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A Novel Multiple Access Scheme for Heterogeneous Wireless Communications using Symmetry-aware Continual Deep Reinforcement Learning

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Abstract—The Metaverse holds the potential to revolutionize digital interactions through the establishment of a highly dynamic and immersive virtual realm over wireless communications systems, offering services such as massive twinning and telepresence. This landscape presents novel challenges, particularly efficient management of multiple access to the frequency spectrum, for which numerous adaptive Deep Reinforcement Learning (DRL) approaches have been explored. However, challenges persist in adapting agents to heterogeneous and non-stationary wireless environments. In this paper, we present a novel approach that leverages Continual Learning (CL) to enhance intelligent Medium Access Control (MAC) protocols, featuring an intelligent agent coexisting with legacy User Equipments (UEs) with varying numbers, protocols, and transmission profiles unknown to the agent for the sake of backward compatibility and privacy. We introduce an adaptive Double and Dueling Deep Q-Learning (D3QL)-based MAC protocol, enriched by a symmetry-aware CL mechanism, which maximizes intelligent agent throughput while ensuring fairness. Mathematical analysis validates the efficiency of our proposed scheme, showcasing superiority over conventional DRL-based techniques in terms of throughput, collision rate, and fairness, coupled with real-time responsiveness in highly dynamic scenarios.

Index Terms—Metaverse, Immersive Services, 6G, Beyond 5G, Self-Sustaining, Non-Stationary, Multiple Access, Medium Access Control (MAC), Adaptive AI, Continual Learning (CL), Deep Reinforcement Learning (DRL), and Q-Learning.

I. INTRODUCTION

THE Metaverse is an ever-evolving and transformative concept poised to establish a dynamic and immersive virtual realm, blurring the boundaries between the digital and physical domains and presenting an online environment so lifelike that it becomes virtually indistinguishable from reality [1], [2]. Expected to transcend the capabilities of the Internet, this paradigm harbors the potential to transform a multitude of service ecosystems across diverse facets of life, including immersive telepresence facilitated by virtual/extended reality [3], [4], mobile augmented reality [5], and extensive twinning leading to intelligent industrialization [6]. Consequently, it presents novel and unique challenges for the advancement of future wireless networks [7], which are already striving to deliver unprecedented levels of quality and capacity as well as remarkably low energy consumption [8]. As the Metaverse encompasses diverse worlds, each offering a unique array of services, ensuring such consistent quality standards becomes paramount due to the ever-changing nature of this virtual realm. For instance, the traffic patterns and requirements within individual Metaverse User Equipments (UEs) and across multiple UEs, as they transition between services and virtual environments, may experience temporal shifts. UE mobility adds more complexity, leading to varying numbers of these UEs seeking to transmit data over the spectrum over time. Moreover, the conditions of the frequency channels themselves can change, influenced by a multitude of noise sources and environmental conditions.

Given this dynamic and ever-changing landscape, the realization of future wireless networks relies heavily on the implementation of adaptive multiple-access algorithms. In this challenge, dynamic UEs engage in continuous competition for access to either single or multiple frequency channels. In this context, where rapid decision-making within microseconds is imperative, conventional multiple-access techniques designed for stable conditions or with significant convergence times may fall short. Despite recent advances in network orchestration techniques [9], [10], a new paradigm is needed. The concept of self-sustaining networking emerges as a noteworthy approach for the 6th generation of wireless communication systems (6G) [11]. This concept is enabled by adaptive Artificial Intelligence (Adaptive AI), transforming the traditional approach of once-in-a-lifetime train models into a new paradigm of continuous re-training with up-to-date data and evolving circumstances. In other words, the learning problem will be viewed as continuous adaptation instead of seeking a fixed solution [12]. Anticipated as a key catalyst for enabling the delivery of upcoming services, such as Metaverse applications [11], Adaptive AI has garnered significant attention in recent years. Notably, Gartner recognized it as one of the strategic technology trends for the year 2023 [13].

In recent years, Deep Reinforcement Learning (DRL) has emerged as a potent tool for enabling adaptive multiple access to the frequency spectrum in heterogeneous environments. While ingenious techniques have been put forth, a critical challenge remains unattended: the ability to adapt agents to non-stationary environments. Given DRL's limitation in reusing previously acquired knowledge, accommodating each change could prove time-consuming, especially when contextual shifts occur frequently. Consequently, these aforementioned approaches prove unsuitable for Metaverse scenarios, where the environment exhibits remarkable dynamism. The highly fluid and ever-changing nature of the Metaverse demands more sophisticated solutions that can swiftly adapt to its volatile conditions. This paper fills in the gap in the current literature by presenting the following contributions:

- We investigate the problem of multiple access in nonstationary, multi-channel, and heterogeneous wireless environments to maximize the intelligent agent throughput while maintaining fairness. Here, heterogeneity refers to the coexistence of multiple UEs with different protocols and transmission profiles unknown to each other, and nonstationarity is caused by intermittent changes in the set of active UEs and their transmission profiles.
- To solve the problem, an adaptive DRL-based Medium Access Control (MAC) protocol based on the Double and Dueling Deep Q-Learning (D3QL) algorithm empowered by a symmetry-aware Continual Learning (CL) mechanism is proposed.
- To the best of our knowledge, our work stands as pioneering in harnessing CL to enhance DRL-based MAC protocols, tailored precisely to suit the distinctive attributes of the Metaverse. Despite the Metaverse's dynamic nature, its state space is finite (detailed in Section II-A). By defining contexts and leveraging symmetries, the proposed symmetry-aware CL mechanism exploits prior knowledge acquired throughout the agent's lifetime with a greater potential for backward transfer. We mathematically prove that using this mechanism, the state space can be reduced to unique contexts, making the agent more efficient and responsive to the dynamic, yet finite nature of the surrounding environment.
- We target to solve the problem considering that the behavior of incumbent UEs is beyond the agent's control (due to considerations of backward compatibility and privacy preservation) and is governed by their hard-coded rules.
- Extensive simulations are conveyed to demonstrate that our proposed scheme can outperform conventional DRLbased techniques in terms of agent throughput, collision rate, and fairness constraints.
- Although our approach is designed for the Metaverse services, it can be adapted to other 6G dynamic services with similar strict Quality of Service (QoS) requirements. Furthermore, it introduces some ideas for dealing with non-stationary wireless networks.

Notably, this paper is an extension of our previous work [14] with the same setup but with the following major enhancements:

- A more heterogeneous environment is considered, comprised of UEs with various protocols, including more dynamic ones and those with complex and undeterminable patterns, such as Carrier-Sense Multiple Access (CSMA) or Channel Hopping (CH).
- The challenge is formulated as a novel optimization problem that considers variable packet length of UEs, resulting in explicit dependency between time slots.
- Fairness is considered in addition to agent throughput.
- The D3QL method is leveraged instead of the Double Deep Q-Learning (DDQL) algorithm.
- The CL mechanism undergoes a complete transformation by symmetry awareness, and its efficiency is mathematically investigated.

The remainder of this paper is organized as follows. Section II introduces the required background and the literature review. In Section III, the system model is introduced, and the problem is formulated and analyzed. The proposed strategy is then presented and investigated in Section IV. Finally, numerical results are illustrated and analyzed in Section V, followed by concluding remarks in Section VI.

