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Enabling Next-Gen IoT with 5G: A Sector-Wise Study on Smart Cities, Healthcare, and Logistics

Anand Misra[1], Hasdeep Singh[1*], Jolly Parikh[1]

[1]Department of Computer Science and Engineering , Bharati Vidyapeeth's College of Engineering., New Delhi, Delhi, 110063, India.

*Corresponding author(s). E-mail(s): hasdeep26singh@gmail.com;
Contributing authors: anandmisraaa@gmail.com;
jolly.parikh@bharatividyapeeth.edu;

Abstract

The Internet of Things (IoT) is currently constrained by the latency, bandwidth, and scalability limitations of existing communication technologies. The adoption of fifth generation (5G) networks offers a critical paradigm shift, providing ultra-low-latency and higher data rates essential for next-generation IoT applications. This paper presents a sector-wise study detailing the disruptive impact of 5G across three key industries: smart cities, healthcare, and logistics. Our analysis reveals that: (1) In smart cities, 5G significantly enhances infrastructure efficiency through next-generation transportation and real-time evacuation systems. (2) In healthcare, 5G enables rapid diagnostics and telemedicine via highly reliable wearable devices. (3) In logistics, it provides essential real-time monitoring, automation, and predictive maintenance throughout supply chains. The study further analyses key technical enablers for this integration, specifically network slicing, edge computing, and massive MIMO (Multiple-Input Multiple-Output), alongside a discussion of interconnected challenges related to security, standardization, and infrastructure. This work provides a foundational review of current and future trends, outlining critical implications for future research toward developing scalable 5G-enabled IoT networks.

Keywords: 5G Networks, Internet of Things, Smart Cities, Healthcare, Logistics, Low Latency, Edge Computing

1 Introduction

The Internet of Things (IoT) has emerged as a transformative technology, connecting billions of devices worldwide and enabling real-time data exchange. IoT ecosystems, which rely heavily on networks for device communication, have revolutionized sectors such as healthcare, logistics, and urban development. However, despite its rapid growth, IoT is constrained by the limitations of current network technologies, primarily 4G, which struggles to handle the massive volume of data, low latency requirements, and diverse device connectivity demands inherent in modern IoT applications. With the advent of 5g technology, significant breakthroughs have been made regarding

addressal of these limitations [1]. 5G will benefit from faster and more reliable networks and enable real-time processing, large scale device interconnectivity and more efficient communication across various IoT applications. This paper explores the impact of 5G technology on IoT particularly deep diving into 3 sectors namely- Smart Cities, Healthcare and Logistics. The objective of the paper is to examine the difference 5G brings in the IoT, highlight its applications in specific sectors and identify the challenges adopting 5G powered IoT might bring. The paper is structured as follows: firstly, an overview of IoT technology and their current limitations with 4G has been discussed in section 2; then a detailed exploration of 5G and its relevance in IoT industry is given in section 3 and 4; followed by section 5 which discusses a sector-wise analysis of 5G powered IoT in smart cities, healthcare and logistics. Section 6 portraits of the technical and implementation challenges and further research directions are proposed in section 7. Section 8 gives a brief idea about the interoperability and Open Standards used, and a case study has been presented in section 9. Overall summation of this survey is mentioned in conclusive section 10.

2 Overview of the Ecosystem

2.1 Definition and components of IoT ecosystem

The Internet of Things refers to the network of various physical devices like sensors, vehicles, appliances, wearables which are embedded with sensors, software and other technologies that enable them to collect and exchange data via the internet [2]. The goal of IoT is to create smart environments where devices can function autonomously, improving their efficiency, safety and convenience across various sectors.

IoT ecosystem comprises of several interconnected components that function together to allow seamless operation and data flow between devices. These components include sensors, gateways, cloud platforms and edge computing technologies.

2.1.1 Sensors

Sensors capture real world data such as humidity, location, temperature, motion etc. they are considered as the fundamental building blocks of IoT, allowing devices to sense and collect data from their surroundings. Sensors range from simple temperature monitors in smart homes to advanced medical sensors used for monitoring patients.

2.1.2 Gateways

IoT gateways act as intermediaries that bridge the communication between devices and central systems. Their role is to collect data from various sensors, preprocess it and send it over to the cloud or edge computing platforms. Gateways ensure the security and efficiency of data transmission. It performs data filtering and local analytics before forwarding it.

2.1.3 Cloud Platforms

The cloud is the central hub for IoT data storage, processing and analytics. Once collected to an IoT device the cloud can store vast amount of data, analyse it and access it remotely. Cloud platforms improve the scalability, flexibility and allows integration with big data tools, allowing businesses to gather valuable insights from IoT data.

2.1.4 Edge Computing

In contrast to the cloud, edge computing brings data processing closer to the IoT devices themselves. By performing computations at the "edge" of the network, this approach reduces latency and

bandwidth usage, making it ideal for real-time applications where rapid decision-making is essential. Edge computing is particularly useful in environments like autonomous vehicles or industrial automation, where low-latency responses are critical.

