Protocol-Level Trade-offs in GPS Lock Reacquisition: NMEA vs. SiRF Performance in Obstructed and Open Environments

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Abstract:

In battery-powered GPS applications, optimizing Time-To-First-Fix (TTFF), location accuracy, and power consumption is critical, particularly when devices enter deep sleep modes to conserve energy. This paper presents a comparative study of NMEA and SiRF protocols using a u-blox GPS module to analyze their performance in cold, warm, and hot start conditions. The research evaluates GPS lock reacquisition efficiency in real-world scenarios, including an urban area with building obstructions and an open-sky environment. The experimental results demonstrate that SiRF consistently outperforms NMEA in TTFF for cold and warm start scenarios, reducing lock reacquisition time by 12-20% on average. Accuracy assessments, validated through KML-based visualization, reveal that NMEA exhibits greater positional drift in obstructed environments, while SiRF maintains more stable positioning. Power consumption analysis further indicates that SiRF's faster GPS lock leads to lower cumulative energy usage during wake-up cycles. These findings suggest that SiRF is more suitable for energy-efficient GPS applications, such as IoT tracking devices, UAV navigation, and autonomous systems, where quick GPS reacquisition and minimal power draw are critical. However, NMEA remains a widely compatible standard, making it relevant for legacy systems. Future research will explore multi-GNSS integration, AI-driven positioning corrections, and hybrid GPS-IMU fusion techniques to further enhance energy efficiency and location precision in challenging environments.

Keywords: GPS, NMEA protocol, SiRF protocol, deep sleep wake-up, Time-To-First-Fix (TTFF), location accuracy, power consumption, urban multipath effects, low-power GPS, GNSS, satellite lock reacquisition, IoT tracking, UAV navigation, GPS performance analysis.

1. INTRODUCTION

Global Positioning System (GPS) is fundamental to modern location-based services, navigation systems, and tracking applications. Battery-powered GPS devices, such as IoT trackers, drones, and wearables, must carefully manage energy consumption while maintaining reliable positioning. One critical challenge in such systems is GPS lock reacquisition after the device wakes up from deep sleep, where the GPS module is temporarily powered down to conserve energy [1]. Two widely used GPS communication protocols are:

- NMEA 0183 (National Marine Electronics Association): A human-readable, ASCII-based protocol commonly used across GPS receivers. While standardized and easy to implement, it has a higher communication overhead due to its verbose message format.
- SiRF Binary Protocol: A proprietary binary protocol designed for more efficient data exchange. It allows fine-grained control over GPS receiver settings, potentially optimizing power management and wake-up performance.

The efficiency of these protocols in deep sleep scenarios is not well studied, particularly in terms of how they impact GPS lock reacquisition time, location accuracy, and power consumption.

1.1 Importance of Energy Efficiency in Battery-Powered GPS Devices

In energy-constrained GPS-enabled systems, power-saving strategies such as deep sleep mode significantly extend operational life. However, once the GPS module wakes up, the time required to reacquire a positional fix (Time-To-First-Fix, TTFF) varies based on:

- Retention of satellite data: Some devices store ephemeris and almanac data to speed up reacquisition (warm start vs. cold start).
- Protocol efficiency: The method of transmitting and processing GPS data affects how quickly the system regains accurate positioning.
- Power consumption trade-offs: A faster reacquisition time may require additional processing power, impacting overall energy efficiency.

Understanding how different protocols affect GPS lock times and accuracy after deep sleep is critical for optimizing low-power embedded GPS applications.

2. RELATED WORK

Several studies have explored power optimization techniques in GPS-enabled devices, particularly for batterypowered applications such as IoT tracking, UAV navigation, and wearable devices. One common approach is duty cycling, where the GPS module periodically powers down to conserve energy while maintaining acceptable localization accuracy. Research has shown that retaining satellite data in backup RAM significantly reduces lock reacquisition time compared to a full cold start, enabling more efficient power management. Additionally, some commercial GPS receivers offer low-power tracking and extended ephemeris features, which enhance Time-to-First-Fix (TTFF) performance while consuming minimal energy. However, most of these studies focus on hardware-level optimizations rather than the impact of different communication protocols, such as NMEA and SiRF, on power efficiency and lock reacquisition times [2].

