Thermosense: Dual-Mode Thermoelectric Soldier Suit with Real-Time Ambient Sensing

Prof Anupama Hongal[1], Anasuya V S[2], Aparna H[3], Sahana H [4] Soumya K[5]
[1] Asst. Professor -Dept of ECE, [2,3,4,5]UG Scholar- Dept of ECE
Smt. Kamala and Sri Venkappa M. Agadi College of Engineering and Technology, Lakshmeshwar, India

***Abstract*: Modern military operations often expose soldiers to extreme environmental conditions such as intense heat, severe cold, and unpredictable weather variations. These conditions can negatively affect the health, endurance, and operational efficiency of military personnel. This paper presents ThermoSense, an advanced wearable soldier suit designed to provide adaptive thermal regulation along with real time monitoring of ambient environmental conditions. The proposed system integrates thermoelectric modules based on the Peltier effect that enable both heating and cooling functions within a single wearable platform. Environmental sensors are incorporated to continuously measure parameters such as temperature and humidity, allowing the system to dynamically adjust thermal conditions according to the surrounding environment. A microcontroller-based control unit processes the sensor data and automatically regulates the thermoelectric modules to maintain optimal comfort for the wearer. The system is designed to be lightweight, energy efficient, and suitable for deployment in harsh environments such as deserts, high altitude regions, and cold mountainous terrains. By combining wearable thermoelectric technology with intelligent sensing and automated control mechanisms, ThermoSense enhances soldier safety, improves thermal comfort, and supports better operational performance in challenging battlefield conditions.**

KEYWORDS: Thermoelectric cooling, Peltier module, wearable technology, soldier safety, ambient sensing, thermal management.

I. INTRODUCTION

Modern warfare environments demand advanced technological solutions to ensure the safety, efficiency, and operational readiness of soldiers. Military personnel frequently operate in extreme climates such as deserts, snow covered mountainous regions, and humid tropical environments. Exposure to such harsh environmental conditions can cause severe physiological stress, including dehydration, fatigue, hypothermia, or heat related illnesses. These factors can significantly reduce a soldier's ability to perform effectively during critical missions.

Traditional military uniforms primarily focus on durability, camouflage, and physical protection. However, they offer limited capability for active temperature regulation or real time monitoring of environmental conditions. Soldiers often rely on additional clothing layers or external equipment to cope with extreme temperatures, which may increase physical load and reduce mobility. Therefore, there is a growing need for intelligent wearable systems that can automatically regulate body temperature and monitor environmental conditions.

Recent advancements in wearable electronics, sensor technologies, and thermoelectric devices have created new opportunities for developing smart military uniforms. Thermoelectric modules based on the Peltier effect provide an effective solution for compact heating and cooling applications because they can transfer heat when an electric current is applied. These modules operate without moving parts, making them suitable for wearable applications that require reliability and low maintenance.

In this context, **ThermoSense** is proposed as a dual mode thermoelectric soldier suit capable of maintaining optimal thermal comfort while simultaneously monitoring ambient environmental parameters. The system integrates temperature and environmental sensors with a microcontroller-based control unit that analyses sensor data and automatically activates heating or cooling through thermoelectric modules. This adaptive approach allows the suit to respond dynamically to changing environmental conditions.

The objective of the ThermoSense system is to enhance soldier comfort, prevent thermal stress, and improve operational efficiency during military missions conducted in extreme environments. The remainder of this paper discusses the literature survey, system architecture, methodology, and the potential advantages of integrating thermoelectric thermal regulation with real time environmental sensing in military wearable technology.

II. LITERATURE SURVEY

A. *Q. Cao, Y. Lu, and Y. Chen, "Design of a Wearable Health Monitoring System for Military Personnel," Journal of Military Health, 2020*

Wearable health monitoring technologies have gained significant importance in military applications. Chen et al. proposed a wireless health monitoring system capable of tracking physiological parameters such as body temperature, heart rate, and physical activity of soldiers in real time. The system enables remote monitoring and early detection of medical emergencies during combat operations. Their research demonstrated the importance of integrating sensors and wireless communication technologies into wearable systems to enhance soldier safety and operational awareness.

