags on the wall                         | Activity Dictionary Learning algorithm   | HAR Accuracy: 80% with 10% training, 90% with 20% and 50-66% for cross validation                   |

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| [81] Yue, S. et al.(2018)    | <b>DeepBreath:</b> Disentangle multi-person radio frequency breathing signals.                              | BR while sleeping   | House of participants                         | Couples were asked to sleep for 21 nights, collecting over 150 hours of sleep data.   | 13 couples (Age: NA)                     | FMCW radar                                    | Independent component analysis (ICA)  | Average error 0.140 breaths per minute   |
| [82] Zhang, O. et al.(2016)  | <b>Mudra:</b> Develop fine-grained finger gesture recognition.  | A1. Finger movements (shoot, pick, come, tap, double pick, double tap, circle, twist, go)   | Office with basic furniture.                  | Different angles and distances between Tx and Rx was tested for A1. For tapping 24 hours data was collected by placing Tx and Rx on the office table. | 5 (NA)                                   | WiFi adapters with two Rx and one Tx antennas | Stretch limited DTW (amplitude thresholding)                                | Gesture recognition accuracy: at 2cm 98%, and 96% for 0.5-7m   |
| [83] Zhang, S. et al. (2018) | Develop and validate a sleep monitoring system using pyroelectric infrared sensing.                         | Sleep pose recognition: wave left, right & both hands, raise left, right & both hand, raise left leg & right leg, Roll left & right | NA  | Ps were asked to repeat each action 10 times at a normal rate (100 samples of each action for training) for 5 seconds each.                           | 10 (Age: NA)                             | Passive Infrared sensors                      | k-NN  | Sleep pose recognition avg. accuracy: 83.55%   |
| [84] Zhang, Y. et al.(2019)  | Demonstrate continuous BCG based human identification system using a microbend fiber sensor.                | Ballistocardiograph (BCG)   | NA  | Data for 80 sec and 360 sec were collected from 15P and 30P when they were sitting on a chair by placing a smart cushion.                             | 15 & 30 (Avg Age: 24 ± 5 yrs)            | Microbend fiber sensor                        | 1D-CNN  | BCG accuracy 100% for 15P group, and 90% for 30P group   |
| [85] Zhao, M. et al.(2016)   | <b>EQ-Radio:</b> Develop and evaluate the feasibility of emotion recognition using radio frequency signals. | A1. HR, A2. Emotions: Joy, Pleasure, sadness, anger.  | 5 different office rooms with basic furniture | A1: 130,000 Heart beats were collected; A2: Stimuli were used to elicit the emotions and 100 signal sequences for each emotion was collected.         | A1: 30 (Age: 19-77yrs); A2: 12 (Age: NA) | FMCW radar                                    | A1: Mathematical Analysis; A2: Person-dependent and independent classifier. | A1: Error less than 2%, A2: Average accuracy of person-dependent emotion classification 87.0%. & person-independent classification 72.3% |
| [86] Zhu, Y. et al.(2019)    | Develop and validate a virtual fitness assistant based on CSI.  | A1. Workout detection, A2. User identification  | Lab with basic furniture                      | 7 typical free-weight exercises (3 - 6 sets, 5 - 40 repetitions)  | 10 (Age: 22-30 yrs)                      | WiFi Rx-Tx                                    | Convolutional neural networks   | Avg. accuracies A1: 97%, A2: 98%   |

Multimedia appendix 1: Overview of 52 included studies

Abbreviations used in table: ADL: Activities of daily living, BR: Breathing Rate, BCG: Ballistocardiogram, COTS: commodity off-the-shelf, CDF: Cumulative distribution function, CIR: Channel impulse response, CNN: Convolutional neural networks, CSI: Channel state information, DA: Discriminant Analysis, DTW: Dynamic time wrapping, DUET: Degenerate unmixing estimation technique, DWT: Discrete Wavelet Transformation, FFT: Fast Fourier Transform, FMCW: Frequency-Modulated Continuous Wave, IR-UWB: Impulse radio Ultra-wideband, HAR: Human activity recognition, HCM: Histogram Comparison Method, HMM: Hidden Markov model, HR: Heart Rate, KNN: K-nearest neighbour, MAE: Mean Absolute Error, NA: not available, NMRSD: Normalized Root-Mean-Square Deviation, P: Participants, PA: Physical Activities, PSD: power spectral density, QDA: Quadratic Discriminant Analysis, RF: Random Forest, RFID: Radio frequency identification, ROC curve: receiver operating characteristic curve, RSS: Received signal strength, Rx: Receiver, SDR: Software defined radio-based radar, SFS: Sequential Forward Selection, SOM: self-organization map, SLD: Square-law amplitude demodulation, SVM: Support vector machine, Tx: Transmitter, UWB: Ultra-wideband