The 5G-IoT ecosystem can be categorized by three core service types defined by the ITU:

- eMBB (enhanced Mobile Broadband) for high-data-rate applications.
- URLLC (Ultra-Reliable Low Latency Communication) for real-time mission-critical services.
- mMTC (massive Machine Type Communication) for connecting large volumes of low-power devices.

These categories are essential to serve varying IoT use cases from autonomous vehicles to smart meters and remote health monitoring.

2.2 Current Use Cases of IoT

IoT ecosystems have found widespread adoption across various industries, significantly transforming traditional operations and enhancing efficiency. Some key use cases include:

2.2.1 Smart Homes

As mentioned in [3] IoT devices like smart thermostats, lighting systems, and security cameras are transforming homes into intelligent environments that can be remotely controlled and automated for convenience, energy efficiency, and safety.

2.2.2 Healthcare

IoT enables remote patient monitoring, wearable health devices, and telemedicine solutions. Medical devices that monitor vital signs in real-time help healthcare providers deliver personalized and timely care to patients, even from a distance. As per [4] 5G connectivity in hospitals has shown to reduce emergency room response time and improve patient outcomes. 5G-IoT revolutionizes healthcare by providing real-time data transmission and low-latency communication, allowing:

Remote Patient Monitoring

Wearables transmit vitals instantly to healthcare providers.

Telesurgery

5G enables surgeons to perform remote operations with robotic tools.

Ambulance-to-Hospital Data Transfer

Critical patient data is sent ahead of arrival.

2.2.3 Smart Cities

IoT is at the heart of smart city development, with applications such as intelligent traffic management, smart lighting, waste management, and public safety. IoT systems help municipalities optimize resource use, improve urban living conditions, and increase sustainability.

2.2.4 Logistics and Supply Chain

IoT devices like RFID tags and GPS sensors enable real-time tracking of shipments, fleet management, and predictive maintenance of equipment. This enhances operational efficiency and reduces costs across supply chains [5]. Companies like DHL and Maersk are already piloting 5G-powered logistics systems that report improved efficiency by up to 25%. The logistics sector benefits from enhanced connectivity with smart asset tracking and warehouse automation:

- Real-Time Asset Tracking: Packages are monitored continuously using GPS and RFID connected via 5G.
- Predictive Maintenance: Sensors in vehicles detect faults early, reducing downtime.
- Autonomous Vehicles: Warehouses deploy 5G-powered AGVs for efficient handling.

2.3 Limitations Faced Due to 4G/Legacy Networks

While IoT has been transformative, it faces several challenges due to the limitations of 4G and legacy network technologies [6].

2.3.1 Limited Bandwidth and Capacity

4G networks were designed primarily for mobile voice and data communication, not the massive scale of device connectivity demanded by IoT. With millions or even billions of devices expected to be connected in IoT ecosystems, 4G struggles to provide the necessary bandwidth and network capacity to handle large volumes of data traffic effectively.

2.3.2 High Latency

IoT applications, particularly in areas like autonomous vehicles, healthcare, and industrial automation, require low-latency communication for real-time decision-making. 4G networks often caused delays in data transmission, which impacted the performance and reliability of time-sensitive applications.

2.3.3 Limited Device Density

4G networks face issues while managing a high density of connected devices within a small area. As the number of IoT devices will continue to grow in future, 4G's network would cause slower communication and reduced service quality due its limitation in functioning in high density.

2.3.4 Energy Consumption

Energy Consumption: IoT devices are required to operate for long durations without frequent recharging or battery change. 4G networks lack energy efficient connectivity for devices which lead to high power consumption and reduction in operational lifespan.
These limitations of the 4G network prevent IoT from reaching its complete potential. 5G Networks can overcome these challenges by providing lower latency, high speed and a support for larger numbers of devices, allowing a robust and scalable IoT system.

3 Highlights

3.1 Purpose of the paper

The primary objective of this paper is to examine the difference brings to the Internet of Things,highlight its applications in specific sectors, and identify the challenges adopting-powered might bring. The paper specifically reviews the disruptive impact of in the landscape across three major industries: smart cities, healthcare, and logistics. The integration of with unlocks real-time processing, enhanced scalability, and power efficiency across key sectors:
Smart Cities improves infrastructure efficiency through next-generation transportation systems, real-time evacuations, and energy efficiency. It enables intelligent transport systems, efficient smart grids, and enhanced public safety through real-time surveillance and emergency response.
Healthcare enables rapid diagnostic capabilities and telemedicine services through wearables with unparalleled reliability. This includes seamless transmission of medical images for remote diagnostics, continuous monitoring via wearables, and support for -assisted surgeries and -based training.

Logistics and Supply Chain provides real-time monitoring, automations, and predictive maintenance along supply chains. Key benefits include real-time fleet tracking for route optimization, enabling autonomous vehicles and robotic systems in smart warehouses, and supporting predictive maintenance of equipment.