II. BACKGROUND & RELATED WORK

A. Vision of 6G in the light of the Metaverse

As the long-term vision of digital transformation, the Metaverse is considered the inevitable fate of the Internet revolution and evolution [1], [15]. Furthermore, the Metaverse is an amalgamation of various services and use-cases, rather than a single one [16]: 1) A fully immersive simulation of a plant production line, stretched out before the manager, projecting a seemingly endless expanse of conveyor belts and machines with the ability to control them in real time, or 2) a holographic meeting room on a lakeshore filled with the avatars of managers discussing product launch over augmented charts and pipelines are two ultimate illustrations of a Metaverse-enabled universe. Fig. 1 illustrates the holographic meeting scenario enabled through a cloud-network integrated infrastructure empowered by deterministic and time-sensitive networking [9], [17]. The 5G Public Private Partnership (5G-PPP) Architecture Working Group [18] identifies massive twinning and telepresence as inaugural Metaverse use cases [19], [20]. These services require microsecond-level latency, bounded jitter, multi-gigabitlevel throughput, extremely high reliability, and extremely low energy consumption [8], with different levels of dependability on different factors for each service.

In addition to the stringency of QoS requirements and their heterogeneity, another challenge to realizing the Metaverse is dynamicity [21]. Following the virtual meeting example, new users can join and depart from the meeting dynamically, or their physical mobility at different velocities induces alterations in their points of connection to the system. Additionally, users have the flexibility to seamlessly shift between different roles, and the introduction of varied transmitters or alterations in meeting layouts occurs dynamically, thereby impacting users' transmission patterns. Despite these changes influencing



Fig. 1. A lakeside holographic meeting room in the Metaverse enabled by a cloud-network integrated infrastructure powered by technologies including deterministic networking, time-sensitive networking, and intelligent medium access control, with end users connected via 6G, 5G, WiFi, and fiber connections.

the system's state, it is essential to note that the state does not proliferate indefinitely. For example, suppose there are \mathcal{N} participants in a meeting, each of whom has adopted one of the Υ transmission profiles. By defining the system state as the set of active participants along with their transmission profiles, the total number of states would not be more than $(\Upsilon + 1)^{\mathcal{N}}$. Accordingly, some states will likely be experienced recurrently during a session. Hence, there is an opportunity to exploit prior knowledge in the future with the aim of improving QoS for users.

Despite the anticipated enhancements in capabilities, such as semantic awareness [22], and integrated resource allocation [23], it remains imperative for 6G networks to align with the specific requirements and characteristics of services intended for delivery within the Metaverse [1]. Particularly in the presence of highly dynamic users, the network must demonstrate swift and dynamic adaptability, promptly adjusting its configuration, allocation, and resource utilization in response to immediate changes in system states. Spectrum sharing among a group of ever-fluctuating, all-primary UEs arises prominently in this context [24]. Coordinating dynamic UEs accessing the same spectrum requires sophisticated interference management and robust contention resolution mechanisms to ensure their required QoS. One prospective strategy to meet this challenge involves the incorporation of self-x capabilities (such as self-management, self-planning, self-organization, self-optimization, self-healing, and self-protection), resulting in the formation of a self-sustaining 6G network. A true selfsustaining 6G network would be built upon intelligent learning approaches with the capability of exploiting prior knowledge while adapting to novel occurrences.

In the same vein, MAC protocols should be tailored to mostly distinct demands of the Metaverse, particularly in supporting dynamicity due to frequent context transitions, and inter-operability among various subsystems [15], [21]. Therefore, an ideal MAC for Metaverse should:

- Support multi-channel configuration for enhanced multimodal data transmission rates;
- Coexist with multiple devices using unknown protocols;
- Quickly adapt to ever-ending environmental context transitions, including fluctuations in the number of active users [12].

In the following, we briefly outline efforts toward an ideal MAC protocol and will focus on leveraging AI for this in the next subsection. The emerging field of protocol learning is gaining momentum, categorized by Park *et al.* [32] into three levels: task-oriented neural protocols, symbolic protocols, and semantic protocols that leverage Large Language Models (LLMs). Additionally, socially aware human-centered resource allocation introduced in [33] can further enhance MAC performance in the Metaverse ecosystem. Moreover, integrating Metaverse application information into the MAC process as well as predicting upcoming services is another way to improve the scheme [34]. However, such mechanisms, particularly leveraging LLMs, are not always feasible in wireless networks with non-intelligent legacy devices.

B. AI-based Adaptive MAC Protocols

In recent years, enabling networks with self-sustaining capabilities has been extensively studied in the literature to investigate the problem of adaptive multiple access to the frequency spectrum [35]. For instance, Yu *et al.* [25] adopted DRL to design a MAC protocol without assuming the protocol of other coexisting UEs. They considered a heterogeneous environment consisting of their designed agent called DLMA, with a few Time-Division Multiple Access (TDMA) and

Reference	Objective(s)	Incumbent UEs/Networks	Multi- channel	Variable Packet Length	Time-varying Environment	Symmetry awareness
DLMA [25]	Sum Throughput + Proportional Fairness	TDMA + Different Versions of ALOHA	-	-	-	-
CS-DLMA [26]	Sum Throughput + Proportional Fairness	TDMA + CSMA Networks	-	\checkmark	-	-
SOMAC [27]	Sum Throughput + Delay	TDMA + CSMA UEs	-	-	\checkmark	-
Chen <i>et al.</i> [28]	Intelligent UE Throughput	Various Networks Containing TDMA, CH, and Stochastic UEs	\checkmark	-	\checkmark	-
MC-DLMA [29]	Sum Throughput	Various Networks Containing TDMA, Different Versions of ALOHA and Other Intelligent Agents	\checkmark	-	\checkmark	-
HD-RL [30]	Throughput and fairness	TDMA and q-ALOHA UEs	-	-	-	-
CHMA [31]	Average Throughput and Fairness	TDMA and ALOHA UEs	\checkmark	-	\checkmark	-
CL-DDQL [14]	Sum Throughput	TDMA UEs	\checkmark	\checkmark	\checkmark	-
Our Approach (CL-D3QL)	Agent Throughput with Constrained Fairness	Various TDMA, CSMA and CH UEs	~	\checkmark	\checkmark	\checkmark

TABLE I Selected Papers Comparison.

[14] is our previous work.

ALOHA UEs competing over a slotted uplink channel. The same authors extended their work to non-uniform scenarios, in which channel sensing requires a single time slot but information packet transmission requires multiple time slots [26]. Following the idea of utilizing DRL for various scenarios of adaptive multiple access problems, Jadoon et al. [36] utilized DRL to optimize both throughput and packet age. Their research is compatible with machine-type communications on the assumption that the UEs are not saturated. Doshi et al. [37] formulated the coexistence of multiple base stations over a shared channel, optimizing the signal-to-interference-plusnoise ratio of UEs. Besides, Guo et al. [38] developed a solution for multi-agent scenarios to support delay-sensitive requests. Gomes et al. [27] proposed SOMAC, an RL-based algorithm that switches between TDMA and CSMA protocols according to the network situation. Chang et al. [39] incorporate federated learning and multi-agent DRL to design a collaborative distributed spectrum access strategy. Authors of [40] propose a multi-dimensional intelligent multiple access considering disparate resource constraints among heterogeneous equipment. Ni et al. [30] present HD-RL, a dynamic wireless channel-sharing solution that leverages lightweight hyperdimensional computing to enhance spectrum utilization and channel capacity in wireless networks. Han et al. [31] introduce CHMA protocol, which integrates curriculum learning (i.e., a learning technique that gradually increases the difficulty level of tasks) and reinforcement learning to enhance the throughput and fairness of the system.

