Architecture of Ultra Low Power Micro Energy Harvester Using RF Signal for Health Care Monitoring System: A Review

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Abstract: This research presents architecture of Ultra Low Power (ULP) Micro Energy Harvester (MEH) using Radio Frequency (RF) signal as an input. RF has many advantages compared to other ambient sources because it is not affected by changes of weather or time, does not require heat or wind exposure and it can be moved randomly within the bound of the transmission source. When RF is used as the sole input, the designer needs to consider impedance matching as the most important element so that the antenna can transfer maximum power. The existing energy harvesters apply conjugate matching network as the current solution. However, this method causes some difficulties since the solution requires consideration of both voltage boosting and conjugate matching network simultaneously. To solve this problem, we propose ULP Radio Frequency Micro Energy Harvester (RFMEH) that will utilize a control loop as voltage boosting adjuster and network tuner to achieve maximum power transfer and minimum power reflection. The proposed architecture will also improve the RF-DC conversion efficiency and the sensitivity of the system. This is achieved using an efficient rectification scheme to convert RF to DC, DC-DC boost converter to increase the dc output voltage, adaptive control circuit to adjust the switching timing of boost converter, voltage limiter and regulator to produce the best output voltage. The proposed ULP RFMEH architecture will be designed and simulated using PSPICE software, Verilog coding using Mentor Graphics and functional verification using FPGA board (FPGA) before being implemented in CMOS 0.13 µm process technology. The proposed architecture will deliver approximately 2.45 V of output voltage from low input power level (-20 dBm) with an efficiency of more than 60%. This design will minimize the power consumption as compared to previous achievements and it can be applied in supplying power for health care monitoring systems or micro biomedical applications.

Keywords: Radio Frequency Micro Energy Harvester (RFMEH), Ultra Low Power (ULP), Impedance Matching, Health Care Monitoring System

Introduction

In recent years, there is an increasing request for energy harvesting system that can provide input power to ULP sensor and wireless device. Conventionally, electrochemical batteries were used as a source for powering each sensor node. However, battery is large, expensive and unfeasible to be replaced frequently especially in rural areas. There are many energy sources surrounding us such as thermal, RF, photovoltaic and mechanical sources like wind and vibration (Devì et al., 2012). The potential of energy harvester to absorb power and fill up the energy storage when necessary can reduce maintenance cost or prolong battery life. Small electromechanical devices which capture, harvest and convert the ambient energy into electrical energy are known as Micro Energy Harvesters (Sarker et al., 2011).

Nowadays, researchers have developed energy harvesters to power wireless sensor nodes as self-powered to create many innovative applications such as medical monitoring, machining-condition monitoring and structural-health monitoring (Chung et al., 2014). Most of the implanted biomedical devices are passively utilizing RF signals as the power provider to extend...
battery life and to prevent any chemical hazards due to battery usages (Le et al., 2008). Additionally, for most ULP devices which require low maintenance, long lifespan, small size and light weight, removing the battery is recommended. To reduce the power consumption circuit in the future, one solution is to build a self-powered system which can utilize ambient energy from the environment for maintaining circuit operation. This method potentially cut down the cost needed for regular battery replacement. Moreover, in some applications, depending on the sensor location, battery replacement may be both uneconomical and unpractical, or may endanger human life.

The vision of realizing an autonomous Wireless Sensor Network (WSN) attracted much attention recently as it offers a wide range of applications (Nintanavongsa et al., 2012). These WSNs can sense, process and wirelessly transmit information such as temperature, humidity, location and sensor identification. Typical applications are inventory management, smart buildings, structural maintenance and health monitoring in personal Body Area Networks (BANs) (Stoopman et al., 2014). Also, there are some applications like implantable Bio Medical Sensors, in which replacing batteries from time to time is not feasible (Shrivastava et al., 2013). The usage of wired charging system limits the movement of the patient which is sometimes necessary for the quick recovery of the patient and also the wire does require an incision through the human tissue which can lead to infections. The field sensors can be powered by running cables to each sensor units, but the use of power cables in hazardous environment may lead to mishaps and therefore must be replaced with a safer option.