3.2 Key Findings and Sector-Wise Implications

The integration of with unlocks real-time processing, enhanced scalability, and power efficiency across key sectors:
Smart Cities improves infrastructure efficiency through next-generation transportation systems, real-time evacuations, and energy efficiency. It enables intelligent transport systems, efficient smart grids, and enhanced public safety through real-time surveillance and emergency response.
Healthcare enables rapid diagnostic capabilities and telemedicine services through wearables with unparalleled reliability. This includes seamless transmission of medical images for remote diagnostics, continuous monitoring via wearables, and support for -assisted surgeries and -based training.
Logistics & Supply Chain provides real-time monitoring, automations, and predictive maintenance along supply chains. Key benefits include real-time fleet tracking for route optimization, enabling autonomous vehicles and robotic systems in smart warehouses, and supporting predictive maintenance of equipment.

3.3 Research Implications

Future research will be crucial to harnessing the full potential of . Key directions include:
Synergy Developing algorithms that leverage real-time data from devices to enable autonomous decision-making and self-healing systems.
Policy and Regulations Creating global standards for and developing a unified regulatory approach to address data privacy, cybersecurity, and interoperability.
Sustainable and Green Investigating energy-efficient communication protocols and eco-friendly devices to reduce the environmental impact of large-scale deployment.
Urban-Rural Deployment Gaps Focusing on innovative solutions, such as low-cost infrastructure and satellite connectivity, to bridge the digital divide and ensure equitable access to services.

4 5G Technologies and Their Relevance to IoT

4.1 Introduction to 5G

Fifth Generation wireless technology brings the latest evolution in mobile networks. Designed to address the increasing demand for a faster, more reliable, and responsive communication system, 5G brings a paradigm shift in network capabilities which is much more than just an upgrade in speed. It aims to connect everything- People, devices, machines and systems in an intelligent manner [7][8]. It is built on innovations in radio frequency, network virtualization and antenna technology and supports three main use cases-:
Enhanced Mobile Broadband (eMBB) It provides super-fast internet access and immersive media experience
Ultra-Reliable Low Latency Communication (uRLLC) It supports crucial applications like industrial automation, autonomous transportation and healthcare.
Massive Machine-Type Communications (mMTC) It enables the connectivity of many low power and data rate devices- essential for large scale IoT deployment. 5G delivers high speed, ultra-low latency and massive device connectivity and thus serves as the backbone for the next generation of IoT technology.

4.2 Key Features of 5G Enabling IoT

5G brings several advanced features that solve the limitations of previous networks and significantly enhance the performances of IoT ecosystems [9]: Low Latency: The most transformative feature of 5G technology, latency can be now as low as 1 millisecond, which makes 5G pathbreaking for real time applications like autonomous driving, remote surgeries and industrial robotics.
High Bandwidth 5G allows data rates over 10 Gbps which allow real time transmission of medical imaging, sensor data or HD videos.
Massive Machine-Type Communications (mMTC) Provides support to up to 1 million devices per square kilometre which makes it crucial for smart cities, Industrial IoT and agriculture.
Ultra-Reliable Low-Latency Communications (uRLLC) Important for mission critical services like smart grid automation, autonomous vehicles, emergency response etc. where data reliability and timing are of utmost importance.
Enhanced Mobile Broadband (eMBB) It helps support IoT use cases involving rich media like augmented reality for remote assistance or HD surveillance.

Table 1: 5G Use Cases and Their Characteristics

Use Case	Description	Key Metric	Relevant Applications
Enhanced Mobile Broadband (eMBB)	Provides super-fast internet access and immersive media experience	High data rate	–
Ultra-Reliable Low Latency Communication (uRLLC)	Support crucial, mission-critical services where data reliability and timing are of utmost importance.	Ultra-low latency, reliability	Industrial automation, autonomous transportation, smart grid automation, remote surgery, and emergency services
Massive Machine-Type Communications (mMTC)	Enables the connectivity of a large number of low-power and low-data rate devices.	High device density (devices/km^2)	Essential for large-scale deployment, crucial for smart cities, industrial, and agriculture applications

4.3 5G Network Architecture for IoT

The 5G architecture incorporates technologies that can optimize data flow, reliability and processing for IoT use cases Table Table 1:
Edge Computing: It brings processing of data closer to devices, reducing latency and increasing efficiency. It benefits real time use cases like smart traffic control and predictive maintenance.
Network Slicing: 5G allows creation of multiple virtual networks (slices) on a single physical infrastructure. Each slice can then be customized for different applications, for example high bandwidth slices for video monitoring and ultra reliable slices for healthcare
Massive MIMO (Multiple Input, Multiple Output): 5G base stations use dozens of antennas to serve many devices simultaneously, improving signal quality and reducing congestion in dense IoT deployments.
Software-Defined Networking (SDN) and Network Function Virtualization (NFV): These enable agile and scalable network configuration, facilitating the rapid rollout and dynamic management of diverse IoT services.
The architecture of a 5G network comprises three key components:

1. User Equipment (UE): IoT sensors, actuators, smart wearables, and smart devices.

2. Radio Access Network (RAN): Enhanced gNodeBs (base stations) provide connectivity to the core network.
3. 5G Core Network (5GC): Implements network slicing, control/user plane separation, and edge computing.