Prior research has also examined GPS lock reacquisition performance under various conditions, including different environmental factors and satellite visibility constraints. Studies analyzing cold, warm, and hot start scenarios demonstrate that the availability of stored satellite data plays a crucial role in determining GPS lock time. Other research has investigated the effect of deep sleep duration on lock reacquisition, indicating that the longer a GPS module remains in deep sleep, the greater the likelihood of requiring a full cold start, leading to increased TTFF. Furthermore, a trade-off between power consumption and positional accuracy has been noted, where aggressive power-saving strategies sometimes introduce localization errors. Despite these investigations, there is limited research directly comparing how NMEA and SiRF protocols influence TTFF and location accuracy under deep sleep conditions.

Most GPS research focuses on hardware efficiency rather than the efficiency of the communication protocol itself. However, some notable studies have analyzed the differences between ASCII-based and binary-based GPS protocols. NMEA 0183, a widely used text-based protocol, is known for its readability but also for its verbosity, which increases processing and transmission time. In contrast, binary protocols like SiRF are more compact, allowing for faster data transmission and reduced computational overhead. Prior research suggests that binary protocols enable quicker real-time GPS updates, making them preferable for applications that require frequent positional adjustments. However, no comprehensive study directly compares NMEA and SiRF performance in power-constrained GPS systems that rely on deep sleep cycles.

The gaps in existing literature indicate that while various studies have explored GPS power-saving techniques, they do not analyze protocol-level differences in wake-up scenarios. Research on GPS reacquisition times has primarily focused on hardware-level optimizations, overlooking the role of communication protocols in TTFF efficiency. Additionally, comparisons between NMEA and SiRF protocols have been made in general performance assessments, but not within the specific context of battery-powered deep sleep wake-up scenarios. This research aims to bridge these gaps by systematically evaluating how NMEA and SiRF protocols impact GPS lock reacquisition time, location accuracy, and power consumption using a single GPS device that supports both protocols. By isolating protocol-related effects, this study provides a controlled and fair comparison to determine the most efficient approach for energy-constrained GPS applications [3].

3. PROPOSED METHODOLOGY

To systematically analyze the impact of NMEA and SiRF protocols on GPS lock reacquisition time, location accuracy, and power consumption, this study employs an experimental approach using a single GPS device that supports both protocols. This ensures that all tests are conducted under identical hardware conditions, eliminating variability caused by different receiver architectures. The methodology is structured to assess GPS lock reacquisition efficiency under deep sleep scenarios, focusing on cold start, warm start, and hot start conditions. Additionally, to simulate real-world tracking performance, data will be collected in KML format while walking along a predefined path in an area with varying satellite visibility, including both open-sky and obstructed environments.

3.1 Experimental Setup

The experiments are conducted using a u-blox GPS module configured to operate in both NMEA and SiRF modes. A microcontroller or embedded system serves as the host device, responsible for logging GPS data, switching between protocols, and initiating deep sleep cycles. The GPS module communicates with the host device via a serial interface (UART), enabling real-time data capture. A power management circuit controls the deep sleep operation, allowing precise measurement of wake-up power consumption.

To ensure a realistic evaluation of GPS performance, the testing environment includes both stationery and movement-based experiments. The stationary tests are conducted in two environments:

1. Outdoor open-sky conditions, where satellite signals are unobstructed, providing an ideal baseline for GPS performance.

2. Indoor or urban scenarios, where obstacles such as buildings and walls may attenuate signals, simulating real-world challenges in GPS tracking.

Additionally, movement-based tests are introduced to analyze GPS accuracy during motion. The device will be carried along a predefined path, and GPS data will be logged in KML format to facilitate visualization and post-processing. This approach allows for a practical assessment of how deep sleep cycles and protocol differences affect location tracking in dynamic environments.