B. *Singh et al., "Monitoring Soldier Health Using Temperature Sensors," Health and Technology International Journal, 2021.*

Singh and colleagues investigated the use of temperature sensing technologies such as the DS18B20 sensor for monitoring the environmental and body temperature of soldiers operating in harsh conditions. Their study highlighted how real time temperature monitoring can help detect abnormal conditions such as hypothermia or heat stress. The research emphasized the role of sensor based monitoring systems in improving soldier health and maintaining safe operating conditions during missions.

C. Y. Zhang, J. Liu, and L. Chen, "Continuous Vital Sign Monitoring Using MAX30100 Sensor," Reviews of Biomedical Engineering, 2020.

Zhang et al. studied the application of integrated biomedical sensors such as MAX30100 for continuous monitoring of physiological parameters including heart rate and blood oxygen levels. Their work demonstrated that wearable systems equipped with real time health monitoring sensors can significantly improve emergency response and medical intervention during critical situations. Such monitoring technologies can be integrated with intelligent wearable platforms to ensure better health management for military personnel.

D. R. Shah, D. Patel, and M. Joshi, "Communication Systems in Remote Military Operations," 2021.

Shah and co researchers analyzed the importance of reliable communication systems in remote military environments such as mountainous and snow covered regions. Their research focused on the use of GSM based communication systems for transmitting emergency alerts and location data from soldiers to command centers. The study highlighted the importance of real time communication for improving situational awareness and enabling faster rescue operations during emergencies.

E. S. Davis, M. Fernandez, and P. Clark, "Integrated Soldier Safety Systems: A Comprehensive Approach," 2022.

Davis and collaborators proposed a comprehensive approach to soldier safety using integrated wearable technologies. Their research combined health monitoring sensors, communication systems, and environmental sensing technologies to create a multifunctional safety platform for soldiers. The study demonstrated how integrated wearable systems can improve situational awareness, enhance communication with command centers, and provide timely responses during critical situations.

III. COMPONENTS USED

A. Arduino Uno

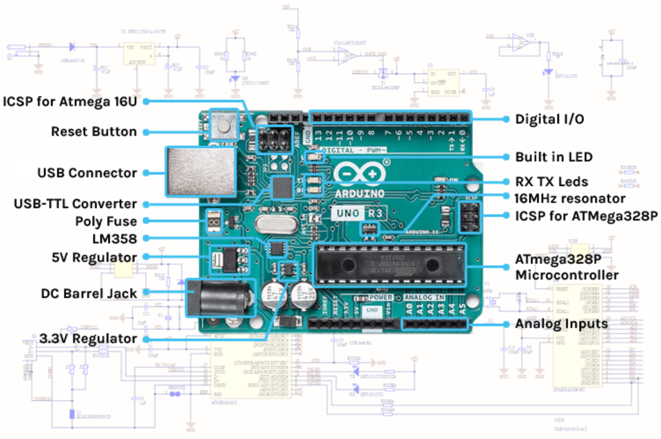

Fig. 1. Arduino Uno

The Arduino Uno is the main control unit used in the proposed ThermoSense system. It is based on the ATmega328P microcontroller and is widely used in embedded system applications due to its simplicity, flexibility, and ease of programming. In the proposed system, the Arduino Uno collects data from the environmental sensors such as temperature and humidity sensors. The collected sensor data is processed to determine the surrounding environmental conditions.