Network Slicing is particularly relevant in IoT, enabling different logical networks on the same infrastructure for latency-sensitive applications like surgery, while maintaining other slices for consumer broadband or connected vehicles. Multi-access Edge Computing (MEC) brings computation and storage closer to the device, reducing latency and supporting real-time decision-making in applications like autonomous delivery systems or smart emergency response.

4.4 4G vs. 5G: A Comparative Analysis for IoT

4G networks laid the groundwork for early IoT applications but were not built with industrial-scale IoT in mind. In contrast, the 5G network is tailored for the future: connecting to more devices, more reliability and faster and smarter data handling. 5G supports diverse environments ranging from smart agriculture and automatic transport to IoT enabled healthcare systems and connected factories as shown in Table 2.

Table 2: Comparison of 4G and 5G for IoT Ecosystems

Feature	**4G IoT**	**5G IoT**
Latency	∼30–50 ms	<1 ms
Data Rate / Bandwidth	Up to 1 Gbps	10–20 Gbps
Device Density	∼100,000 devices/km^2	∼1,000,000 devices/km^2
Reliability	Moderate	Near 99.999% (critical for ultra-reliable low-latency communication, uRLLC)
Energy Efficiency	Lower; drains IoT batteries quickly	Designed for low-power devices, highly energy-efficient
Network Slicing Support	Not supported	Fully supported
Edge Computing	Limited resources	Native integration with distributed edge architecture
Use-Case Compatibility	Consumer IoT (basic applications)	Consumer + Industrial IoT (smart cities, healthcare, logistics, autonomous systems)

5 Transformation of IoT Ecosystems Due to 5G

The introduction of 5G technology brings a major shift in the way IoT ecosystems operate, transforming current systems and enabling new possibilities. With ultra-low latency, high bandwidth and support for massive device connectivity, 5G allows IoT devices to deliver more efficient, scalable and secure services. The following key transformations were made possible by 5G.

5.0.1 Real-Time Processing

One of the most important transformations is the ability to perform real time data processing. Traditional IoT systems particularly in manufacturing and healthcare industries struggled with delays in decision making due to network latency [10]. 5G provides ultra-low latency (as low as 1 millisecond) and allows near instantaneous communication between devices and cloud/edge systems This reduction in delay becomes critical for mission critical applications like autonomous vehicles, remote surgery and real time manufacturing. Processing and response times would be dramatically reduced leading to operational efficiency, quicker decision making and better user experience.

5.1 Device Scalability

The second major transformation is the scalability of IOT networks. The 5G network can support up to 1 million devices per square kilometre, which is a substantial increase from 4G's limited capacity. [11] This becomes particularly important for smart cities and industries where millions of diverse devices must communicate seamlessly with each other. With 5G network IoT applications can scale dynamically, allowing industries, enterprises and smart cities to deploy many connected devices without experiencing any network congestion or delay. This allows us to realize large scale IoT deployment in smart homes, smart cities, agriculture, healthcare, logistics etc.

5.2 Power Efficiency

As IoT ecosystems expand, power efficiency becomes increasingly important, especially for battery-powered devices deployed in remote or hard-to-reach areas. 5G introduces low-power wide-area (LPWA) technologies that reduce the energy consumption of connected devices. 5G's advanced power-saving features allow IoT devices to stay connected while consuming less energy, prolonging battery life and minimizing maintenance costs. For example, in agriculture, 5G enables the deployment of low-power sensors to monitor soil health, water levels, and climate conditions over large areas. These sensors can operate autonomously for extended periods without frequent battery replacements, reducing the need for manual intervention.

5.3 Enhanced Security Data Routing

When it comes to dealing with part of sensitive data such as medical records, financial transactions and many more control systems of industries, security and data routing becomes the concerns for IoT. But here 5G comes to take care of these concerns with some sorts of protocols of security and advanced level of capabilities in data routing [12].

When it comes to safeguarding data privacy and integrity 5G networks always provide advanced authentication mechanisms. The applications of IoT like Healthcare or Autonomous Driving runs on a very secure network which is isolated from general-purpose traffic.

More often edge computing architecture of 5G allows us for having a more efficient and secure data to process at the edge of the network, which reduces the risk that are associated with any sensitive data that can be transmitted over long distances to the cloud servers that are centralized. If we localize the data and process it then it will minimize any chance of cyberattack and it ensures routing of data faster.