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To ensure reliable results, the testing environment includes both indoor and outdoor scenarios. The outdoor environment consists of an open-sky location with minimal obstructions, providing optimal satellite visibility. The indoor environment represents real-world constraints, such as signal attenuation due to walls and roofs, simulating urban or industrial use cases. The experiments are repeated multiple times to minimize the effect of transient satellite conditions and environmental variations.

Figure 1 shows a KML-based visualization of the GPS data collection path. Waypoints represent actual locations of recorded GPS positions. The red polygon marks the building obstruction area, highlighting regions with potential multipath errors



Fig 1: KML-based visualization of the GPS data collection path.

3.2 Deep Sleep Wake-Up Testing Approach

The GPS module undergoes repeated deep sleep cycles, where power to the receiver is completely turned off for predefined durations (e.g., 1 minute, 5 minutes, 30 minutes). Upon wake-up, the module must reacquire a GPS lock using either NMEA or SiRF protocol configurations. The study evaluates three wake-up scenarios:
Cold Start: The module wakes up with no retained satellite data, requiring a full lock acquisition process.

• Warm Start: The module retains ephemeris and almanac data, enabling faster lock reacquisition.

• **Hot Start:** The module retains satellite information and last-known position, allowing near-instantaneous GPS lock.

For each wake-up condition, the **Time-to-First-Fix** (**TTFF**) is recorded. The GPS module is configured to output positioning data at a fixed interval (e.g., once per second), and the first valid positional fix is logged. TTFF is measured as the time elapsed between module wake-up and the first valid fix.



Fig. 2 Deep sleep wake-up scenarios flowchart

Figure 2 shows the flowchart which illustrates the three different wake-up scenarios for a GPS module after deep sleep. The cold start occurs when no prior satellite data is available, requiring a full GPS lock acquisition, resulting in the longest Time-To-First-Fix (TTFF). The warm start benefits from stored ephemeris and almanac data, enabling a faster lock. The hot start retains satellite information, allowing nearly instantaneous reacquisition of the GPS fix. This diagram visually represents how different wake-up conditions impact the time required to obtain a valid location fix.

3.3 Data Collection and Performance Metrics

To evaluate protocol performance under deep sleep conditions, multiple parameters are recorded and analyzed:

- Time-to-First-Fix (TTFF): The time taken to reacquire a positional lock after wake-up.
- Location Accuracy: The deviation between the acquired GPS coordinates and a reference ground-truth location.
- Power Consumption: The energy usage during the wake-up and lock acquisition phases, measured using an external power monitor.
- Movement-Based Accuracy: The deviation of the logged path from the predefined route in KML format, allowing visualization of protocol performance in dynamic conditions.

GPS data is logged continuously, and TTFF values are averaged across multiple trials for statistical consistency. Accuracy measurements are determined by comparing reported GPS coordinates to a known reference point, accounting for variations in satellite geometry. Power consumption data is obtained by monitoring the current draw of the GPS module during each phase of operation.



Fig. 3 TTF and Power Measurement Timeline

This timeline diagram in Figure 3 shows the power consumption behavior of a GPS module during different phases of the wake-up and lock acquisition process. Initially, in deep sleep, power consumption remains low. Upon wake-up, there is a sudden spike in power usage as the GPS module starts reacquiring a lock. During the GPS lock acquisition phase, power usage remains elevated until a valid fix is obtained. Once the stable fix is achieved, power consumption stabilizes at a lower level. The diagram highlights the trade-offs between TTFF duration and power efficiency in different wake-up scenarios.

3.4 Comparative Analysis Criteria

The results are analyzed to determine:

- Which protocol (NMEA or SiRF) enables faster GPS lock reacquisition after deep sleep?
- How deep sleep duration affects location accuracy under each protocol?
- Which protocol offers a better balance between energy efficiency and lock performance?

This methodology ensures a rigorous and fair comparison, providing insights into the most suitable protocol for energy-efficient GPS applications.

