

1 **Bio-friendly long-term subcellular dynamic recording by self-
2 supervised image enhancement microscopy**

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19 Abstract

20 **Fluorescence microscopy has become an indispensable tool for revealing the**
21 **dynamic regulations of cells and organelles in high resolution noninvasively.**
22 **However, stochastic noise inherently restricts the upper bonds of optical**
23 **interrogation quality and exacerbates the observation fidelity in encountering joint**
24 **demand of high frame rate, long-term, and low photobleaching and phototoxicity.**
25 **Here, we propose DeepSeMi, a self-supervised-learning-based denoising framework**
26 **capable of increasing SNR by over 12 dB across various conditions. With the**
27 **introduction of newly designed eccentric blind-spot convolution filters, DeepSeMi**
28 **accomplished efficacious denoising requiring no clean data as references and no**
29 **compromise of spatiotemporal resolution on diverse imaging systems. The**
30 **computationally 15-fold multiplied photon budget in a standard confocal**
31 **microscope by DeepSeMi allows for recording organelle interactions in four colors**
32 **and high-frame-rate across tens of thousands of frames, monitoring migrasomes and**
33 **retractosomes over a half day, and imaging ultra-phototoxicity-sensitive**
34 ***Dictyostelium* cells over thousands of frames, all faithfully and sample-friendly.**
35 **Through comprehensive validations across various cells and species over various**
36 **instruments, we prove DeepSeMi is a versatile tool for reliably and bio-friendly**
37 **breaking the shot-noise limit, facilitating automated analysis of massive data about**
38 **cell migrations and organelle interactions.**

39 **Introduction**

40 The magnificence of the harmonically orchestrated systems, organs, tissues, and cells
41 attracts people to exploit the mystery of life[1, 2]. Among the various phenotypic
42 activities and processes, organelles interact with one another and the cytoskeleton to
43 synergistically execute various physiological functions that support the functioning of
44 living beings. Such gorgeous patterns reflect live organelles of complex, dynamic, and
45 interplay in highly dynamic yet organized interactions capable of orchestrating complex
46 cellular functions[3]. Thereby, visualizing the functionality and complexity of organelles
47 in their native states requires high spatiotemporal resolution observation without
48 perturbing these physiologically presented regulations in a long term.

49 Standing in the center of approaches dedicated to probing and deciphering the micro
50 world is the non-invasive fluorescent microscope capable of high spatiotemporal
51 resolution[4] and good protein-specificity[5]. Combined with fruitful fluoresce
52 proteins[6, 7] and indicators[8], lustrous and remarkable advances in enriched
53 fluorescence microscope[1, 9-12] have brought flourishing discoveries across many
54 disciplines including cell biology[13], immunology[14], and neuroscience[15], among
55 others. However, the limited photon budget with insufficient signal-to-noise ratio (SNR)
56 becomes a fundamental lingering challenge to be solved for fluorescent microscopes that
57 prevents more discoveries to be achieved[16]. The low quantum yield of fluorescent
58 indicators and the stochastic nature of noise make the contamination inevitable[6],
59 aggravating the measurement uncertainty and impairing downstream quantitative
60 analysis, including cell segmentation[17], cell tracking[18], and signal extraction[19].
61 Overcoming this limitation physically requires enlarging excitation dosage[20] or
62 enriching the expression of indicators[21], but either damaging the fragile living systems
63 or poisoning the cellular health and both altering morphological and functional
64 interpretations that follow. Such a condition is even worse in long-term imaging that

65 necessitates repeated dosage over the same sample hundreds and thousands of times to
66 observe pivotal processes like cell proliferation[22], migration[13, 23], organelle
67 interactions[24, 25], and neuronal firing[26]. To mitigate noise contaminations without
68 excessive light exposure-induced photobleaching and phototoxicity that perturbs the
69 sample in its native state, people have to sacrifice imaging speed, resolution, or
70 dimensions[27].