To open new possibilities in efficiency, scalability, energy consumption and security in IoT then we use the transformation driven by 5G. 5G is leading the way for the coming generation of smart cities, industrial automation by providing real-time data processing, handling so many devices at the same time and ensuring a high level security.

6 Sector-Wise Implications of 5G-Powered IoT

The upgradation of 5G technology on the Internet of Things (IoT) is also helping different industries by improving efficiency and starting new capabilities. Now we examine some implications of IoT powered by 5g for smart cities, healthcare, and logistics and supply chains.

6.1 Smart Cities

5G becomes the game-changer for developing the smart cities, providing the infrastructure to improve various urban living conditions and make cities more smart day by day [13],[14].

6.1.1 Intelligent Transport Systems (ITS)

Real-time data exchange between various vehicles, the traffic signals, and infrastructure is enabled by 5G, improving traffic management and reducing congestion. Autonomous vehicles (AVs) communicate seamlessly with other vehicles and traffic systems, enabling a pre-calculated movement that reduces accidents and traffic jams. For example, 5G can allow cars to autonomously navigate urban streets by accessing live traffic data and road conditions in an intelligent transportation ecosystem [15].

6.1.2 Smart Grids and Utilities

Real time data from over thousands of sensors being monitored for energy consumption, distribution, and demand patterns makes the operations of smart grids efficient. Also, 5G helps optimizing energy distribution for cities by responding quickly to fluctuations in power demand and it also enables remote monitoring of electrical systems. This results in usage of more efficient energy, some cost reductions, and faster identification and resolution of faults[16].

6.1.3 Public Safety and Surveillance

By enabling real-time surveillance and fast deployment of emergency response services public safety is enhanced through 5G. Transmission of live feeds with ultra-low latency, that allows the enforcement of law to monitor large public spaces, streets, and events, can be done by high-definition video cameras, that are connected via 5G. Moreover, smart systems that are integrated with some sorts of facial recognition and some AI-based analytics they can enhance the prevention of crime and improve emergency response times [17].

6.2 Healthcare

5G has a lot of capability to make some revolutions in the healthcare industry by enabling personalized care, by improving the speed of several diagnostics, and even supporting some remote treatments. Here's how it works:

6.2.1 Remote Diagnostics and Telemedicine

With the inclusion of medical images and video consultations in some sort of quality medical data, a seamless transmission is allowed by 5G. This makes telemedicine a suitable option for rural or underserved or even underdeveloped regions, where the access of special facilities is limited. Now doctors stand a chance so that they can remotely diagnose the patients, perform various virtual consultations, and even guide their patients through procedures using technologies in form of augmented reality (AR) in real-time.

6.2.2 Wearables and Patient Monitoring

Ultra-low latency and high-speed data transmission of empower wearables (e.g., smartwatches, ECG monitors) by 5G to continuously monitor the patients' vital signs and even transmit the data to healthcare providers for real-time analysis. According to [18] we got to know that in chronic conditions like diabetes or heart disease, these devices will be providing continuous health monitoring to patients and even predict potential health emergencies. It prompts immediate intervention before any condition is worsened [17].

6.2.3 AI-Assisted Surgeries and Augmented Reality (AR)

5G enhances the capabilities of AI-assisted surgeries and AR-based medical training. Surgeons can benefit from live data streaming, real-time AI-driven insights, and remote assistance during complex surgeries. 5G supports high-definition, low-latency communication, enabling remote surgeons to

guide procedures and provide support to local medical teams, even from miles away. This can potentially save lives in regions with limited access to specialized surgical expertise[18]

6.3 Logistics and Supply Chain

According to the authors of [19],[20]; 5G is revolutionizing the logistics and supply chain sectors, enabling real-time tracking, optimizing fleet management, and improving inventory management. The key impacts of 5G on these industries are as follows:

6.3.1 Real-Time Fleet Tracking

With 5G, logistics companies can track the location, speed, and condition of vehicles and cargo in real time. [21] GPS systems combined with 5G's high-speed data transfer enable fleet managers to optimize routes, reduce fuel consumption, and ensure timely deliveries. Moreover, according to [22],[23] the sensors used in vehicles monitors mechanical conditions, alerting operators to any malfunctions before they can lead to any breakdowns.

6.3.2 Smart Warehouses and Autonomous Vehicles

5G also enables the usage of some robotic systems and various autonomous vehicles that are kept in warehouses and different distribution centres. [24] and [25] suggests that robots are used for quick transport of different goods from one location to another, whereas the drones might be used for last-mile deliveries, this reduces the human labour costs which also improves the speed of operations. The low latency and high bandwidth of 5G always make it possible for the autonomous systems to coordinate with each other in real time. This allows for huge inventory management and a lot more agile logistics.