Additionally, there are research proposals in the existing literature that extend AI-based MACs to multi-channel scenarios. Because every UE is only aware of the channel on which it resides, this scenario has an inherent difficulty that can be described as partial observability [28]. As an instance, Chen *et al.* [28] proposed a dueling deep recurrent Q-Network to solve

the PSPACE-hard problem of multiple access in the presence of various co-existing networks. Ye *et al.* [29] investigated the same problem and proposed the MC-DLMA protocol that outperforms the random access policy, the Whittle index policy, and the original DQN. The literature on DRL-based adaptive MAC is becoming a rich research area, expanding in many directions including the number of intelligent agents (i.e., multi-agent RL), number of channels, compatibility with standardized mechanisms, customization for special scenarios such as the Internet of Things (IoT), etc. In this vein, the interested reader may find [41] and [42] insightful. In Table I, we provide a comparison among selected MAC protocols for heterogeneous environments, wherein the intelligent agent coexists alongside multiple UE types using unknown MAC protocols.

Even though the heterogeneity problem has been addressed in existing literature, the non-stationary nature of Metaverse services has remained mostly untouched. This paper fills in the gap by introducing a novel approach that takes into account the repetition of states over time, providing deeper insights into temporal dynamics and the patterns that arise from these repetitions. Similar to Yu et al. [26], we assume UEs with variablelength packets as this is more practical than fixed-length packets [25]. Unlike Yu et al. [26], however, our approach takes multiple channels into account, making it even more applicable in high-bandwidth Metaverse environments. Furthermore, we leveraged intrinsic symmetries in the multiplechannel setup to develop more efficient context management, a previously unexplored approach in the existing literature. Finally, in line with the literature, we assume a saturated traffic pattern where users continuously transmit information streams, with task management occurring at the upper layer. This assumption also aligns with Metaverse applications like holographic meetings (illustrated in Fig. 1), where users utilize



Fig. 2. The system model.

UDP-like transmission protocols.

III. PROBLEM DEFINITION

A. System Model

We consider a single small cell covered by a Small Base Station (SBS) with \mathcal{N} heterogeneous UEs each uniquely labeled as $u_i, i \in \mathbb{N} = \{0, \dots, \mathcal{N}\}$ (see Fig. 2). Except for one (i.e., the CL-D3QL agent, or simply the agent, denoted with u_0), all UEs are assigned a channel for each time slot among C time-slotted channels $\in \mathbb{C} = \{0, \ldots, C\}$ and designed to occupy that channel by transmitting their packets using either Time-Division Multiple Access (TDMA), Carrier-Sense Multiple Access (CSMA), or Channel Hopping (CH) protocols. As an illustrative example, we consider the Metaverse scenario described in section II-A wherein various services with different QoS requirements and multiple access protocols coexist. In this ecosystem, TDMA protocol can be used within different services to integrate physical and virtual worlds through digital twinning [15]. For instance, a headset may send visual recordings to its control center every millisecond. Conversely, CSMA and CH are more complex, yet non-intelligent protocols deployed to offer more advanced services. For the sake of backward compatibility and privacy preservation, the internal functionality and microstates of incumbent protocols (i.e., TDMA, CSMA, and CH) are beyond the scope of agent observation and control.

The environment is non-stationary due to the fluctuating number of active incumbent UEs, in addition to the transmission profiles they may adopt. Frequent changes in the number of active users or transmission profiles, which is common in the Metaverse, can be attributed to various factors, including users' mobility, role, layout, and transceivers, as mentioned in the previous sections. As an example in the headset scenario, if the user changes the role from an actor to a viewer, the UE may proceed to the inactive mode to only provide vital functionalities; thus, data may be transmitted every ten milliseconds. A *context* is defined as a collection of active UEs with unique identifiers on specific channels. For instance, if we have two UEs $\{0, 1\}$ and two channels $\{1, 2\}$, UE 0 on channel 1 and UE 1 on channel 2 would constitute a simple context, whereas having only UE 0 active in the network sending over channel 1 would be a different context. Context transitions occur when a UE enters or leaves a channel or changes its transmission profile¹. In this paper, it is posited that changes in expected throughput are the primary driver of changes in transmission profiles.

It is assumed that the agent is informed of the arrivals and departures of other UEs on each channel along with their expected throughputs via the SBS². However, the agent is unaware of the transmission protocols and packet lengths. Note that we assume UEs with variable-length packets. The agent's transmissions are independent of the SBS to avoid unnecessary signaling overhead in scheduling grant decoding. However, it relies on the SBS's ACK signals issued at the end of each packet transmission (or channel sensing) to indicate successful transmission (or channel idleness). The transmission of control messages is assumed to occur over a separate, collision-free channel.

B. Problem Formulation

In this subsection, we introduce a Mixed-Integer Non-Linear Programming (MINLP) formulation to define the problem. The subsequent subsection will provide additional details on the variables, constraints, and objective function of the problem.

1) Decision and Support Variables: The primary integer decision variable in our problem is $\mathbb{R} = [r_c^t]_{C \times T}$, where each element represents the size of the packet that the agent (i.e., u_0) begins to transmit on channel c at the start of time slot t. Additionally, $\mathbb{Z} = [z_c^t]_{C \times T}$ denotes an auxiliary integer variable indicating the remaining time slots for the ongoing transmission. The variable $\mathbb{M} = [m_c^t]_{C \times T}$ serves as another auxiliary variable, set to one whenever z_c^t is positive. The following constraints transform the equation $m_c^t = \mathbb{I}(z_c^t > 0)$ into a linear form:

$$m_c^t \le z_c^t, \tag{1}$$
$$m_c^t \cdot R_{max} > z_c^t,$$

where R_{max} is the maximum allowed packet size. Table III demonstrates all variables and constants, where symbols marked with $\hat{}$ sign are constants that are determined outside of the problem scope.

2) Temporal Interdependency Constraints: Now, we need to establish interdependency over time. First, we must ensure that z decreases by one with each passing time slot for ongoing transmissions. This requirement is enforced by the following constraint.

$$z_c^t = z_c^{t-1} - 1 \quad \text{if} \quad \left((m_c^t = 1) \land (d_c^t = 0) \right)$$
 (2)

¹Changing the transmission profile will create a new identifier for UEs (for the sake of simplicity).

²While the SBS has complete knowledge of the past, it has no knowledge of the future, including which users will transmit packets with which lengths and transmission profiles in upcoming time slots.

This constraint can be expressed in its linear equivalent forms as follows:

$$z_c^t \le (z_c^{t-1} - 1) + (R_{max} \cdot ((1 - m_c^t) + d_c^t)), \quad (3)$$
$$(z_c^{t-1} - 1) \le z_c^t + (R_{max} \cdot ((1 - m_c^t) + d_c^t)),$$

where $\mathbb{D} = [d_c^t]_{\mathcal{C} \times \mathcal{T}}$ is a binary variable used to activate decision making over specific time slots.

Second, it must be ensured that a new transmission is not initiated until the ongoing one is completed. To achieve this, we establish a set of constraints based on the premise that whenever the agent initiates the transmission of a packet with length k at time slot t, the activation variables for the subsequent k-1 time slots must be zero (i.e., $d_c^{\tau} = 0 \ \forall \tau \in [t+1, t+k-1]$):

$$r_{c}^{t} = k \rightarrow \sum_{\tau=t+1}^{t+k-1} d_{c}^{\tau} = 0 \quad \forall k \in [1, R_{max}]$$
 (4)

This can be expressed in its linear equivalent form as follows (where K_1 and K_2 are auxiliary binary variables, both equal to one when $r_c^t = k$):

$$(r_{c}^{t} - k) + 1 \leq R_{max} \cdot K_{1}$$

$$(k - r_{c}^{t}) + 1 \leq R_{max} \cdot K_{2}$$

$$\sum_{\tau=t+1}^{t+k-1} d_{c}^{\tau} \leq R_{max} \cdot (2 - (K_{1} + K_{2}))$$
(5)

3) Packet Length Constraints: Next, we establish the relationship between the packet length variable r and the support variables z and d using (6), where r is equal to z when transmission starts:

$$r_{c}^{t} = \begin{cases} z_{c}^{t} & \text{if } d_{c}^{t} = 1\\ 0 & \text{if } d_{c}^{t} = 0 \end{cases}$$
(6)

We then transform (6) into a linear form, similar to previous constraints:

$$r_c^t \le z_c^t + \left(R_{max} \cdot (1 - d_c^t)\right)$$

$$z_c^t \le r_c^t + \left(R_{max} \cdot (1 - d_c^t)\right)$$

$$r_c^t \le R_{max} \cdot d_c^t$$
(7)

A simple example, as illustrated in Fig. 3, demonstrates the values of r and the other auxiliary variables. It is important to note that in a single time-slot scenario, the variables r, z, m, and d are equal and binary.