B. LCD Monitor

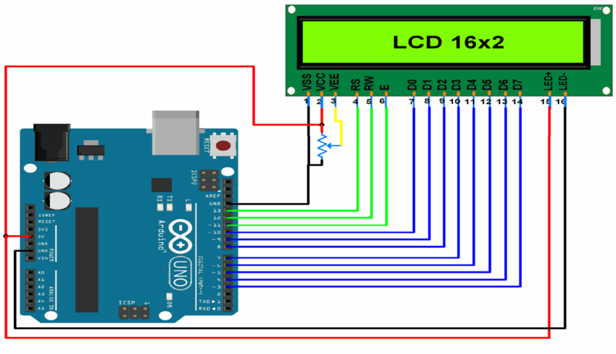

Fig. 2. Lcd Monitor

The 16×2 LCD display module is used to display real-time information about the system. It is capable of displaying 16 characters per line with two lines of text. In the ThermoSense system, the LCD is used to display environmental parameters such as temperature and humidity values measured by the sensors. It also shows the operating mode of the system, whether it is in heating mode or cooling mode. This visual display allows the user to easily monitor the working condition of the system.

C. Peltier Module (Thermoelectric Module)

The thermoelectric module, commonly known as the Peltier module, is responsible for the heating and cooling operations in the proposed system. It works based on the **Peltier effect**, where heat is transferred between two surfaces when an electric current flows through module. When current flows in one direction, one side of module becomes cold while the other side becomes hot. By reversing the current direction, the heating and cooling sides can be interchanged. In the ThermoSense system, the Peltier module provides dual-mode thermal regulation for soldiersuit.

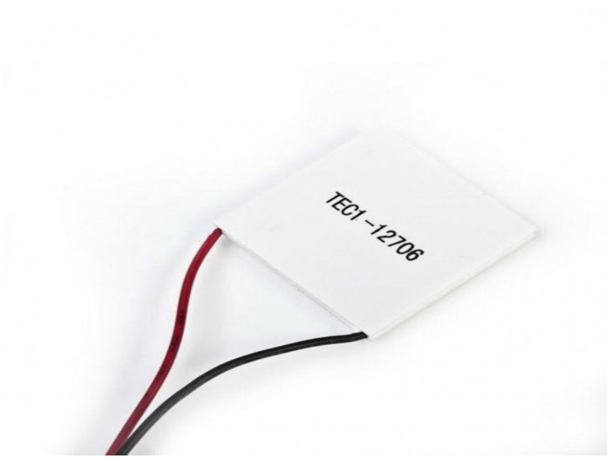

Fig. 3. Peltier Module

D. Temperature and Humidity Sensor (Dht11)

The DHT11 sensor is used to measure the ambient temperature and humidity of the surrounding environment. It provides digital output and can be easily interfaced with the Arduino Uno microcontroller. The sensor continuously monitors environmental conditions and sends the measured data to the Arduino. Based on these readings, the system decides whether to activate the cooling mode or heating mode of the thermoelectric module.

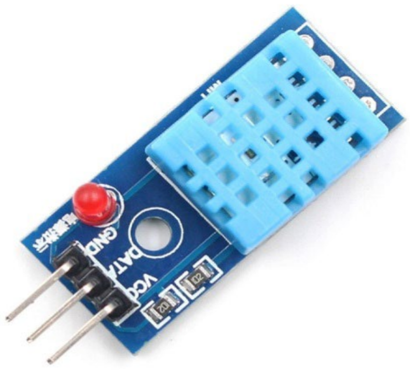

Fig. 4. Temperature and Humidity Sensor

E. Cooling Fan and Heat Sink

Fig. 5. Cooling fan and Heat sink

The heat sink and cooling fan are used to improve the efficiency of the thermoelectric module. The heat sink absorbs the excess heat generated by the Peltier module, while the fan helps in dissipating the heat into the surrounding environment. This cooling mechanism prevents overheating and ensures stable operation of the system.

F. Relay Module

Fig. 6. Relay Module

The relay module is an electronic switching device used to control high-power components using low-power signals from the Arduino Uno. In the ThermoSense system, the relay module helps the Arduino control the thermoelectric Peltier module and cooling fan. When the Arduino sends a signal, the relay switches the circuit ON or OFF, allowing safe and efficient control of the heating or cooling system.