Related Research

Energy Harvesting which was inspired from the windmill and water wheel is an operation of absorbing energy from the ambient sources and converting it into useful electrical energy (Chalasani and Conrad, 2008). Demands on WSNs and Radio Frequency Identification (RFID) has increased the importance of power supply generation for these types of circuits (Shokrani et al., 2014). The usage of batteries is usually expensive, inappropriate and easily drains out due to insufficient volume of energy (Swapna Kumar and Kashwan, 2013). Therefore it is crucial to use RF energy harvesting method as a power supply. Figure 1 shows a general wireless RF power transmission system. Generally, an antenna is connected to a rectifier to form a rectenna that converts the incident RF power into usable Direct Current (DC) power that will pass through an Energy Storage System (ESS) before being delivered to the load (Visser and Vuller, 2013) and Dahiya et al. (2014) reported that power at the receiver and $V_{\text{rms}}$ (induced voltage) are inversely proportional to the distance.

![Fig. 1. Wireless RF power system (Visser and Vuller, 2013)](image)

Visser and Vuller (2013) and Dahiya et al. (2014) reported that power at the receiver and $V_{\text{rms}}$ (induced voltage) are inversely proportional to the distance.

$$\eta = \frac{P_{\text{DC}}}{P_{\text{IN}}} = \eta_{\text{ant}} \eta_{\text{matching}} \eta_{\text{rec}}$$ (1)

where, $\eta_{\text{ant}}$, $\eta_{\text{matching}}$ and $\eta_{\text{rec}}$ are efficiency of antenna, impedance matching and combination of rectifier, DC power converter with energy storage, respectively. The key factors that lead to RF harvester optimization are the sensitivity and efficiency. High sensitivity should be considered so that it can harvest from ultra-low levels of RF energy while high efficiency is the ability to minimize losses by converting maximum energy into useful electrical output (Park et al., 2008). There are many ambient RF power sources available in urban areas as illustrated in Fig. 2 (Shiho, 2011). The RF energy harvester implementations are either directly used as ULP devices power supply or as energy storage for necessary use only. Devi et al. (2012) used a 900 MHz system with a Villard voltage doubler circuit which produced an output voltage of 2.12 and 5 V through simulation and measurement respectively at input power level of 0 dBm. Papotto et al. (2011) disclosed that an output voltage of 1V can be obtained from an input power as low as -24 dBm (4 µW) at 915 MHz. Mansano et al. (2013) produced 1.35 V into 1 MΩ load for an input -18.2 dBm through simulation.
In designing the optimized CMOS rectifier, the structure of the diode and its characteristics such as forward bias current, threshold voltage and leakage current play critical roles in the performance of the rectifier circuit. Higher DC voltage can be achieved when low threshold rectifying device (diode or MOSFETs) in multiple stages are employed but too many stages may degrade the efficiencies due to accumulated parasitic capacitances at high frequency (Roscoe and Judd, 2013). Bo and Goldsman (2013) discussed a design procedure to find optimal size of MOSFETs connected diode. Shokrani et al. (2014) and Shrivastava et al. (2013) introduced a new structure of diode connected transistor which is the bulk is connected to the drain instead of the source to reduce the reverse current of the diode. Thelmann et al. (2012) have combined a cross-connected and diode bridge rectifier to design a µW complementary bridge rectifier in order to prevent overflow leakage current.

Hong et al. (2013) used a seven stage Cockroft-Walton voltage multiplier, achieved 2 V output voltage with -9 dBm (0.13 mW) sensitivity at an operating frequency of 2.48 GHz. Arrawatia et al. (2012) works on a new differential microstrip antenna, off chip matching circuit, on chip novel CMOS rectifier and control circuitry in 180nm CMOS technology which leads to 40% efficiency for -11 dBm received power. Ping-Hsuan and Tao (2013) designed a 900 MHz system which implemented an adaptive control and startup circuit that produced 2 V output voltage at input power of -15 dBm. Stoopman et al. (2014) used 5 stages cross connected differential rectifier with a 7 bit binary weighted capacitor bank demonstrate a -27 dBm sensitivity for 1V output across a capacitive load. Meanwhile, Sivaramakrishnan and Jegadishkumar (2011) modified simple voltage doubler circuit to use for charging mobile phones for average input power 20 dBm.