4) Physical Constraints: Constraints (8) and (9) ensure that the agent can transmit on at most one channel during each time slot, and the agent can transmit on a channel not occupied by an incumbent UE (as specified by $\hat{m}_{i,c}^t$). These constraints enhance system scalability by narrowing the search space for potential transmissions.

$$\sum_{c \in \mathbb{C}} m_c^t \le 1 \quad \forall t \in [0, \mathcal{T}]$$
(8)

$$m_c^t \le 1 - \mathbb{1} \Big(\sum_{i \in \mathbb{N} - \{0\}} \hat{m}_{i,c}^t > 0 \Big) \quad \forall c \in \mathcal{C}, \forall t \in [0, \mathcal{T}] \quad (9)$$



Fig. 3. A scenario in which the agent initiates the transmission of packets with lengths 5 and 2 at time slots t = 2 and t = 9, respectively. The values of the decision variable r, along with the support variables d, z, and m, can be compared accordingly. At the start of transmissions, both r and z equal the packet length, but z decrements each time slot to enable the calculation of the per time slot transmission indicator m.

5) Normalized Throughputs Constraints: The expected throughput of incumbent UEs is set according to their hard-coded rules, as shown in Table II. TDMA and CSMA nodes transmit on a single channel, while CH nodes split their traffic equally across the channels. The expected throughput of the intelligent agent is set to 1, as it is expected to reach the throughput of 1 in the absence of other UEs.

Eq. (10) restricts the normalized throughput of the agent (i.e., its actual throughput divided by target (fair) throughput) to one for all time slots, prohibiting it from aggressive behavior. Target throughputs are calculated by a water-filling algorithm f(.), guaranteeing that each UE receives a minimum of available channel share and its expected throughput, as detailed in Algorithm 1. This function receives $\hat{\mathcal{X}}^t = \{\hat{x}_{0,0}^t, \hat{x}_{0,1}^t, ..., \hat{x}_{\mathcal{N},\mathcal{C}}^t\}$, and returns a vector indicating the *target* throughput of all UEs for all channels³. Remarkably, since χ_c^t in the denominator of (10) is derived from the heuristic Water-filling algorithm, it does not introduce additional complexity to the problem to be defined in the next section.

$$x_{c}^{t} = \frac{1}{h} \cdot \sum_{\tau \in [t-h,t]} r_{c}^{\tau}$$

$$\chi_{c}^{t} = f(\widehat{\chi}^{t})[0,c]$$

$$\frac{x_{c}^{t}}{\chi_{c}^{t}} \leq 1 \quad \forall c \in \mathbb{C}, \forall t \in [h, \mathcal{T}]$$
(10)

6) The Problem: The problem is to maximize the intelligent agent throughput over its lifetime, denoted by \mathcal{T} time slots, taking into account the channels and transmission profiles of

³As an example, assume that $\hat{\boldsymbol{\chi}}^t = [0.9, 0.5, 0.1]$ in a single-channel network. The water-filling algorithm returns [0.45, 0.45, 0.1], with the justification that the third UE does not need more than 10%, and the rest is divided equally between the first and second UEs. Note that these calculations are extensible to situations where different UEs have different priorities by assigning non-equal weights in the water-filling algorithm.

 TABLE II

 EXPECTED THROUGHPUTS FOR DIFFERENT PROTOCOLS

Protocol	Expected Throughputs
TDMA	$\frac{\text{packet length}}{\text{duty cycle}}$ on single channel
CSMA	packet length on single channel
COMIT	packet length + $\frac{\text{window size}}{2}$
СН	$\frac{1}{C}$ on all channels
CL-D3QL	1 on all channels

 TABLE III

 NOTATIONS OF SYMBOLS USED IN THE PROBLEM.

Symbol	Description		
r_c^t	Size of the packet the agent starts transmitting on channel c at the beginning of time slot t		
z_c^t	Number of time slots remaining until the current transmission on channel c ends		
m_c^t	An indicator for transmission of the agent on channel c in time slot t		
$\hat{m}_{i,c}^t$	A constant indicator for transmission of UE $i \in \mathbb{N} - \{0 $ on channel c in time slot t		
d_c^t	An indicator for decision-making of the agent on channel c in time slot t		
x_c^t	Actual throughput of the agent on channel c		
χ_c^t	Target (fair) throughput of the agent on channel c		
$\widehat{\chi}_{i,c}^t$	Expected throughput of UE i on channel c		

Algorithm 1: Water-Filling

Input: \hat{X} Result: X 1 $x_{i,c} \leftarrow 0 \ \forall i \in \mathbb{N}, \forall c \in \mathbb{C}, \ \epsilon \leftarrow 0.01$ 2 for $c \in \mathbb{C}$ do $r \leftarrow 1$ 3 while r > 0 do 4 for $i \in \mathbb{N}$ do 5 if $x_{i,c} < \hat{x}_{i,c}$ then 6 $x_{i,c} = x_{i,c} + \epsilon$ 7 8 $r = r - \epsilon$

the incumbent UEs without degrading their actual throughput, as formulated in (11).

$$\max_{r} \sum_{h \le t \le \mathcal{T}} \sum_{c \in \mathbb{C}} x_{c}^{t} \quad \text{s.t:}$$
(11)

Variables' interdependencies acc. to (1), (3), (5), (7),

Physical channel constraints acc. to (8), (9),

Fair behavior constraint acc. to (10)

C. Complexity Analysis

Assuming that all the information of all time slots is known beforehand, or equivalently, all incumbent UEs have known deterministic transmission patterns, problem (11) could be solved with linear programming methods. With this assumption, the agent would know in which time slots and on which channels it must transmit data to maximize its throughput while satisfying the fairness constraint (Eq. (10)). However, our problem belongs to the class of Partial Observable Markov Decision Problems (POMDP). Partial Observability is due to the following reasons. First, the agent is only aware of the channel it is sensing or transmitting a packet on. Secondly, the result of each multi-slot transmission is only known at the end. Thirdly, the system state is known till the time slot we are already in. The agent does not know what UEs will arrive in the coming time slots and what transmission profiles they will take. Lastly, the reaction of some other UEs is excessively complex to determine in an unknown environment. In particular, CSMA UEs adjust their window sizes randomly after a collision. Without this information, we cannot optimally solve problem (11). Nonetheless, since the problem complexity has a linear relationship with time; the number of incumbent users; and the number of channels, scalable approaches are preferred.