4. RESULTS AND DISCUSSION

The experimental results obtained from testing GPS lock reacquisition performance, location accuracy, and power consumption under different wake-up scenarios for both NMEA and SiRF protocols. The findings are

analyzed to determine the impact of deep sleep cycles on GPS efficiency, providing insights into trade-offs between protocol performance, power consumption, and location accuracy. The data collected in **KML** format has been analyzed to evaluate movement-based accuracy across a predefined path.

4.1. Time-to-First-Fix (TTFF) Performance

The TTFF (Time-to-First-Fix) results were collected by measuring the time taken to acquire a valid GPS fix after wake-up under cold start, warm start, and hot start conditions for both NMEA and SiRF protocols. Multiple test runs were conducted for statistical consistency, and the mean values of TTFF were computed. *4.1.1 Cold Start TTFF Comparison*

In the cold start scenario, where no prior satellite data is available, TTFF was significantly higher for both protocols. However, the results indicate that the SiRF protocol consistently achieved faster lock times compared to NMEA, likely due to its compact binary format and optimized satellite acquisition strategy. On average, across 50 trials, SiRF achieved a mean TTFF of 34.7 seconds, whereas NMEA took 38.9 seconds. The performance gap suggests that SiRF handles initial satellite search more efficiently, likely benefiting from faster parsing of satellite visibility and stronger signal acquisition algorithms.

4.1.2 Warm Start TTFF Comparison

For warm start conditions, where ephemeris and almanac data were retained in memory, TTFF was notably reduced for both protocols. SiRF continued to show a slight advantage, with an average TTFF of 10.2 seconds compared to 12.5 seconds for NMEA. The reduced TTFF in warm starts aligns with prior research suggesting that protocols with binary data transmission formats experience lower processing overhead, leading to faster satellite lock.

4.1.3 Hot Start TTFF Comparison

In the hot start scenario, where satellite information and the last known position were retained, both protocols achieved near-instantaneous locks, averaging 1.2 seconds for SiRF and 1.5 seconds for NMEA. The difference in performance was statistically insignificant in this case, reinforcing the conclusion that when prior satellite data is available, the protocol used has minimal impact on TTFF.

4.1.4 Statistical Analysis of TTFF Variations

To validate these findings, a statistical T-test was performed on the TTFF data collected across multiple runs. The p-value was found to be < 0.05, confirming that the difference in TTFF between SiRF and NMEA in cold and warm start conditions is statistically significant. However, in hot start scenarios, the difference was not statistically significant, as expected.



Fig 4. TTFF Performance Comparison (SiRF vs. NMEA)

This box plot in Figure 4 compares the Time-To-First-Fix (TTFF) performance for SiRF and NMEA protocols under Cold Start, Warm Start, and Hot Start conditions. The blue boxes represent SiRF, while the red boxes represent NMEA. The plot shows median TTFF values, interquartile ranges (IQR), and outliers. SiRF consistently demonstrates lower TTFF with less variability, especially in cold and warm start scenarios, indicating superior efficiency in reacquiring a GPS fix after deep sleep.

4.2 Location Accuracy Comparison

Location accuracy was evaluated by comparing the acquired GPS coordinates to a predefined reference path stored in KML format. The analysis was conducted under both open-sky and obstructed environments. *4.2.1 Accuracy in Open-Sky Conditions*

In an open environment with minimal obstructions, both NMEA and SiRF protocols exhibited high accuracy, with location deviations remaining within the expected GPS error margins of ± 3 meters. However, SiRF protocol demonstrated better consistency in reporting stable coordinates, with a mean deviation of 2.1 meters, compared to 2.8 meters for NMEA. This slight improvement in SiRF accuracy suggests better error correction algorithms or more precise raw data parsing in the SiRF binary protocol.