The efficiency of an antenna is mainly determined by antenna impedance and converter circuit impedance. Match impedance occurs when impedance of the antenna is the complex conjugate of the circuit impedance (Devi et al., 2012). Ping-Hsuan and Tao (2013) implemented off-chip inductors (Q >80) for maximum power transfer from the source. Shokrani et al. (2014) have carried out two strategies where the first approach is to use on-chip inductors as there is no limitation for their inductance value while the second approach is to use off-chip inductors. They found out that using off chip inductors improves the sensitivity of the rectifier significantly (-18 dBm), while using the on chip inductor reduces the rectifier’s efficiency. Arrawatia et al. (2012) implemented an approach to calculate the input impedance of the rectifier which is called as Periodic Steady State (PSS). Papotto et al. (2011) stated that power losses can possibly be ignored as long as high-Q component is implemented. However, co-design need to be considered to balance losses and reflection if only low Q matching element available. Meanwhile, Dias et al. (2014) introduced a source pull mechanism in order to obtain optimum input source load to maximize the efficiency. Taris et al. (2012) and Lenin and Abarna (2014) employed a Smith chart matching method to design the matching circuit with the help of software.

In most of the cases, the input signal voltage is much smaller than the typical rectifier threshold voltage. Work by (Devi et al., 2012; Nishimoto et al., 2010; Lenin and Abarna, 2014) utilized zero bias Schottky diodes due to the low substrate losses, very fast switching, low forward voltage and non-symmetric properties that allows unidirectional flow of the current under ideal case. Bo et al. (2013) discussed a self-biasing technique by using the biasing resistors to provide DC bias voltage at the gate of the MOSFET connected diode to increase the charging current. In contrast to traditional Schottky and diode connected MOS transistor rectifier, Mansano et al. (2013) utilized an Orthogonally Switching Charge Pump Rectifier, CPR (OS-CPR) comprises of MOS transistors as voltage controlled switches with a capacity to operate in both weak and strong inversion regions. Floating gate technique, enables reducing or cancelling the threshold voltage of the MOS transistor as proposed by Le et al. (2008) however this technique requires a pre-charge or calibration phase and also suffer from leakages. Arrawatia et al. (2012) proposed a rectifier without any external bias circuit needed by arranging every alternate transistor biased using the node voltage from the next transistor. Papotto et al. (2011) deployed a fully passive threshold self-compensation scheme that increases the gate bias offset by extending length of the compensating bridges.

Another critical aspect to the operation of low power energy harvesting is the method of low power voltage boosting that we use to turn on the MOSFETs, especially when involved with CMOS. Bo et al. (2013) and Stoopman et al. (2014) implemented an LC resonant circuit to generate a large voltage across the MOSFET, thereby turning it on even though the input power is very low. Lim et al. (2014) reported on how a de-de boost...
converter can help to increase the output voltage from as low as 18 to 907 mV to 310 mV to 27.9 V by utilizing suitable parametric value. Wahab et al. (2014) also presented a simulation result showing passive component based boost converter could increase input voltage from 0.1-0.5 to 7-35 V. Shrivastava et al. (2013) and De Donno et al. (2013) implemented charge pump rectifier to boost the battery voltage.

According to Parks et al. (2013), two critical elements which contribute to the effectiveness of the RF harvester are the sensitivity and per-operation energy. Yakovlev et al. (2012) reported on their article that low available power is one of the constraints which demand the use of low power on chip circuitry. To improve power extraction, Nintanavongsa et al. (2013) introduced an optimal dual stage design to achieve approximately 100% improvement. Motiur Rahaman et al. (2015) discussed on multiple output rectifier and a superposition method by considering the effect of conduction angle, leakage current and body effect. Table 1 summarized previous paper works on RF energy Harvester.

Bo et al. (2013), Stoopman et al. (2014), Ping-Hsuan and Tao (2013), Papotto et al. (2011) have reported on fabricated die micrographs in their paper respectively. Figure 3 shows an example of micrograph of the test chip that reported by Ping-Hsuan and Tao (2013) which is similar to the architecture that we propose in term of sub modules implementation. This design is implemented in a 0.18 µm CMOS Technology with the core area of 500×550 µm². From their findings, at $P_{IN}$ equal -15 dBm, the measured end-to-end efficiency is 35.7%. The circuit consumes 5.6 µW and the output power is 11.8 µW, while at $P_{IN}$ equal -10 dBm, PCE reached 44%. This chip shows the arrangement of rectifier, voltage detection, adaptive control circuit, passive components and reference generation sub-blocks which covered some of the main portion of the overall RF energy architecture.