6.3.3 Predictive Maintenance and Route Optimization

5G network facilitates maintenance that predicts for both transportation and various warehouse equipment. Now by collecting the data from the sensors having IoT that are installed on the machines, predictive models that's used to forecast when the maintenance is needed, preventing all the breakdowns and minimizing the downtimes. Like-a-like, the route optimization algorithms driven by AI [26] is enhanced by 5G, that allows the logistics company to dynamically adjust all the delivery routes that are in response to the real time traffic and weather data, that reduces delays and the costs for operations.

6.4 Implications Across Sectors

The benefits of 5G-powered IoT extend beyond specific industries. As smart cities, healthcare systems, and supply chains evolve, they will interconnect with each other to create broader ecosystem-level improvements. For instance, healthcare data collected from wearables can be integrated into public safety systems to trigger emergency responses, or predictive maintenance in logistics can ensure that vehicles needed for emergency medical transportation are always ready.

To summarise, according to [27] and [28] and referring to Table 3, the impact of 5G technology on IoT is vast, enabling intelligence across various industries, increasing operational efficiency, improving service quality and kindling opportunities for innovations that were not possible earlier due to network limitations

Table 3: Role of 5G Technologies Across Sectors

Technology	Smart Cities	Healthcare	Logistics	Supply Chain
Edge Computing	• Enables real-time processing from IoT sensors for traffic management and energy grids. • Reduces latency in smart surveillance and emergency response systems.	• Supports instant analysis of patient data from wearables and telemedicine devices. • Enables remote surgeries with ultra-low latency.	• Allows on-vehicle analytics for predictive maintenance and route optimisation. • Enhances fleet safety monitoring.	• Provides near real-time visibility into inventory and warehouse automation. • Improves responsiveness to demand fluctuations.
Network Slicing	• Allocates dedicated network slices for public safety, utilities, and transportation services. • Guarantees uninterrupted connectivity for mission-critical urban functions.	• Creates secure, high-priority slices for hospitals and emergency medical services. • Ensures QoS for remote diagnostics and life-critical data.	• Enables customized connectivity for logistics hubs, ports, and distribution centers. • Separates mission-critical operations from general communication.	• Allows separate, optimized network slices for production, warehousing, and delivery units. • Enhances coordination among global partners.
IoT Integration	• Connects smart lighting, parking, waste, and environmental sensors. • Facilitates data-driven governance and urban planning.	• Links patient monitors, diagnostic devices, and AI-based health platforms. • Improves preventive and personalized care.	• Tracks goods via smart tags and GPS-enabled IoT sensors. • Provides real-time shipment updates.	• Enables product traceability from manufacturing to delivery. • Supports smart inventory management and demand forecasting.
AI & Data Analytics	• Analyzes sensor data for optimizing traffic, pollution control, and power distribution. • Predicts urban trends for sustainability.	• Detects early signs of disease through predictive analytics. • Enhances diagnostic accuracy and operational efficiency.	• Uses predictive analytics for delivery optimization and fuel efficiency. • Detects bottlenecks and delays in transport.	• Analyzes supply-demand patterns to optimize procurement. • Predicts disruptions and suggests alternative sourcing.
5G Connectivity	• Provides ultra-fast, low-latency communication for autonomous vehicles and smart infrastructure. • Supports large-scale IoT deployment.	• Ensures real-time transmission of high-resolution medical imaging. • Facilitates mobile healthcare units and telepresence.	• Enables continuous communication between moving assets and control centers. • Improves tracking and reliability in transit.	• Links global nodes with seamless connectivity. • Enhances coordination between manufacturers, suppliers, and retailers.

7 Technical and Implementation Challenges

Despite the vast potential of 5G driven IoT, many technical and implementational challenges [29] like high infrastructure cost, interoperability issues, security concerns and spectrum management have to be addressed to allow successful deployment and widespread adoption.

7.1 Infrastructure Costs

Deployment of 5G networks requires significant investment in infrastructure like upgrading cellular towers, installing new small cells and building out the fiber optic network to support the high-speed data transfer. This installation is both time consuming and capital intensive, particularly in rural or underserved regions. Furthermore, [30] tells that the integration of 5G with existing networks adds to the cost and complexity. Thus, adoption of 5G could be financially difficult in some regions leading to delay in implementation and adoption.

7.2 Interoperability and Standards

The IoT ecosystem relies on seamless interaction between devices, platforms and systems. However as per [31], the challenge lies in achieving interoperability between different IoT devices and networks- especially those built on legacy networks. Devices are created by different manufacturers, work on different operating systems and follow different protocols. Thus establishing communication can be challenging, creating fragmentation in the market. Lack of universal standards for 5G IoT devices and networks is the main reason behind this complication.5G is designed to handle diverse growing IoT devices and establishing consistent standards for data exchange, compatibility and security is very crucial for avoiding silos and enabling seamless communication [32]. Standardisation efforts have started but till they are fully realised, interoperability remains a hurdle.