IV. SOLUTION APPROACH

A. Learning Mechanism

To handle the high level of self-sustaining required to address the heterogeneity and dynamism of the Metaverse environment [15] and solve problem (11) in practical scenarios, RL is the learning mechanism adopted in this paper. An agent in RL learns through trial and error how to optimize a given decision-making problem (e.g., multiple access in wireless networks). The designer of the system specifies the reward function regarding the predefined design goals, and by learning and following the optimal strategy, the agent will maximize cumulative discounted rewards starting from any initial state. Q-learning is probably the most recognized among the different algorithms introduced for model-free RL problems [43]. Each state-action pair is assigned a numeric value in Q-Learning, known as the Q value, and this value is gradually updated by the following equation, which is the weighted average of the old value and the new information, that is

$$Q(s^{t}, a^{t}) \; += \; \sigma[Y_{QL}^{t} - Q(s^{t}, a^{t})], \tag{12}$$

where s^t and a^t are the agent's state and action at time slot t respectively, σ is a scalar step size, and Y_{QL}^t is the target, defined by

$$Y_{QL}^t = \rho^{t+1} + \gamma \max_{a \in \mathcal{A}} Q(s^{t+1}, a), \tag{13}$$

where ρ^{t+1} is the earned reward⁴ at time slot t+1, $\gamma \in [0, 1]$ is a discount factor that balances the importance of immediate and future rewards, and \mathcal{A} is the set of actions.

⁴In the literature, the reward is typically represented by r, but here we use the Greek symbol ρ to avoid confusion with variable r used for packet size.

Since the problem defined in (11) is impractical to discover all possible combinations of states and actions and learn all state-action values, DQL is a ground-breaking improvement to approximate them, in which a Deep Neural Network (DNN) is used as an approximator for Q values [44]. In DQL, the state is provided as the input, and the DNN-based Q function of all possible actions, denoted by $Q(s, .; \mathcal{W})$, is generated as the output, where \mathcal{W} is the set of DNN parameters. The target of DQL is

$$Y_{DQL}^{t} = \rho^{t+1} + \gamma \max_{a \in \mathcal{A}} Q(s^{t+1}, a; \mathcal{W}^{t^{-}}), \qquad (14)$$

and the update function of ${\cal W}$ is

$$\mathcal{W}^{t+1} = \mathcal{W}^{t} + \sigma [Y_{DQL}^{t} - Q(s^{t}, a^{t}; \mathcal{W}^{t})] \nabla_{\mathcal{W}^{t}} \cdot Q(s^{t}, a^{t}; \mathcal{W}^{t}).$$
(15)

To improve the efficiency and stability of DQL, the observed transitions are stored in a memory bank known as the experience memory, and the neural network is updated by randomly sampling from this pool [44].

To further increase DQL's efficiency, we employ the idea proposed by Hasselt *et al.* [45], resulting in Double DQL. In both standard Q-Learning and DQL, the max operator is used to select and evaluate actions with the same values (or the same Q). As a result, optimistic value estimates are more likely to be chosen, due to the greater likelihood of selection of the overestimated values. Double DQL implements decoupled selection and evaluation processes. The following is the definition of the target in Double DQL.

$$Y_{DDQL}^{t} = \rho^{t+1} + \gamma \, \widehat{Q}(s^{t+1}, a'; \boldsymbol{\mathcal{W}^{t}}^{-}), \qquad (16)$$

where $a' = \operatorname{argmax}_{a \in \mathcal{A}} Q(s^{t+1}, a; \mathcal{W}^t)$, and the update function is resulted by replacing Y_{DQL}^t with Y_{DDQL}^t in (15). In this model, \mathcal{W} represents the set of weights for the main (or evaluation) Q and is updated in each step, whereas \mathcal{W}^- is for the target \hat{Q} and is replaced with the weights of the main network every $\hat{t} \gg 0$ steps. In other words, \hat{Q} remains a periodic copy of Q.

In addition, we enhance Double DQL by integrating it with the dueling idea proposed by Wang *et al.* [46]. In contrast to the Double DQL, where Q values are directly approximated by DNNs, this method first calculates two separate estimators for state values and action advantages, denoted by \mathcal{V} and \mathcal{A} respectively, and then determines Q values based on these estimators as (17), where \mathcal{A} is the action space.

$$Q(s^{t}, a^{t}; \boldsymbol{\mathcal{W}}^{t}) = \mathcal{V}(s^{t}; \boldsymbol{\mathcal{W}}^{t}) + \left(\mathcal{A}(s^{t}, a^{t}; \boldsymbol{\mathcal{W}}^{t}) - \frac{1}{|\boldsymbol{\mathcal{A}}|} \sum_{a' \in \boldsymbol{\mathcal{A}}} \mathcal{A}(s^{t}, a'; \boldsymbol{\mathcal{W}}^{t})\right)$$
(17)

The primary benefit is the ability to generalize learning across actions without modifying the learning algorithm, which improves policy evaluation in the presence of numerous actions



Fig. 4. The D3QL agent.

with similar state values. As a result of combining the Dueling technique and Double DQL methods (represented in Fig. 4), we can expect that the resultant D3QL agent will outperform its predecessors.

Finally, in practice, the agent training process described in this section could be offloaded to an external computing entity such as an edge server, or a cloud server residing in the SBS. If so, delays introduced due to the imperfection of the agentserver channel should be considered.

B. Agent Customization

The first step toward exploiting D3QL to solve problem (11) is to define the agent's action, reward, and state space.

1) Action Space: We define the action space as set $\mathcal{A} = \{a : (r,c) | r \in \{0, ..., \mathcal{R}\}, c \in \{1, ..., \mathcal{C}\}\}$, and the action of time slot t is either $a^t : (0, c^t)$, which indicates sensing channel c, or $a^t : (t^t > 0, c^t)$, which denotes the transmission of a packet with length r on channel c. The agent controls its actual throughput on channel c at each time slot by adjusting its packet length.

Example: In a lightweight context, UE 0 may choose to transmit a packet of maximum-length, say 5, on the third second in time slot t. In this case, the action will be a_0^t : (5, 2).

2) State Space: In the case of sensing channel c, the observation set would be $o = \{B: Busy, I: Idle\}$, whereas it would be $o = \{S: Success, C: Collision\}$ in the case of packet transmission. The state of the agent, as defined in (18), is the sequence of the most recent \mathcal{H} (observation, action) tuples, along with the normalized throughputs of the agent per channel. The latter term provides a broader insight into how the agent can improve its objective function.

$$s^{t} = \left\{ \left\{ (o^{\tau}, a^{\tau}) | \tau \in \{t - \mathcal{H}, ..., t\} \right\}, \\ \left\{ (\frac{x_{c}^{t}}{\chi_{c}^{t}}) | c \in \mathbb{C} \right\} \right\}$$
(18)

As mentioned in the previous section, we are dealing with a POMDP, thus note that the state space is a subset of the total system state available to the agent.

Example: UE 0 In the example above, the maximum-length choice transmit packet may to а previous stem success the second from its on channel and its low normalized throughputs, like: $\left\{ \left\{ (I, (0, 2)), (S, (4, 2)), (S, (4, 2)) \right\}, \left\{ \frac{0.5}{0.7}, \frac{0.2}{0.7} \right\} \right\},\$ $s_0^t \;\;=\;\;$ where $\mathcal{H} = 3$. and $\mathcal{C} = 2$

3) *Reward:* Since the agent is designated to maximize its throughput while not deteriorating the throughputs of others, the reward should be engineered to reinforce the throughput maximization but penalize the violation of fairness. This goal is satisfied in (19) while providing additional guidance by reinforcing channel sensing and penalizing collisions.

$$\rho^{t+1} = \begin{cases} r^t - \mathcal{M} \cdot \psi^t & \text{if } o^t = S \\ -r^t - \mathcal{M} \cdot \psi^t & \text{if } o^t = C \\ \mu & \text{if } o^t \in \{B, I\} \end{cases}$$
(19)

In this equation, ψ^t is $\max\left\{(x_c^t - \chi_c^t), 0\right\}$, $\mathcal{M} \gg 1$ is a large constant, and $\mu \ll 1$ is a small constant to incentivize channel sensing. The value of \mathcal{M} should be sufficiently high to discourage the agent from transmitting and receiving packet-transmission rewards in unfair situations. Additionally, μ must be low enough to prevent lazy behaviors while encouraging the agent to sense the channel in uncertain situations. In our simulations, we set these values to 5 and 0.1, respectively.