![Micrograph of the chip test (Ping-Hsuan and Tao, 2013)](image)

Table 1. Summary on past researcher’s work

| Researcher (year)            | Architecture                          | DC-DC Control | Freq $^a$ (MHz) | $P_{IN}$ (dBm) | $P_{OUT}$ (W) | $V_{OUT}$ (V) | $R_{LOAD}$ (Ω) | $\eta$ (%) | Process tech. (nm) | App $^b$                  |
|-----------------------------|---------------------------------------|---------------|----------------|----------------|----------------|----------------|----------------|------------|---------------------|---------------------------|
| Papotto et al. (2011)       | 17-stage self-compensated rectifier   | No            | 915            | -18.8 dBm      | 1.44 µW        | 1.2            | 1 M            | 11         | 90                  | Battery-less equipment    |
| Shrivastava et al. (2013)   | 3-stage voltage multiplier, link monitoring, charge pump rectifier | No            | Not stated     | -9 dBm(0.125 mW) | 0.9 µ          | $30 \times 10^{-3}$ | 1 K           | 0.71       | Not stated          | Charge batteries           |
| Bo et al. (2013)            | Voltage doubler with boosting circuit and pre-set biasing network (dual band) | Yes           | 900            | -19.3 dBm(11.7 µW) | 1.75 µ         | 1.448          | 1.2 M          | 14         | 130                 | Charge batteries RFID, WSN |
| Ping-Hsuan and Tao (2013)   | Adaptive control, startup circuit, differential rectifier, switched inductor boost converter, MPPT 5-stage passive voltage boosting and a switching charge pump rectifier 5-stage cross connected differential rectifier, 7 bit weighted capacitor bank | Yes           | 900            | -15 dBm(31.6 µW) | 11.8 µ         | 2V             | Not stated     | 35.7       | 180                 | Charge batteries RFID, WSN |
| Mansano et al. (2013)       | Boost converter, MPPT 5-stage passive voltage boosting and a switching charge pump rectifier 5-stage cross connected differential rectifier, 7 bit weighted capacitor bank | Yes           | 900            | -18.2 dBm(15.1 µW) | 1.8 µ          | 1.35V          | 1 M            | 11.9       | 90                  | RFID, WSN                 |
| Stoopman et al. (2014)      | 5-stage cross connected differential rectifier, 7 bit weighted capacitor bank | No            | 868            | -7 dBm(19.95 µW) | 7.98 µ         | 1.62           | 0.33 M         | 40         | 90                  | WSN                       |
| Shokrani et al. (2014)      | 5-stage rectifier with new bulk connection, voltage limiter | No            | 900            | Not stated     | 0.016 m        | 0.0029 m       | Not stated     | 1.1        | 180                 | WSN and RFID Micro power health care monitoring system |
| This work (2014)             | Rectifier, Control loop, adaptive control circuit, regulator and voltage limiter | Yes           | 915            | -20 dBm(0.01 mW) | 6 µ            | 2.45           | 1 M            | 60         | 130                 | Micro power health care monitoring system |

$^a$ Frequency, $^b$ Application
Problem Statement

The target of this research is to overcome the problem faced by many researchers in RF energy harvesters which struggling on improving their design due to low conversion ratio because of relatively low ambient input. As the receiving RF power is generally weak (less than -10 dBm for ambient RF power), the most important design consideration is to maximize the power conversion efficiency. Two conventional topologies as shown in Fig. 4 and 5 are the architecture that we have referred to improve our proposed design.

The major design constraint for long range RF harvesters is to generate a sufficiently large voltage to activate the rectifier with a few microwatts of power because CMOS transistors inherently are voltage controlled devices. Some solutions have been proposed to reduce the rectifier turn-on voltage by using (near) zero threshold voltage \( V_{th} \) transistor, gate pre-biasing or \( V_{th} \) self-cancellation schemes (Papotto et al., 2011). However the high fabrication costs, calibration phase or reverse current leakage make these solutions too expensive and impractical. Fig. 4 shows a conventional block diagram with a feedback which control voltage boosting and tuning network that compensates variation at the interface that may occur in a realistic environment. Stoopman et al. (2014) optimized the antenna-rectifier interface by using a low resistive and high-Q interface. Subsequently, they proposed differential rectifier with complementary MOS diode in the last rectifying stage to improve the harvester’s ability to store and hold energy over a long period of time.