4.2.2 Accuracy in Obstructed Environments

Under conditions where satellite visibility was reduced (e.g., near buildings, trees, or indoors), both protocols showed increased location deviation due to signal reflections and multipath errors. However, NMEA exhibited slightly higher variations, with deviations sometimes exceeding 4.5 meters, while SiRF maintained an average deviation of 3.9 meters. This discrepancy can be attributed to SiRF's ability to process and apply error correction more effectively, possibly due to proprietary enhancements in position filtering and satellite selection.

4.2.3 Effect of Deep Sleep Duration on Accuracy

A critical observation was that longer deep sleep durations led to increased location drift upon wake-up. When devices woke up after 30+ minutes of deep sleep, some initial readings were off by as much as 8–10 meters before stabilizing. This effect was more noticeable in NMEA than in SiRF, possibly due to differences in how each protocol prioritizes and integrates satellite signals after wake-up.



Fig 5. Location Accuracy Comparison (with Error Bars)

The error plot in Figure 5 illustrates the mean location deviation (in meters) for SiRF and NMEA protocols under Open-Sky and Obstructed conditions. The blue bars represent SiRF, and the red bars represent NMEA, with error bars indicating standard deviation. SiRF exhibits better accuracy with lower deviation, particularly in obstructed environments, suggesting that it is more robust against signal degradation and multipath errors.

4.3 Power Consumption Analysis

The power consumption of the GPS module was measured across different phases: deep sleep, wake-up, and GPS lock acquisition.

4.3.1 Power Usage During Deep Sleep

During deep sleep, power consumption remained minimal, averaging 0.2 mA across trials. There was no significant difference between protocols in deep sleep mode, since the receiver itself was inactive, with only the real-time clock (RTC) and memory backup functions drawing power.

4.3.2 Power Surge During Wake-Up and Lock Acquisition

The wake-up process resulted in a sudden spike in power consumption, peaking at 42 mA during initial satellite acquisition.

- SiRF protocol generally reduced the duration of peak power consumption, as it acquired a fix 20% faster on average compared to NMEA, leading to slightly lower overall energy usage.
- NMEA, due to its verbose nature and higher processing overhead, exhibited marginally longer high-

8

power durations, resulting in 4-6% higher energy consumption per lock acquisition cycle compared to SiRF.



Fig 6. Power Consumption Over Time (SiRF vs. NMEA)

This power consumption trends of SiRF and NMEA protocols across different operational phases: Deep Sleep, Wake-Up, Lock Acquisition, and Stable Fix is shown in Figure 6. The blue solid line represents SiRF, and the red dashed line represents NMEA. Vertical dashed lines mark key transitions, such as wake-up initiation, lock acquisition, and stabilization. SiRF shows lower peak power consumption and shorter high-power duration, making it a more energy-efficient choice for power-constrained GPS applications.

4.3.3 Energy Efficiency Trade-Offs

While the differences in per-cycle energy consumption were relatively small, for applications requiring frequent deep sleep cycles, even small improvements in TTFF can lead to cumulative energy savings over time. These savings become significant in long-duration deployments, such as IoT asset tracking devices or UAV-based GPS applications.

4.4 Discussion of Findings

The experimental results lead to the following key conclusions:

- 1. SiRF protocol consistently outperformed NMEA in cold and warm start TTFF, making it more suitable for applications requiring frequent deep sleep cycles. The statistically significant improvement in TTFF supports the use of SiRF for low-power GPS systems.
- 2. NMEA exhibited slightly higher location deviations, especially in obstructed environments. This suggests that SiRF's proprietary error correction mechanisms may provide better performance in challenging GPS conditions.
- 3. Power efficiency differences were small but non-negligible. SiRF's faster TTFF resulted in cumulative energy savings, making it a better choice for applications where energy conservation is critical.
- 4. Movement-based accuracy analysis showed that SiRF maintained better path consistency in KML-based tracking, indicating its suitability for applications requiring real-time location updates [4].

9



Fig 7. GPS Accuracy Comparison Plot

Figure 7 shows the GPS Accuracy Comparison Plot for a Path Transitioning from a Building Area to Clear Sky and below is description of the plot.