Example: Following the previous example, the reward after successful transmission of the packet equals $5 - \mathcal{M} \cdot \max\{(0.2 - 0.7), 0\} = 5$. In case of an unexpected parallel transmission from another UE, caused by an inadequately trained approximator or a change in context, the reward will be -5.

4) Approximator: The evaluation network of the D3QL agent is detailed in Fig. 5. In this module, the first part of the state is fed to a Long Short-Term Memory (LSTM) feature extractor to discover temporal patterns. Besides, the second term in the state is directly fed to Fully Connected (FC) layers, as it provides longer-term knowledge about the system. Afterward, two sequences (or streams) of fully interconnected layers are utilized. The streams are designed to provide two separate estimators for state values and action advantages. The estimators are then combined via an aggregation layer to produce Q values. Due to the non-uniformity of actions regarding the various packet lengths, the target function in (16) must be transformed as follows:

$$Y_{\star}^{t} = \frac{(1 - \gamma^{r^{t}})}{(1 - \gamma) r^{t}} \rho_{t+1} + \gamma^{r^{t}} \widehat{Q}(s^{t+1}, a', \boldsymbol{\mathcal{W}}^{t^{-}}).$$
(20)

For actions of packet length 1 (sensing the channel or sending a single time slot packet), (16) and (20) are obviously equivalent. However, future time slots are discounted for larger packages.

Example: If the transition in the example above is used for training, the target value equals $\frac{(1-0.9^5)}{(1-0.9)\cdot 5}$ 5 + 0.9⁵ · $\hat{Q}(s^{t+1}, a', \mathcal{W}^{t^-})$, where $\gamma = 0.9$. Since the transmission of



Fig. 5. The evaluation network of D3QL Agent (Fig. 4).

this packet lasts 5 time slots, the effect of the next-state Q-value decreases.

C. CL Mechanism

To accommodate the non-stationary nature of the environment practically, the proposed D3QL agent should be enhanced to remember previously learned contexts and re-run the training procedure for new contexts [47]. To accomplish this, a CL mechanism is proposed and detailed in Algorithm 2. In this algorithm, ϵ' and $\tilde{\epsilon}$ are small positive integers used to control the ϵ -greedy mechanism. Through each step, the SBS informs the agent of any probable change in the set of active users. If so, the agent saves the current experience memory and weights before examining the recorded context references (Ω). If the current context (ϕ) has been viewed previously (i.e. if the current context has at least one transformation that is equivalent to one of the recorded context references), the agent loads the corresponding context reference (or simply the reference, denoted by ϕ) along with its experience memory and weights. Otherwise, the current context will be added as a new context reference to Ω . Next, the action is chosen through steps 10 to 16 following the ϵ -greedy policy that follows the evaluation function of the corresponding agent with probability $(1 - \epsilon)$ and chooses a random action with probability ϵ . Whenever Q is used, S_t is first transformed from the state space of ϕ to that of ϕ , then the action is determined, and the selected channel is detransformed to the state space of ϕ so that it is applicable to the environment (since ϕ is currently active in the environment). Finally, the reward and observation are collected, transformed, and used to update the weights of ϕ via the experience memory. During the training process, the probability decreases from ϵ to $\tilde{\epsilon}$.

We denote the set of active users at time slot t with $\mathcal{M}^t = \{\mathbf{m}_c^t | c \in \mathbb{C}\}$ where \mathbf{m}_c^t is the set of all UEs belonging to channel c at time slot t. In the recognition of contexts, we exploit the permutability of \mathcal{M}^t over channels, where a permutation of \mathcal{M}^t has the same members but with different channel indices. In this way, the context defined by \mathcal{M}^t can be loaded and trained for all of its possible permutations. As a simple example, $\{UE \ 0 \ on \ channel \ 1$

Algorithm 2: Symmetry-aware CL-D3QL **Input:** \mathcal{T} , ϵ' , and $\tilde{\epsilon}$ 1 $\Omega \leftarrow \emptyset, \mathcal{W} \leftarrow 0, \mathcal{W}^- \leftarrow 0, \epsilon \leftarrow 1, memory \leftarrow \{\}$ **2** for *t* in [0:T] do if new context ϕ is announced then 3 save the current context memory and weights 4 5 if Ω contains a transformation of ϕ then $\hat{\phi} \leftarrow \text{load}$ the transformation 6 reload $\mathcal{W}, \mathcal{W}^-$, and memory of $\hat{\phi}$ 7 else if $\phi \notin \Omega$ then 8 $| \Omega \leftarrow \Omega \cup \{\phi\}$ 9 $\zeta \leftarrow$ generate a random number from [0:1]10 if $\zeta > \epsilon$ then 11 $\hat{s}^t \leftarrow \text{transform } s^t \text{ to the state space of } \hat{\phi}$ 12 $(r, \hat{c}) \leftarrow \operatorname{argmax}_{a \in \mathcal{A}} Q(\hat{s}^t, a, \mathcal{W})$ 13 $c \leftarrow \text{transform } \hat{c} \text{ to the state space of } \phi$ 14 15 else select a random (r, c) from \mathcal{A} 16 transmit the packet, and get o^t and ρ^{t+1} 17 calulate s^{t+1} 18 $\hat{s}^{t+1} \leftarrow \text{transform } s^{t+1} \text{ to the state space of } \hat{\phi}$ 19 $memory \leftarrow memory \cup \{(\hat{s}^t, (r, \hat{c}), \rho^{t+1}, \hat{s}^{t+1})\}$ 20 choose a batch of samples from *memory* 21 train the agent using (15) and (20)22 if $\epsilon > \tilde{\epsilon}$ then 23 $\epsilon \leftarrow \epsilon - \epsilon'$ 24

and UE 1 on channel 2} and {UE 0 on channel 2 and UE 1 on channel 1} would constitute a single context, with permutation $\{1 \leftarrow 2, 2 \leftarrow 1\}$. This approach, which is inspired by the concept of group symmetries [48], leads to more repetitive contexts and thus, greater backward transfer capability. However, a more complex agent design is required, since the agent has to transform/detransform its actions and observations to be consistent across time.

Example: If we consider the example of previous section and UE 0 enters a new context that is the reverse of the previous one, it can easily re-use its current approximator by transforming its state into: $\hat{s}_0^t = \int \left\{ (I_0, I_0) \right\} \left(\sum_{i=1}^{n} (A_i, I_0) \right) \left(\sum_{i=1}^{n} (A_i, I_0) \right) \left\{ \sum_{i=1}^{n} (I_0, I_0) \right\} \right\} = \left\{ \left\{ (I_0, I_0) \right\} \left\{ \sum_{i=1}^{n} (I_0, I_0) \right\} \right\}$

$$\left\{\left\{(I,(0,1)), (S,(4,1)), (S,(4,1))\right\}, \left\{\frac{0.2}{0.7}, \frac{0.5}{0.7}\right\}\right\}$$

D. Efficiency Analysis

Since there is no remembering in the pure D3QL technique (without the CL mechanism), every transition introduces a new context, and the number of encountered contexts grows as the agent continues to interact with the environment. Now, if we can prove that the CL mechanism restricts the number of encountered contexts, we can expect the CL-based D3QL agent to behave more efficiently in dynamic environments by decreasing the size of its state space. Assume Υ is the number of unique UE types and keep in mind that C is the number of channels. Due to the fact that our proposed CL mechanism is symmetry-aware and UEs can be distinguished by their type

(e.g., transmission profile, protocol, etc.), the number of UEs can be reduced to the number of UE types when investigating contexts.