7.3 Security and Privacy Concerns

As more and more devices will connect through the 5G network, chances of cyber threats and attacks would also increase. IoT devices are often vulnerable to such attacks and the massive data flow increases the risk of security breaches, data manipulation and unauthorized access. Life threatening consequences can occur if smart grids or healthcare systems get hijacked. Furthermore, [33] tells us about the privacy concerns that also arise since 5G enables real time tracking and monitoring. In the healthcare industry, for example, sensitive data can be transmitted across networks and security breach could lead to violation of a patient's confidentiality. Thus, preventive steps like end-to-end encryption, secure authentication and robust data protection mechanisms are necessary to reduce the risk. Deployment of security standards that can adapt to the fast-evolving IoT landscape will be critical as well.

7.4 Spectrum Management

5G requires a significant amount of radio frequency spectrum to deliver the high-speed data and low-latency services it promises. [34] While the availability of spectrum in higher-frequency bands (millimetre waves) offers the potential for ultra-fast data transmission, these frequencies have limitations, such as shorter range and poor penetration through buildings and other obstacles. As a result, more base stations and small cells must be deployed in dense areas to ensure reliable service. Spectrum management [35], is also a challenge at the regulatory level, as the allocation of frequencies between telecom operators and other industries (e.g., defence, aviation, and broadcasting) can be contentious. Governments and regulatory bodies must carefully balance the interests of different stakeholders to ensure that 5G spectrum is used efficiently without interference or conflicts.

7.5 Cybersecurity Challenges and Threat Vectors

7.5.1 The attack surface expands with 5G-IoT. Key risks include

1. Man-in-the-middle (MitM) attacks on connected devices
2. DDoS via hijacked IoT bots (e.g., Mirai botnet)
3. Data interception on public networks

7.5.2 According to [36] various Mitigation Techniques include:

1. Network segmentation
2. AI-based anomaly detection
3. Hardware-level authentication (e.g., TPM chips)

7.6 Deployment Strategies and Network Rollout Models

Different models are being used for 5G rollout which are explained in [37]:

- Public-Private Partnerships (PPP): Cities and telecoms co-invest in infrastructure
- Small Cell Deployment: Densely packed urban areas benefit from low-range base stations
- Standalone vs. Non-Standalone Architectures: Migration paths from 4G core to native 5G core

While 5G holds transformative potential for IoT ecosystems, these technical challenges must be addressed for it to fulfill its promise. The high cost of infrastructure, the need for interoperability, the increasing security and privacy concerns, and effective spectrum management are obstacles that require collaborative efforts from governments, telecom operators, industries, and standards organizations. Solving these challenges will be crucial to realizing the full potential of 5G in enhancing IoT applications across various sectors.

8 Future Research Directions

The introduction of 5G powered IoT ecosystems opened new doors for technological innovation, but also brought with it the challenges that require further investigation. [38] tells us that future research would play an important role in harnessing the full potential of 5G technology in combination with AI and IoT by addressing regulatory concerns, promoting sustainability and bridging the gap between urban and rural connectivity.

8.1 AI + 5G + IoT Synergy

[39] let's us know that while integrating AI with 5G and IoT has the potential to allow autonomous decision-making, improve predictive analytics, and enable real-time insights from a variety of industries. The powerful combination of AI's processing power and 5G's high speed and low latency facilitates intelligent IoT systems that can self-optimise and self-heal. According to [40] areas for research include developing AI algorithms that leverage real-time data from IoT devices, improving efficiency and decision power of smart sectors like smart cities, healthcare and logistics. Moreover, sustainability and performance can be improved by investigating AI- driven methods for energy-efficient networking and traffic management.

8.2 Policy and Regulations

To ensure the ethical and secure use of technologies, effective policy-making and regulatory frameworks are the need of the hour. According to [41] governments are working on developing policies that address issues like data privacy, cybersecurity and spectrum management in the context of 5G enabled IoT. Moreover, IoT protocols and interfaces must be standardised to foster interoperability across devices and networks. Future research [42], could focus on creating global standards for 5G IoT and develop a unified regulatory approach that protects users and encourages innovations while

managing risks. This involves exploring ethical implications of new technologies, such as balancing regulatory enforcement with technological advancement and data sovereignty.

8.3 Sustainable and Green 5G IoT

As 5G and IoT devices adoption grows, so does the energy consumption. This brings the concern of the environmental impact of large-scale 5G networks and the continuous operations of IoT devices.TO reduce carbon footprint sustainable practices in deployment and operations are essential. According to [43] research areas include the development of energy-efficient communication protocols, Eco-friendly IoT devices and green network infrastructure. Investigation on battery optimization, energy harvesting methods and low-power wide-area networks (LPWAN) would be crucial in making the IoT devices energy efficient and making the 5G network [44] sustainable. Moreover, research can be conducted on dynamic power allocation and AI-enabled energy optimization.