71 Despite limited advances achieved across physical approaches, numerous
72 algorithmic approaches have been proposed to break the shot noise limit by utilizing
73 statistics of the noise[28]. Traditional denoising methods that exploit canonical properties
74 of the noise (such as Gaussianity[29] and structures in the signal[30]) achieve great
75 success in photographic denoising [30] but have limited performances in complex,
76 turbulent, and dynamic living systems and with remarkable time consuming and
77 computing complexity. In contrast, supervised learning methods utilizing a data-driven
78 prior learned from paired noisy and clean measurements are proven to be valid as long as
79 samples are drawn from the same distribution[31]. To extend the generalization ability,
80 the requirement of clean data can be further replaced by additional independent noisy
81 measurements[32], fertilizing breakthroughs in interpolating noise-contaminated
82 functional data [33, 34]. However, neither of these supervised methods circumvents the
83 denoising of videographic high-resolution recording with both intensity fluctuations and
84 deformations of living organisms or organelles. The causes of the shortage are manifolds.
85 Firstly, since the same physiological phenomenon would not repeat twice for each cell or
86 organism, the requirement of clean data by methods can only be satisfied through
87 simulations which remain remarkable gaps between training and inferring domains[35].
88 Secondly, even only the paired noisy data is required in interpolation-based methods like
89 DeepInterpolation [34] and DeepCAD [33], the precondition of interframe continuity
90 likely defiles visualizing rapid transformations of living organisms or organelles. Thirdly,
91 data-hungry nature ensued from the insufficient exploitation of noise statistics forces

92 these methods to compromise, either hampering the genuine visualization to keep the
93 organism safe, or sacrificing the sample health to acquire excessive captures for ensuring
94 visualization quality.

95 Here, we overcome the aforementioned limitations and propose deep self-supervised
96 learning enhanced microscope (DeepSeMi), a brand-new tool that readily and veritably
97 increases the SNR over 12 dB across various conditions and systems, and catalyzes noise-
98 free videography of diverse structures and functional signals with minimized
99 photodamage in a long term. DeepSeMi explores noise priors that root in data itself
100 through concatenating newly designed eccentric convolution filters and eccentric blind
101 convolution filters with intentionally limited receptive fields across both spatial and
102 temporal dimensions (Supplementary Fig. 1, Methods), fundamentally surrogating the
103 data-hungry shortage of supervised methods and genuinely accomplishing SNR
104 reinforcing even over fast transformed samples. Compared to recently developed
105 interpolation-based denoising methods, DeepSeMi is capable of observing organelles of
106 sophisticated movements and transformations without motion artifacts. Thereby,
107 DeepSeMi standing by the means of self-supervision outperforms other methods in both
108 performance and generalization abilities, and computationally amplifies the photon budget of
109 multiple instruments in long-term tracking of organelles and organisms' activities without the
110 burden of exacerbating sample health in traditional approaches. Through DeepSeMi, organelle
111 interactions in their native states inside 4-color-labelled-L929 cells were recorded over
112 30 minutes and 14,000 time points in high SNR by a confocal microscope, a widely used
113 instrument adored by the high resolution and hated by the photodamage. Aided by
114 DeepSeMi, brittle structures like migrasomes and retractosomes were densely tracked in
115 a half-day-long session uninterrupted without trackable photobleaching, and multiple
116 organelles can be segmented accurately free of false positives by noise contamination.
117 Even fragile and phototoxicity-susceptible samples like *Dictyostelium* cells were also
118 clearly recorded over 36,000 shots in multicolor, attributed to DeepSeMi enhancement.

119 Not limited to cultured cells and organisms, the capability and generality of DeepSeMi
120 are also demonstrated in a series of photon-limited imaging experiments over various
121 species, including nematodes, zebrafish, and mice, all intravitally. We open-source
122 DeepSeMi to the whole community and hope it can spur new discoveries that were
123 previously unseen by the walls of noise limitation.

124 **Results**

125 **DeepSeMi roots in noise statistics and accomplishes single-flow high-fidelity 126 denoising**

127 Given the complexity of noisy conditions and sample topologies, limited research has
128 been conveyed to solve the noise contamination of cellular videography. To our
129 knowledge, no data-driven methods capable of long-duration imaging in the intercellular
130 environment at high spatiotemporal resolution have been demonstrated with robust
131 denoising capability in practice. Recent advances in computer vision provide clues to
132 mitigate the problem, where the mapping between different captures of the same scene
133 can form a deep neural network that effectively removes noises in fresh capture[32].
134 However, such exploitation of noise statistics only stays at the frame level and loses
135 motion information of non-stop contents, limiting applications on spatial-invariant
136 functional imaging or sluggish cell migration in low resolution [33, 34].