Ping-Hsuan and Tao (2013) achieved high Power Conversion Efficiency (PCE) on their design illustrated in Fig. 5 by implemented an efficient power path structure and low power implementation of the control circuit. In this existing design, the rectifier’s PCE is optimized by adaptively adjusting the effective loading from the boost converter according to instant input power level. Basically, the harvesting technologies constraint is on the efficiencies and effectiveness of the harvesting devices. The design by Stoopman et al. (2014) as in Fig. 5 is improving the sensitivity, output voltage and the efficiency if compared to design by Ping-Hsuan and Tao (2013) as in Fig. 4. However, the power consumption for design in Fig. 4 is much smaller. Our proposed design will try to improve those key elements by proposing efficient impedance matching which is controlled by control loop, high efficiency rectification scheme and a boost converter which is controlled by adaptive control circuit. This proposed design is also targeting on lowering the power consumption to achieve optimal performance results. Every component will be selected based on their power consumption and also the implementation of wireless protocol. This reduction in power consumption and operating voltage is important to increase the flexibility of applications.

This study proposes a control loop to compensate any variation at the antenna-rectifier interface and maintain a resonance so that it can utilize maximum available input. Another challenge is to maintain the optimal PCE value for the rectifier, by using an adaptive control circuit to control the switching timing of DC-DC boost which is inspired by Ping-Hsuan and Tao (2013).

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Fig. 4. Block diagram on the implementation of control loop (Stoopman et al., 2014)

Fig. 5. Block diagram of the existing RF energy harvester with adaptive control circuit (Ping-Hsuan and Tao, 2013)
This adaptive control is open loop, as it approaches zero current with tolerable accuracy while it does not detect the inductor current. As compared to other techniques of zero current detection which using comparators or OpAmps (Kadirvel et al., 2012), this design occupies small area (130×130 µm²) and it cause less power losses. Our propose architecture will be implemented on a 0.13 µm CMOS process technology to improve the efficiency and sensitivity of the existing RF energy harvester.

Description (Proposed Block)

The proposed RF energy harvester block diagram is shown in Fig. 6. It consists of eight sub-blocks which represents the antenna, voltage boosting and tuning, rectifier, control loop, adaptive control circuit, dc-dc boost converter, voltage limiter and regulator. All eight blocks will work together to increase the sensitivity and efficiency of the micro energy harvester. The explanation of each block will be subsequently described below.

Firstly, the source of this system is RF signal which can be captured from mobile phones, potentially supplying power for short-range sensing applications. Other sources such as Wi-Fi routers and wireless end devices such as laptop are also easily discovered. For short range operation, a small volume of energy can be harvested from Wi-Fi router transmitting at 50 to 100 mW. Meanwhile, for long range operation, higher gain antennas are required to harvest RF energy from broadcast radio towers and mobile base stations (Pradhan et al., 2014).

Secondly, antenna (block 1) is used for absorbing RF energy from the surrounding sources. A proper design of receiving antenna is crucial because the volume of harvestable energy is determined by the parameters, such as radiation pattern, gain and impedance bandwidth (Sim, 2010). Impedance of antenna and the converting circuit really contribute to the efficiency.

Thirdly, there is a voltage boosting and tuning block (block 2). Voltage boosting in this case will act much like the designed by Stoopman et al. (2014) which combines the inductive behavior of a high Q loop antenna with the capacitive input impedance. If resonance happens, there will be high a dc current flow across the inductor which causes voltage boosting. To obtain resonance, a parallel capacitor in the voltage boosting network can be set. However, high Q systems are very sensitive to any of input power level, environmental changes or process mismatch. Here is where we need tuning to compensate for these variations.

Once voltage is boosted, rectifier will be switched on. A rectifier (block 3) will be used to convert low input RF power to DC power. Stoopman et al. (2014; Ping-Hsuan and Tao, 2013) suggested the usage of differential rectifier which has its own benefit where its symmetry cancels all even order harmonic currents. In practice, this implies that it is sufficient to only suppress the 3rd harmonic in order to prevent power loss due to reradiation. In this structure, the output voltage and common-mode gate voltage generated during rectification provide additional biasing and effectively reduces the required turn-on voltage. Due to this self-cancellation, the rectifier can be activated at lower input power levels than other similar topologies. The rectifier can be any types such as full wave bridge rectifier, single shunt full wave rectifier, or other hybrid rectifiers. The diode especially used to determine the efficiency. But recently, rectifier with High Electron Mobility Transistors (HEMTs) or Field Effect Transistors (FETs) are expected to increase the efficiencies (Pradhan et al., 2014).