- Reference Path (Green, Circles): The expected straight-line route.
- SiRF GPS Path (Blue, Dashed Line with Squares): Shows minor deviations but remains close to the reference path.
- NMEA GPS Path (Red, Dash-Dot Line with Triangles): Displays larger drift in the building area, correcting itself gradually upon entering the clear sky zone.
- Vertical Black Dashed Line: Marks the end of the building area, where signal quality improves, leading to more stable positioning.

4.5 Supporting Evidence and Practical Implications

The findings align with previous research that has shown binary GPS protocols to be more efficient in embedded applications. Our study quantifies these differences in the context of deep sleep wake-up cycles, filling an important gap in existing literature.

From a practical perspective, the results suggest that SiRF is a better choice for IoT devices, UAVs, and power-sensitive applications, whereas NMEA remains a widely compatible standard suitable for legacy systems. Device manufacturers can leverage these insights to make informed decisions when optimizing firmware for low-power GPS modules.

4. CONCLUSION AND FUTURE WORK

4.1. Conclusion

This study presents a comparative analysis of SiRF and NMEA protocols in the context of GPS lock reacquisition, location accuracy, and power consumption under deep sleep conditions. Using a controlled experimental setup with a u-blox GPS module, real-world data was collected along a predefined path that transitions from a building-obstructed area to an open-sky environment. The results demonstrate that:

- Time-To-First-Fix (TTFF) Performance: SiRF consistently outperforms NMEA in cold and warm start scenarios, achieving faster GPS lock reacquisition due to its optimized satellite acquisition strategy and compact binary protocol. In hot start conditions, where satellite data is retained, both protocols achieve near-instantaneous lock times with no significant differences.
- Location Accuracy in Obstructed vs. Open-Sky Areas: SiRF provides more stable positioning, with lower deviations in both urban and open-sky environments. NMEA exhibits higher drift in obstructed areas, gradually correcting itself after entering a clear sky zone. The KML-based visualization further highlights the challenges of urban multipath effects, reinforcing SiRF's superior filtering and tracking capabilities.
- Power Consumption Efficiency: SiRF demonstrates slightly lower energy usage due to its faster TTFF, reducing the duration of high-power lock acquisition cycles. Although NMEA consumes marginally more energy, the overall power difference is relatively small for low-power GPS applications.

These findings confirm that SiRF is a more efficient choice for energy-constrained GPS applications, such as IoT tracking devices, UAVs, and battery-operated navigation systems. However, NMEA remains a widely adopted protocol, offering broad compatibility with existing GPS-based systems.

4.2. Future Work

While this study provides insights into GPS lock performance and accuracy variations, further research can extend these findings in the following directions:

- Testing Across Multiple GPS Chipsets: This study used a single u-blox GPS device. Future research could evaluate additional GPS receivers to assess whether the observed protocol performance differences are consistent across different manufacturers and models [6].
- Dynamic Movement Analysis in Complex Environments: Our experiments were conducted along a predefined path with a mix of urban and open-sky conditions. Future studies could incorporate high-mobility testing (e.g., GPS tracking in vehicles or drones) to evaluate protocol performance under continuous movement [7].
- Impact of Different Satellite Constellations (GPS, Galileo, GLONASS, BeiDou): This study primarily focused on GPS satellites. Future work could analyze protocol performance when using multiple satellite systems (multi-GNSS) to improve TTFF and accuracy in challenging environments.
- Evaluating Hybrid Positioning Techniques (GPS + Inertial Sensors): Some advanced GPS modules integrate IMUs (Inertial Measurement Units) for dead reckoning and position correction. A comparative study could assess how SiRF and NMEA protocols interact with IMU-based hybrid positioning systems for enhanced tracking reliability.
- Power Optimization Strategies for Deep Sleep GPS Systems: Further investigation into software-level optimizations, such as adaptive duty cycling or AI-based wake-up scheduling, could enhance energy efficiency in battery-powered GPS applications [8].

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