137 The innovation of DeepSeMi roots in a full exploitation of noise statistics. Studies
138 show that mutual mappings from neighbors to a centered pixel can be well established
139 even excluding the pixel itself due to local structure continuity [36]. Under noisy
140 conditions, although those mappings are significantly defiled, the zero means and
141 independence of noise make the average of the defiled mappings relocate the clear pixel
142 information, facilitating estimation of each clear pixel from the surrounding noisy
143 spatiotemporal neighborhood [37] (Fig. 1a). Based on that observation, DeepSeMi

144 thereby established mappings between per pixel of the noisy videography and its
145 surrounding pixels to effectively denoise videography. The utility of pixel-level noise
146 statistics makes DeepSeMi robust even over a single noisy shot, and consequently
147 eliminates the annoying need for excessive captures to ensure the performance compared
148 with previous techniques [33, 34] (Fig. 1e).

149 To establish these special mappings, two brand new convolution kernels were
150 developed for conveying the aforementioned thought with optimized efficiency in
151 DeepSeMi. The first convolutional kernels receive both the inferred pixel and its
152 eccentrically surrounded neighbors to keep the DeepSeMi efficient in both restoring
153 structures and eliminating noise (Fig. 1b, Supplementary Fig. 1b), and are accordingly
154 named as eccentric convolution. The second convolution kernels resemble the blind-spot
155 property by only receiving the eccentrically surrounded neighbors of the inferred pixel to
156 achieve an even stronger noise cleanse ability (Fig. 1c, Supplementary Fig. 1c), and are
157 accordingly named as eccentric blind-spot convolution. A single flow across the blind-
158 spot convolution thereby consists of millions of sub-approaches where each input noisy
159 pixel is synthesized only by the neighbors without itself, accomplishing denoising in a
160 self-supervised learning manner exceedingly efficiently. The rationale for combining
161 both filters in the DeepSeMi is to achieve an appropriate balance between the preservation
162 of details and noise robustness with the assistance of the pixel-level blind-spot technique
163 (Methods). Six branches composed of these two convolutional filters deliver
164 permutational receptive-limited fields of both spatial and temporal dimensions, and are
165 further merged by a feature fusion network to form preferential representations of the
166 output video block (Fig. 1d). Computation losses are differentiated ergo between the input
167 and output to guide the updates of the network parameters through backpropagation
168 (Supplementary Fig. 2). The comprehensively optimized DeepSeMi also leverages a
169 time-to-feature folding operation which feeds more temporal information without
170 increasing additional computational cost to increase performance (Methods).

171 We benchmarked the denoising capability of DeepSeMi through extensive
172 simulations compared with various mainstream methods. To fully emulate real
173 experiments within complex situations, we evaluated those methods in Moving MNIST
174 datasets where both the noise level and the movement speed of the contents are varied in
175 a large range. Among all methods, DeepSeMi achieved the best denoising results across
176 all noise levels, even achieving 15 dB higher SNR compared to raw capture at extremely
177 noisy conditions where samples were submersed in noise (Fig. 1g, Supplementary Fig.
178 3). While most of the literature merely comparing SNR in static scenes, we further
179 evaluated the denoising ability of those methods encountering swift contents across
180 various speeds. As the increase of the content moving speed, DeepSeMi kept being the
181 top tier in terms of restoration quality over other methods with at least 12 dB SNR
182 improvement (Fig. 1h, Supplementary Fig. 4), where techniques using frame-level noise
183 statistics (DeepCAD [33] and DeepInterpolation [34]) lowered their performance quickly
184 due to the frame interpolation nature (Supplementary Fig. 5, Supplementary Fig. 6). In
185 more complicated Poisson noise contaminations where the noise scale correlates with the
186 image intensity (Supplementary Fig. 7), DeepSeMi still outperformed all other methods
187 by over 4 dB ahead. Across all tests, the UDVD15 technique [38] utilized the similar
188 blind-spot technique immediately following up DeepSeMi. However, our proposed
189 DeepSeMi achieved superior performance thanks to the improvement of spatiotemporal
190 convolutions, additional eccentric blind-spot convolutions, and additional receptive field
191 limited branches in temporal domain (Methods).