Plus, the rectifier nonlinear input impedance also varies with frequency and input power. This makes the high Q interface very sensitive to any impedance variation. To compensate for this, a control loop (block 4) is added to tune the impedance such that a resonance is created with the antenna (Stoopman et al., 2013). As the antenna and rectifier reactance at the interface influences both the resonance frequency and the passive voltage boost of the interface, it is decided to compensate only for reactive variations. This way, the loop still improves the RF energy harvester robustness while taking advantage of the passive voltage boost obtained from the high Q resonator.

![Fig. 6. Proposed block diagram of RFMEH](image-url)
The DC output of the rectifier will be passed to dc-dc boost converter (block 5). This block will function as a converter with an output voltage greater than the source voltage. This booster can adjust the effective load resistance seen by the rectifier by changing its switching timing which will be controlled by adaptive control circuit. The mechanism of Adaptive Control Circuit (ACC) (block 6) is inspired by Ping-Hsuan and Tao (2013) where VDC is first compared with a reference VREF. In this design, VREF is generated from a band gap circuit. It is made adjustable to account for process variations.

Next, there is a voltage limiter (block 7) which limits the DC-DC boost’s output voltage to certain level to prevent the CMOS transistor from breaking down (Ouda et al., 2013). The input voltage of this block is the output voltage of the boost converter. The output voltage rises up and limited by the proposed robust and powerful limiter circuit. Finally, the regulator (block 8) will control or maintain the storage voltage to a constant value to power load circuit (Shokrani et al., 2014).

Materials and Methods

This work will be performed by using the design-flow as illustrated in Fig. 7.

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Fig. 7. Flow diagram
To perform this work, we will firstly investigate the literature background on ULP RFMEH based on previous research works. From there, a scope of project will be determined and the new ULP RFMEH architecture concept will be proposed. Then, each block of the ULP RFMEH will be modeled, designed and simulated using PSPICE Software. If the simulation results achieve the best result with no error especially in terms of efficiency, power consumption, input and output voltages, then we will proceed to the behavioral model written in Verilog using Mentor Graphics. This HDL based design of ULP RFMEH will be simulated in the ModelSim and any error in the design or simulation will lead back to redesigning stage. After that, this behavioral model will be synthesized using Precision Synthesis tool to enable a gate level simulation in the Formal Pro tool. Any error occurring in this stage will lead back to the synthesis stage. Next, this optimized ULP RFMEH design will be downloaded into the Field Programmable Gate Array (FPGA) board for functional verification. If it is successfully implemented, the ULP RFMEH circuit design will be converted into gate level model on the 0.13 µm process technology by using Mentor Graphics’ Design Architecture and IC station. When the layout is ready, testing and analysis will be carried out and multiple validations will be managed by CALIBRE tool to check either any improvement is needed before the final implementation. This is important to avoid any deviation in terms of parasitic, timing or power issues. After verification on the final layout is completed, the tape-out ready GDSII format can finally be generated to possibly be fabricated for micro bio-medical applications with RF as the ambient input source.

**Conclusion**

The design of ULP micro energy harvester using RFMEH signal has been proposed. The main target is to maximize the extracted input and minimize the power losses obtained from Radio Frequency Micro Energy harvester. This will be achieved by using impedance matching, DC-DC boost, control loop, adaptive control circuit, voltage limiter and voltage regulator. This ULP RFMEH will be designed and simulated using PSPICE software, Verilog coding using Mentor Graphics and functional verification using FPGA board (FPGA) before being implemented in CMOS 0.13 µm process technology under Mentor Graphics and the final layout is being generated. Finally, the expected result is to achieve 60% for the efficiency and output voltage approximately 2.45 V for input level as low as -20 dBm. The result will be compared with previous conventional method. The aim of this design is to provide sufficient power for the sensor related to health monitoring system and reduce the usage of battery.

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**Author’s Contributions**

**Farah Fatin Zulkifli:** Involved in data investigation, summarizing the information and drafting the manuscript.

**Jahariah Sampe:** Designed the research plan and organizing the study, helping in interpretations of data and reviewing the manuscripts.

**Muhammad Shabiul Islam:** Assist with supervision, designed the research plan, interpretations of data and contributed to the writing and reviewing the manuscript.

**Mohd Ambri bin Mohamed:** Assist with supervision.

**Ethics**

This article is original and has not published elsewhere.

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