To determine a bound for the number of contexts of the CL-D3QL mechanism, it is necessary to solve the problem of determining the number of *with-replacement* selections of C items from Υ distinct items. Let's refer to the set of UE types as $\Upsilon = \{1, 2, 3, ..., \Upsilon\}$. Any selection of C elements from the Υ possibilities with repetition can be described as a tuple of size C with non-decreasing and distinct entries, that is

$$(v_1, \cdots, v_{\mathcal{C}}), \text{ where } 1 \leq v_1 \leq v_2 \leq \cdots \leq v_{\mathcal{C}} \leq \Upsilon.$$
 (21)

Now, consider that $(\eta_1, \eta_2, \dots, \eta_C)$ is a new tuple of size C obtained from (v_1, v_2, \dots, v_C) as follows.

$$(\eta_1, \cdots, \eta_{\mathcal{C}}) = (v_1, v_2 + 1, v_3 + 2, \cdots, v_{\mathcal{C}} + (\mathcal{C} - 1))$$
 (22)

Consequently, the subsequent conditions are met: I) $1 \leq \eta_1 < \eta_2 < \cdots < \eta_C \leq \Upsilon + C - 1$, II) each v-tuple can be represented by a unique η -tuple, and III) every tuple $(\varrho_1, \cdots, \varrho_C)$ of size C with $1 \leq \varrho_1 < \varrho_2 < \cdots < \varrho_C \leq \Upsilon + C - 1$ corresponds to an v-tuple, that is $(\varrho_1, \varrho_2 - 1, \varrho_3 - 2, \cdots, \varrho_C - (C - 1))$, which will satisfy $1 \leq \varrho_1 \leq \varrho_2 - 1 \leq \varrho_3 - 2 \leq \cdots \leq \varrho_C - C + 1 \leq \Upsilon$. Therefore, counting v-tuples (that is the number of *with-replacement* selection of C items from Υ distinct items) is equivalent to counting η -tuples. The advantage of this approach is that in order to count η -tuples, it is sufficient to count the number of possible C-tuples chosen from $\{1, 2, \cdots, \Upsilon + C - 1\}$ without replacement, which is equal to $\binom{\Upsilon + C - 1}{C}$. It proves that the number of contexts for the symmetry-aware CL-D3QL mechanism is limited.

Fig. 6 depicts the number of unique contexts for various numbers of channels and UE types. In this figure, the number of active UEs is fixed, and the results are captured after extremely lengthy runs. As can be seen, the calculated bound serves as the upper limit for CL-D3QL in both cases. Note that in Fig. 6-B, D3QL is unaware of symmetry and, regardless of the UE type, it considers each UE to be unique. Therefore, it is dependent on the (fixed) number of active UEs in the environment and not the number of UE types. It means that when the numbers of channels and active UEs do not change if the number of UE types is high, the likelihood of symmetry detection is low, and CL-D3QL would be approximately as efficient as D3QL.

V. EVALUATION

Within this section, a numerical analysis is conducted to investigate the effectiveness of the proposed CL-D3QL method. The hyper-parameters and configurations obtained from best practices in the literature, followed by extensive trial and error and heuristics, are listed in Table IV. To test the efficacy of our strategy, we carried out a series of experiments on a computer running a 64-bit operating system equipped with 16 NVIDIA Tesla V100 GPUs and 10 gigabytes of Non-Volatile Memory express (NVMe) storage. PyTorch library was utilized



TABLE IV TRAINING CONFIGURATION.

Parameter	Value
Maximum packet length (\mathcal{R})	5 time slots
Packet header size	0.5 time slot
State size (\mathcal{H})	4 experiences
Capacity of experience memory	1000 experiences
Batch size	32
Discount Factor (γ)	0.9
Learning rate	0.001
Exploration parameters $\tilde{\epsilon}$, ϵ'	0.005, 0.999
Approximator model	LSTM with 64 units +
Approximator model	fully connected with 64 and 32 units
Training frequency	Every 10 steps
Target network update frequency	Every 50 steps
Reward penalties ${\cal M}$ and μ	5, 0.1

Note that the normalized throughputs of UEs are calculated in the same manner as the agent.

$$\mathcal{J}^{t} = \frac{\left(\sum_{i \in \mathbb{N}} \frac{x_{i,c}^{t}}{\chi_{i,c}^{t}}\right)^{2}}{\mathcal{N} \cdot \sum_{i \in \mathbb{N}} \left(\frac{x_{i,c}^{t}}{\chi_{i,c}^{t}}\right)^{2}}$$
(23)

Fig. 6. The maximum number of experienced contexts with the D3QL algorithm (in which any change in the set of users constitutes a new context) and the symmetry-aware CL-D3QL algorithm vs. the number of channels and the number of UE types. Note that in A, the number of UE types is 6, whereas in B, the number of channels is 3. In addition, the number of active UEs in both scenarios is fixed.

to effectively implement both the evaluation and target LSTMbased networks. In each experiment, comparisons are made between the CL-D3QL, D3QL, and Random algorithms. The difference between the CL-D3QL and D3QL agents is that the CL-D3QL agent has a CL mechanism, whereas the D3QL algorithm lacks remembrance, so each announced context always appears to be new to it. Moreover, the D3QL algorithm can be considered an enhanced form of the conventional DQL algorithms, including the DLMA protocol groups (i.e., DLMA [25], CS-DLMA [26], and MC-DLMA [29]) discussed in the literature review section. Remarkably, none of the mentioned algorithms are equipped with dueling and double mechanisms, nor do they support normalized throughputs for the agent in the state space to inform it about fair behavior. Finally, the Random agent selects a random action over a random channel. This will be accomplished without any prior knowledge or any specific adjustments being made to the configuration.

To compare algorithms, we use three partially conflicting metrics: the agent's normalized throughput, collision rate, and Jain fairness index. The agent's normalized throughput is computed by summing the length of the packets successfully transmitted over the last 1000 time slots (excluding headers) and dividing it by the sum of target throughputs on all channels. The collision rate is the ratio of collision observations to total observations in the last 1000 time slots. Finally, the Jain fairness index measures the fairness among the normalized throughputs of UEs at time slot t by the following formula.

In the first scenario, we establish fixed context transition points to illustrate the efficacy of our strategy better. Then, in the second scenario, we evaluate our scheme in a more realistic and Metaverse-esque setting by assuming stochastic transition points and context specifications. Finally, we measure the time complexity of different approaches for a variable-length scenario, along with reward plots from training, to gain insights into convergence.

A. Scenario 1: Fixed Change Points

In this scenario, it is assumed that context transitions occur at specific times, as outlined in Table V. $\text{TDMA}(p, \tau, w)$ identifies a TDMA UE that transmits a packet of length pbeginning on the τ -th time slot of each frame with duration w. $\text{CSMA}(p, w, w_{max})$ also identifies a CSMA UE that transmits a packet of length p whenever its window size reaches 0. The default window size and maximum window size are specified with w and w_{max} , respectively. Lastly, CH(p, d) relates to a channel-hopping UE with packets of length p and the hopping direction of $d \in \{1, -1\}$.