192 Besides, DeepSeMi was also proved to have generalization ability across different
193 noise scales and content speed. Given the DeepSeMi that trained at a moderate speed
194 (Supplementary Fig. 8a-c), the performances are nearly consistent when the content speed
195 varies across 20% to 180% range. We further tested the generalization ability of
196 DeepSeMi in experiments, where DeepSeMi was trained for the modality of
197 mitochondrial membrane but tested in the co-labeled cell membrane and mitochondrial

198 matrix data (Supplementary Fig. 9a). We found the noise-contaminated mitochondrial
199 matrices were cleaned by DeepSeMi in both clustered forms close to the cell center and
200 scattered forms in the cell edge (Supplementary Fig. 9b-e). Composited interactions of
201 both membranes and mitochondrial matrix were clearly displayed after DeepSeMi
202 enhancement which was only trained in a third and unimodal data (Supplementary Fig.
203 9f-h). By denoised dual-color co-labeled mitochondria data (Supplementary Fig. 10a),
204 self-consistency of DeepSeMi was validated since the denoised results were highly
205 consistent between dual channels despite the noise distributions being largely different
206 between them (Supplementary Fig. 10c). The great generalization ability and self-
207 consistency of DeepSeMi ensure the fidelity of observation across complicated micro-
208 environment during long-term cellular imaging, accomplishing apparent enhancements
209 in recovering both structural and functional diversities (Supplementary Fig. 11,
210 Supplementary Video 1).

211 **DeepSeMi unlocks high-speed long-term imaging with minimized photobleaching**

212 High-temporal resolution imaging is ideal for observing swift intracellular organelle
213 interactions, cell migration, and multicellular interactions, yet regrettably limited in a
214 short term due to the compromise of photobleaching and phototoxicity. With extensive
215 evaluations, we found that healthy mitochondria can only stand for 45.3 μ W laser power
216 (2%, 488 nm) (Supplementary Fig. 12) for a 3-minute-long session at 30 frames per
217 second (fps) in a commercial confocal microscope without apparent photobleaching
218 (Supplementary Fig. 13, Methods). Higher scanning laser dosage quickly quenched the
219 fluorescence, failing the imaging process due to missing mitochondrial structural
220 information. However, such a low power dosage exacerbated the noise contaminations to
221 the observations and yielded barely characterized structures (Supplementary Fig. 13d),
222 and the situation was even worse when the mitochondria were densely clustered due to
223 lack of sparsity. On the other hand, with the proposed DeepSeMi, mitochondria under

224 even 14.6 μ W (0.5%, 488 nm) power dosage can be faithfully denoised with intact and
225 natural form restored (Supplementary Fig. 14, 15). Under that mild excitation, the
226 fluorescent intensity drop was unrecognizable, suggesting DeepSeMi enhancement not
227 only accomplished high-temporal resolution recording but even reduced the
228 photobleaching further (Supplementary Video. 2). From other perspectives, the
229 computational enhancement of DeepSeMi brings a surge of available photon budget of
230 optical instruments. Considering DeepSeMi achieves even higher visualization quality of
231 mitochondrial structures in 23.1 μ W (1%, 488 nm) (Supplementary Fig. 13b) than raw
232 captures in 537 μ W (32%, 488 nm) (Supplementary Fig. 13g), the available photon
233 budget was enlarged at least ten folds.

234 We quantitatively verify the photon budget enlargement of DeepSeMi across two
235 dimensions. In the first dimension, we approximated the photon budget enlargement as
236 the multiplication of excitation power in raw captures through which the same SNR of
237 DeepSeMi enhancement can be achieved (Supplementary Fig. 16). We found at least 15-
238 times more power dosage in raw frames was required to produce the same level of
239 imaging quality as DeepSeMi enhancement across various noisy conditions, verifying
240 DeepSeMi enlarges the photon budget by 15 folds leastways. In the second dimension,
241 we investigate the photon budget enlargement as the excessive concentration of dyes in
242 raw captures to approach the DeepSeMi-enhanced SNR. We proved DeepSeMi achieved
243 no-compromise results in over 50 times diluted dye concentrations across migrasomes,
244 lysosomes, and mitochondria, and the resulting captures were comparable with the non-
245 diluted ones (Fig. 1f, Supplementary Fig. 17). Although both the higher power dosage
246 and dye concentration facilitate better visual inspections with fewer noise contaminations,
247 on the other hand, both of them cause significant cytotoxicity and perturbation over the
248 native regulation of the organelles and organisms. Instead, DeepSeMi enables tens of
249 times photon budget increments computationally, permitting high-fidelity functional and
250 structural interrogation which is previously unmet. Towards directions of broader

251 applications, the multiplied photon budget by DeepSeMi strongly extends the capacity of
252 the commercial confocal microscope in pursuing higher spectral complexity, higher
253 frame rate, and longer recording sessions.