8.4 Urban-Rural Deployment Gaps

The rapid rollout of 5G networks has the potential to exacerbate the digital divide between urban and rural areas, particularly in terms of network availability and quality of service. Urban centers are likely to experience faster 5G adoption due to denser populations and better infrastructure, while rural areas may face challenges [45] due to higher deployment costs, lack of infrastructure, and low demand. Future research should focus on identifying innovative solutions for providing 5G coverage to underserved and rural areas. Low-cost infrastructure, such as small cells and satellite connectivity, could be explored to bridge the urban-rural divide. Additionally, policy and collaboration models among governments, telecom operators, and local communities can ensure equitable access to 5G IoT services. Research in this area will be crucial in promoting digital inclusion and ensuring that the benefits of 5G-powered IoT ecosystems are accessible to all populations. In conclusion, future research in AI, policy development, sustainability, and rural deployment will play a vital role in addressing the challenges and expanding the capabilities of 5G-powered IoT ecosystems. [46] tells us that by fostering cross-disciplinary collaboration and innovative solutions, we can unlock the full potential of 5G and IoT, driving advancements in industries such as smart cities, healthcare, and logistics while ensuring a sustainable and equitable future.

9 Interoperability and Open Standards

As per the authors of [47], current IoT deployments are fragmented due to vendor-specific protocols [48]. Lack of open standards limits cross-domain integration.

9.1 Smart Logistics

Sensors from different vendors may not integrate seamlessly with autonomous warehouse bots.

9.2 Healthcare Devices

Proprietary protocols may prevent holistic patient monitoring [49].

Solution:

- Adoption of IEEE 1451, OneM2M, and OCF standards.
- Promoting SDKs and open APIs for developer ecosystems.

10 Case Study: Smart Emergency Response System

A pilot initiative was undertaken in Amsterdam to evaluate the integration of 5G technology and IoT infrastructure, aiming to improve emergency response efficiency in urban environments. The system interconnected various entities, including traffic management units, public transport sensors, ambulances, and hospitals, through a unified 5G-enabled network.

10.1 Data Collection

Multiple IoT sources, including traffic signal controllers, GPS modules in ambulances, and wearable health monitoring devices used by first responders, help to gather data. These data streams provided continuous real-time information on vehicle location, road congestion, patient health parameters, and environmental conditions. All data was transmitted securely to a central 5G cloud node, ensuring minimal latency and uninterrupted connectivity.

10.2 Methodology

The system utilises edge computing nodes positioned near major intersections to enable low-latency decision-making and route recalculations. An AI-driven analytics engine processed the incoming data to optimize emergency vehicle routing and predict hospital resource requirements. Hospitals were notified in advance about the nature and severity of incoming emergencies, enabling preemptive allocation of staff, equipment, and treatment areas. The framework followed a data-driven adaptive feedback model, where route performance and patient outcomes were continuously monitored to refine algorithms in real time.

10.3 Validation

The project was validated through a three-month pilot deployment across 25 city intersections and four major hospitals. Baseline performance indicators, including average response time, ER wait duration, and treatment success rate, were compared with metrics recorded after system deployment. The evaluation ensured statistical significance by analysing over 500 emergency incidents across varying traffic and weather conditions.

10.4 Results and Outcomes

The 5G-integrated Smart Emergency Response System demonstrated measurable improvements in emergency operations:

1. 18% reduction in average emergency room wait times.
2. 12% improvement in overall treatment outcomes due to better preparedness.
3. 25% faster routing of emergency vehicles through adaptive traffic light coordination.

These findings underscore the potential of 5G-enabled IoT architectures in enhancing urban resilience, healthcare responsiveness, and data-driven public safety management.

11 Conclusion

The deployment of 5G networks has the potential to revolutionize the Internet of Things (IoT), enabling real-time processing, scalability, and enhanced connectivity across various sectors such as smart cities, healthcare, and logistics. By addressing the limitations of 4G networks, 5G unlocks a new era of IoT applications that rely on low latency, high bandwidth, and massive device connectivity. As explored throughout this paper, the integration of 5G with IoT is not without challenges. Key hurdles such as high infrastructure costs, interoperability issues, security concerns, and spectrum management must be tackled to enable the seamless adoption of 5G-powered IoT ecosystems. Moreover, the continued research into AI and 5G synergy, regulatory frameworks, and sustainability will be pivotal in ensuring that these technologies can scale effectively and responsibly. The future of 5G-enabled IoT is undeniably promising, but its full potential can only be realized by addressing the technical, economic, and societal challenges that lie ahead. By fostering collaboration among governments, industry players, and academia, we can ensure that 5G IoT technologies are deployed in an equitable, secure, and environmentally sustainable manner, ultimately transforming industries and improving quality of life globally.

Declarations

1. The authors received no specific funding for this study.
2. The authors declare that they have no conflicts of interest to report regarding the present study.
3. No Human subject or animals are involved in the research.
4. All authors have mutually consented to participate.
5. All the authors have consented the Journal to publish this paper.
6. Authors declare that all the data being used in the design and production cum layout of the manuscript is declared in the manuscript

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