IV. BLOCK DIAGRAM

The block diagram represents the overall architecture of the proposed ThermoSense system used for thermal regulation through thermoelectric technology. The system mainly consists of a microcontroller unit, relay module, thermoelectric Peltier modules, DC fans with heat sinks.

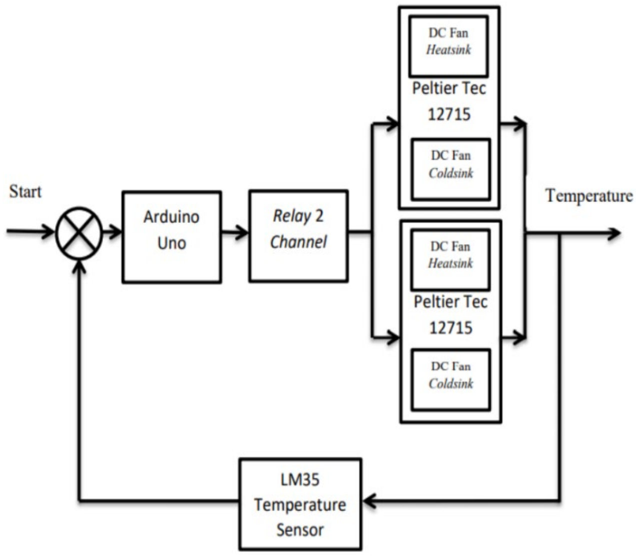

Fig. 7. Block Diagram

The system operation begins with the **temperature sensing unit**, where the LM35 temperature sensor continuously measures the surrounding temperature. The sensed temperature data is transmitted to the microcontroller for processing. The Arduino Uno acts as the central control unit of the system. It receives the temperature data from the sensor and compares it with predefined threshold values. Based on this comparison, the Arduino determines whether heating or cooling is required. The control signal from the Arduino is then sent to a **2-channel relay module**, which acts as a switching interface between the low-power microcontroller and the higher-power thermoelectric modules. The relay activates the **Peltier TEC 12715 modules**, which operate based on the thermoelectric (Peltier) effect. Each Peltier module is attached to **DC fans and heat sinks** to improve heat dissipation and maintain efficient thermal transfer. The heat sink on one side removes excess heat, while the cooling side provides the required temperature regulation. The resulting temperature output is again monitored by the **LM35 temperature sensor**, creating a feedback loop that allows the system to continuously monitor and regulate temperature. This closed-loop control ensures stable and efficient thermal management for the ThermoSense wearable system.

V. FLOW CHART

The flowchart represents the step-by-step operation of the proposed ThermoSense system for automatic temperature regulation. The process begins when the system is powered on and all the components are initialized. The temperature sensor (LM35) continuously measures the ambient temperature and sends the measured value to the microcontroller.

The Arduino Uno processes the received temperature data and compares it with predefined threshold values stored in the program.