254 With the encouragement of apparent SNR enhancement of DeepSeMi under
255 sample-friendly power dosage across thousands of captures, we performed imaging at 7.5
256 fps on L929 cells with four structures labeled by four colors (tagBFP-SKL, TOM20-GFP,
257 SiT-mApple, and WGA647 for peroxisomes, mitochondria, Golgi, and migrasomes,
258 respectively) on a commercial confocal microscope (Fig. 2a, Methods), for 30 minutes
259 and over 13,500 time points. Excitation power was set at 2% to obviate photobleaching
260 and keep live cells healthy (Fig. 2b), at the expense of plenty of noise and ruptured
261 structures that defiled the raw captures. Contrastingly, the enhancement of DeepSeMi
262 clearly revealed delicate structures of punctate peroxisomes, threadlike mitochondria, and
263 fluctuated membranes (Supplementary Video. 3). The brittle mitochondrial fission and
264 fusion were obviously distinguished (Fig. 2c-d), highlighting the importance of
265 combining minimization of illumination photon dose with SNR enhancement of
266 DeepSeMi.

267 Together with the high temporal resolution and long-term capability, DeepSeMi
268 catalyzes new abilities of tracking subtle movements of mitochondria, an important
269 component of mitochondria regulation in many aspects of cell biology. An individual rod-
270 shaped mitochondrion was tracked based on DeepSeMi-enhanced recordings over 500
271 seconds, unveiling complicated trajectories and nonlinear movements (Fig. 2e-f).
272 Sampling the data at full temporal resolution presented brief transitions between
273 mitochondria leaving and approaching, and quick motions happened when the leaving or
274 approaching of mitochondria paused temporally [39] (Fig. 2g). These transient processes
275 cannot be captured if the sampling frequency dropped by 10-fold to 0.75 Hz, which was
276 the compromised framerate for the standard confocal microscope without DeepSeMi

277 enhancement in catching the similar photon budget. We thereby demonstrated that the
278 high temporal resolution enabled by DeepSeMi is indispensable to characterizing the
279 veritable trajectories as complex movements between frames were likely to be missed
280 when temporal resolution dropped down (Fig. 2h). We measured mitochondria leaving
281 and approaching rates of 0.53 $\mu\text{m/s}$ and 0.46 $\mu\text{m/s}$, respectively. Furthermore, when
282 analyzing these rates as a function of the displacement of each leaving or approaching
283 event (Fig. 2i-j), we found that long displacing events correlated with slow rates of
284 leaving or approaching. There was a broader range of leaving rates compared to
285 approaching rates during short displacing events, leading to diverse fluctuations in
286 mitochondria displacement. Overall, the SNR enhancement of DeepSeMi vehemently
287 enlarged the available photon budget of an optical instrument without compromising
288 visual quality for down-stream analysis. DeepSeMi allowed us to quantify not only
289 mitochondria dynamic displacements but also alterations of other organelles on a much
290 finer temporal scale than what was achieved in previous methods.

291 **DeepSeMi enables monitoring migrasomes and retractosomes over a half day in**
292 **their native states**

293 Migrasome is recently recognized as an extracellular organelle that plays a significant
294 role in various physiological processes, including mitochondrial quality control, organ
295 morphogenesis, and cell interaction [40, 41]. Despite fruitful results that have been
296 discovered related to migrasome regulations by light microscope, uninterrupted
297 observing migrasomes during cell migrations in a half-day-long term remains challenging
298 limited by continuously imaging-induced photobleaching and phototoxicity
299 (Supplementary Fig. 18).

300 Here, through DeepSeMi enhancement, we accomplished high-resolution 2 fps
301 imaging of the generation, growth, and rupture of migrasomes in a half-day-long term