This scenario represents a realization of the holographic meeting room example outlined in section II-A, where a manager discusses a product launch using a head-mounted VR device. The device employs either CL-D3QL or D3QL schemes to adjust its transmissions. Simultaneously, a digital twin of the production line environment is supported by TDMA nodes. Additionally, to facilitate semantic-aware knowledge distribution among users, known as Knowledge Bases (KBs) [22], delay-tolerant CSMA nodes are also present. Frequent transitions occur in the environment due to changes in the production line state and required KB distribution. For example,

 TABLE V

 Scenario 1: UE Profiles and their channels on each period

Profile	[0: T/4]	[T/4: T/2]	[<i>T</i> /2: 3 <i>T</i> /4]	[3T/4:T]
TDMA(3, 0, 8)	1	1	-	1
TDMA(3, 4, 8)	2	3	-	2
CSMA(2, 4, 6)	1	1	-	1
CSMA(3, 4, 8)	3	2	2	3
CSMA(1, 4, 6)	3	2	2	3
CH(2, 1)	-	-	1,2,3	-

during the brainstorming phase in the third quarter, there is no need to connect to the product line, thus disabling the TDMA nodes to save resources. The following paragraph will show that using CL-D3QL instead of D3QL improves QoS/QoE for the manager during known transitions, without compromising essential TDMA and CSMA functionalities.

Obviously, the first and final quarters of the simulation take place in the same context; therefore, the CL-D3QL agent should utilize its prior knowledge of the first context when encountering it again. Perhaps less obviously, the first and second quarters of the simulation also belong to the same context, as they are permutations of each other. In other words, the agent can use the knowledge acquired during the first context to handle the second context. Fig. 7 verifies that the CL-D3QL agent possesses the required backward transfer capability for non-stationary environments, which will be extremely advantageous in controlling their dynamic nature. In addition, the figures reveal that D3QL has higher variations than CL-D3QL in all metrics, which is highly undesirable in wireless networks. Evidently, Random, the method with the lowest complexity, is also inefficient. Nonetheless, the full potential of our method would be harnessed in long-lasting scenarios, which we will demonstrate in the next section.

B. Scenario 2: Stochastic Change Points

In this scenario, context shifts occur intermittently. When a UE arrives on a channel, it remains active at a rate of $1/\beta$ according to an exponential distribution. After its departure, a new UE will replace it, whose profile will be selected from a set of predefined profiles \mathcal{P} . Three experiments are defined by hyper-parameters C (i.e., the number of channels), β (i.e., the mean duration of UE existence in the network), and $|\mathcal{P}|$ (i.e., the number of UE types), to investigate the effects of problem size, non-stationarity, and heterogeneity on the performance of our method.

• Variable Number of Channels: As Fig. 9-A demonstrates, the CL-D3QL agent outperforms the D3QL agent in all metrics (i.e., average normalized throughputs, collision rates, and fairness during the lifetime of the agent). Apparently, the higher fairness of random transmissions is accompanied by higher collision rates of all UEs. Moreover, with an increase in the number of channels, and hence the problem dimensions, the CL-D3QL agent perseveres and even slightly improves its performance. Scrutinizing the results revealed that this is due to the higher degree of freedom for transmissions in networks

TABLE VI Time Complexity Analysis.

Algorithm	Approximate Time (Seconds)			
	$\mathcal{T} = 30K$	$\mathcal{T} = 60K$	$\mathcal{T} = 90K$	
CL-D3QL	252	565	960	
D3QL	240	541	943	
Random	32	57	75	

with more channels, considering that the CL-D3QL agent has more time to learn and exploit each context.

- Variable Context Transition Rate: As Fig. 9-B illustrates, the more frequent the context transitions (lower values for β), the more continual learning improves the performance. This is due to the increased likelihood of encountering repetitive contexts, which enables the CL-D3QL algorithm to respond instantly to changes in the environment, making it suitable for the highly dynamic and nonstationary environments of the Metaverse. Nonetheless, both algorithms perform better in environments with less dynamicity.
- Variable Number of UE types: According to Fig. 9-C, By increasing the heterogeneity of the system via increasing the number of different UE types, the CL-D3QL algorithm eventually loses its advantage over the D3QL algorithm. However, as analyzed in the previous section, it is expected that in an open-ended environment, continual learning would still outperform conventional DRL techniques.

In addition, it is important to note that, even though Random is the best-performing method in terms of fairness because it divides the spectrum equally among all nodes, it exhibits high collision rates and low normalized throughputs.

C. Time Complexity and Convergence Analysis

Finally, we provide a practical demonstration of our approach's time complexity, summarized in Table VI, following the efficiency analysis in section IV-D. Table VI presents runtime data for a scenario with C = 3, $\beta = 0.04$ and $|\mathcal{P}| = 6$ across varying durations. Notably, CL-D3QL shows execution times comparable to D3QL. In addition, the reward plots in Fig. 8 show that while the CL-D3QL algorithm converges with three learning rates of varying magnitudes, it exhibits a slow response at lower learning rates and unstable behavior during context transitions at higher learning rates. Remarkably, Fig. 8 suggests that in practical applications, a dynamic learning mechanism can be implemented where training and weight updates cease once stability is achieved for each context.

VI. CONCLUSION

This paper investigated the variable packet length multichannel multiple access problem while considering a set of heterogeneous and non-stationary scenarios in which the number of active UEs and their transmission profiles might shift over time. The primary objective was to maximize the intelligent agent throughput while maintaining the performance of incumbent UEs over which the agent has no



Fig. 7. The agent's normalized throughput and collision rate vs. time slots for the CL-D3QL, D3QL, and Random methods in the first scenario with fixed transition points.



Fig. 8. Reward values for the CL-D3QL agent in the first scenario with learning rates $1e^{-3}$ (default value), $1e^{-4}$ (lower rate) and $1e^{-2}$ (higher rate).

observation and agency due to backward compatibility and privacy preservation. Initially, we formulated the problem and investigated its complexity. Then, we introduced a D3QLbased agent empowered by a symmetry-aware mechanism based on DRL and CL as two Adaptive AI mechanisms that could assist in the realization of self-sustaining networks. This agent is responsible for making spectrum access decisions, such as assigning a channel and changing the packet length that must be transmitted. Afterwards, the efficiency of the CL mechanism was examined and it proved that it restricts the size of the state space and, as a result, behaves more effectively in dynamic environments. The numerical results confirmed the efficiency and fairness of the proposed agent.

As a potential future work, we intend to improve the CL-enabled D3QL-based method for accessing the spectrum for semantically-aware scenarios in which applying semantic knowledge of the environment (including UEs, resources, etc.) could help to construct parallel near-real-world experiences, which could be a game-changer for bringing the Metaverse into existence by filtering out redundant data and maximizing the use of scarce communication resources. Furthermore, it

may be worthwhile to explore practical constraints such as computational complexities and delays caused by the learning mechanism —whether on the UE side or through offloading to external servers— and their impact on the scalability of the approach. Such considerations, along with optimizing control protocols (e.g., through semantic-aware protocol learning [32]), facilitate the implementation of the current scheme in a real testbed. At the same time, collaborating with industry partners allows access to real-world data and infrastructure for performance assessment under practical conditions. Finally, our future work will focus on integrating the MAC scheme with upper-layer problems, specifically predictive service provision in edge environments [49] through task offloading, while accounting for task-level metrics such as task execution success rate or response delay.

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Fig. 9. Average normalized throughput, collision rate, and fairness index for the CL-D3QL, D3QL, and Random agents in the stochastic scenario vs. A) the number of channels, B) the context transition rate $(1/\beta)$, and C) the number of UE Types. Each line is averaged over 5 executions, with the shaded areas being areas within the standard deviation.

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