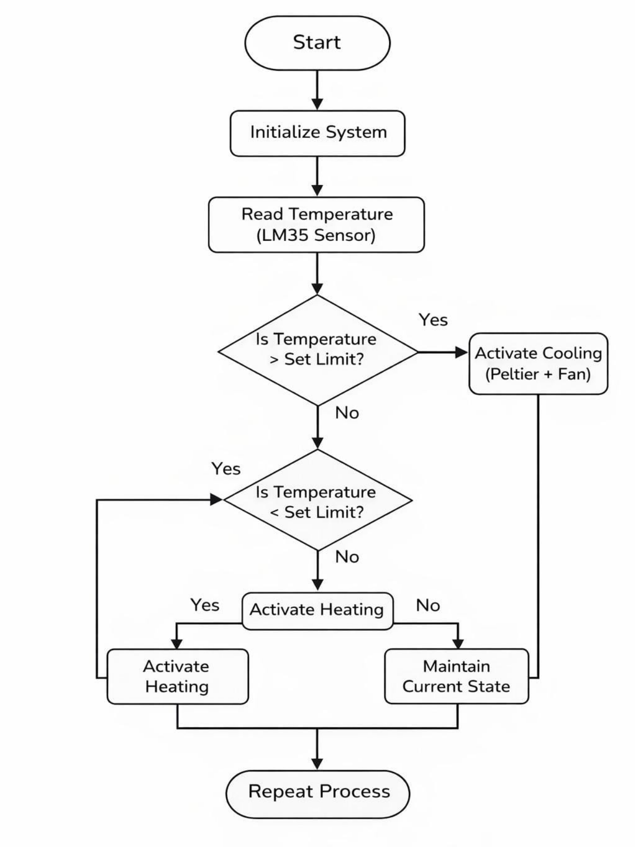

Fig. 8. Flow Chart

If the measured temperature is higher than the set limit, the system activates the cooling mode by turning on the thermoelectric Peltier module and DC fan through the relay module. This helps reduce the temperature of the system. If the measured temperature is lower than the desired level, the system activates the heating mode of the thermoelectric module. When the temperature remains within the acceptable range, the system maintains the current operating condition without activating additional heating or cooling. This process continues repeatedly in a loop, allowing the system to continuously monitor temperature and regulate the thermal conditions automatically.

VI. METHODOLOGY

A. Temperature Sensing Module:

The temperature sensing unit continuously monitors the surrounding environmental temperature. In the proposed system, the LM35 temperature sensor is used to measure the ambient temperature and convert it into an electrical signal. This sensor provides accurate temperature readings and sends the collected data to the microcontroller for further processing.

B. Data Processing and Control Mechanism:

The sensed temperature data is processed by the Arduino Uno which acts as the central processing unit of the system. The microcontroller compares the measured temperature with predefined threshold values stored in the program. Based on this comparison, the controller determines whether heating or cooling is required to maintain a comfortable temperature range.

C. Thermal Regulation System:

The relay module acts as a switching interface between the microcontroller and the thermoelectric module. When the temperature exceeds the predefined limit, the relay activates the cooling mode of the Peltier module along with the DC fan. Similarly, when the temperature falls below the desired level, the heating mode of the thermoelectric module is activated to increase the temperature.

D. Thermoelectric Cooling and Heating Unit:

The thermoelectric Peltier module performs both heating and cooling operations based on the direction of current flow. Heat sinks and DC fans are attached to the module to improve heat dissipation and ensure efficient thermal transfer. This mechanism allows the system to maintain stable temperature conditions.

E. Continuous Monitoring Process:

The entire system operates in a continuous loop where temperature is monitored in real time and the thermal regulation system is activated whenever necessary.

VII. WORKING

When the system is powered on, the temperature sensor begins measuring the ambient conditions. The sensed values are transmitted to the microcontroller for analysis.

If the temperature exceeds the predefined limit, the cooling mode of the thermoelectric module is activated. The module transfers heat from one side to another, reducing the temperature inside the wearable suit.

If the temperature falls below the required level, the system switches to heating mode. The thermoelectric module then generates heat to maintain a comfortable temperature.

The fan and heat sink ensure efficient heat dissipation and stable operation of the system.

VIII. CONCLUSION

The ThermoSense system provides an effective solution for maintaining thermal comfort for soldiers operating in extreme environmental conditions. By integrating thermoelectric modules with environmental sensors and microcontroller control, the system automatically adjusts heating and cooling operations. This improves soldier comfort, reduces thermal stress, and enhances operational efficiency.

FUTURE SCOPE

Future improvements may include integration of advanced biometric sensors such as heart rate and oxygen level monitoring, wireless communication systems for transmitting soldier health data, and mobile applications for remote monitoring. Additional energy-efficient designs and improved thermal management techniques can further enhance system performance.

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