302 with over 86,000 time points with only 2% power shots (45.3 μW of 488 nm, 49.8 μW of
303 561 nm). L929 cells expressed TOM20-GFP and TSPAN4-mCherry to tag the
304 mitochondria and migrasomes, respectively. A representative two-color image frame
305 from a movie of the mitochondria and migrasomes clearly showed the enormous SNR
306 enhancement by DeepSeMi compared to the raw capture (Fig. 3a, Supplementary Video
307 4). Near the cell body, DeepSeMi enabled us to find migrasomes that presented the entire
308 generation and growth procedure across \sim 300 minutes of imaging windows, which was
309 41% of the whole imaging session (Fig. 3b). The DeepSeMi enhanced results clearly
310 show that some mitochondria were expelled by the cell and kept inside a migrasomes
311 (Fig. 3d-e), known as the mitocytosis [41]. Compared to barely recognized migrasomes
312 in the raw images (Fig. 3c), 51 migrasomes were segmented from the whole DeepSeMi-
313 enhanced capture (Methods), with color-coded area and longevity statistics summarized
314 in Fig. 3f. We measured an averaged maximum area of 5.81 μm^2 (Fig. 3g) during an
315 averaged 141-minute lifespan of migrasomes (Fig. 3h), which were weakly correlated
316 with each other (Fig. 3i). We noticed a general pattern of the maximum area across those
317 migrasomes consisting of a quick rising representing the growth, a slightly declined
318 plateau, and a sharp drop representing the rupture (Fig. 3j). The dynamics of rupture was
319 much faster than the other two procedures (Fig. 3k), which necessitated DeepSeMi
320 enabled high temporal-resolution and uninterrupted captures across a long term to catch
321 these features.

322 Retractosome is recently reported as a newly discovered extracellular organelle
323 that is closely related to cell migrations [42]. Since uninterrupted cell migrations can be
324 continuously imaged benefiting from DeepSeMi-enabled low-phototoxicity, high-SNR,
325 and long-term recording ability, pronounced retractosomes were recognized which were
326 transformed from broken-off retraction fibers (Fig. 3l-m). Albeit the indistinguishable
327 beads-on-a-string features in the raw captured video, retractosomes were clearly
328 recognized when they moved along with the wobbled retraction fibers (Supplementary

329 Video 5). After the cell migrated away, plenty of retraction fibers and retractosomes were
330 left behind and forming a complicated network structure that was fractured by the noise.
331 In opposition, DeepSeMi reunited the network by wiping out noise contaminations and
332 thus delivering the potential to study the physiological functions of retractosomes in the
333 future.

334 **DeepSeMi facilitates automated analysis of cellular structures from massive data**

335 Uncovering the peculiarities of important life-preserving and disease-driving
336 organelles requires robust and unbiased segmentation and tracking tools. Compared to
337 biased and time-consuming manual analysis, recent advances in deep-learning-based
338 processing techniques utilize statistical and graphical knowledge to accomplish fast,
339 unbiased, and automated organelle analysis and are capable of recognizing complicated
340 dynamics like fission and fusion of mitochondria [17]. Confronting the growing
341 requirement of long-term recordings and attendant considerable amounts of cellular
342 imaging data in hundreds of gigabytes [43], automated cellular analysis gradually
343 becomes indispensable for new physiological discoveries.

344 Inspired by those advancements, we utilized the state-of-the-art organelle
345 segmentation method [44] and accordingly trained 3 segmentation networks for
346 mitochondria, migrasomes, and retraction fiber, respectively (Fig. 4a, Methods). We
347 found raw captures of mitochondria under 14.6 μW (0.5% of 488 nm), a bio-friendly
348 power dosage, suffered pronounced segmentation errors due to noise contaminations
349 (Fig. 4b-d, Supplementary Fig. 19). The incorrect segmentation fragments in the
350 background were only eliminated when the power dosage was pushed into 537.6 μW
351 (32% of 488 nm), at a cost of significant photobleaching (Fig. 4b-d, Supplementary Fig.
352 13h). By contrast, DeepSeMi enhancement enabled the segmentation model to output
353 reasonable and gap-less results even at 14.6 μW (0.5% of 488 nm) (Fig. 4b,

354 Supplementary Fig. 19), permitting reliable segmentation during long-term imaging
355 thanks to heavily reduced photobleaching. Through additionally performing
356 mitochondrial skeletonization and keypoint detection based on instance segmentation[17]
357 (Supplementary Fig. 20), we found remarkable noisy stains in raw captures were
358 recognized as endpoints and junctions of broken skeletons (third row of Fig. 4b,
359 Supplementary Fig. 19). These false positives were well avoided in DeepSeMi enhanced
360 results, and the skeletonization result by DeepSeMi at 14.6 μW (0.5% of 488 nm) are
361 comparable of that in the raw image at 537.6 μW (32% of 488 nm). Quantitatively,
362 DeepSeMi enhanced videography achieved significantly larger mitochondria area (Fig.
363 4e, ***p<0.0001, two-sided Wilcoxon rank sum test; Supplementary Fig. 19, Methods)
364 and longer branch length (Fig. 4f, ***p<0.0001, two-sided Wilcoxon rank sum test;
365 Supplementary Fig. 19, Methods) compared to the raw ones at sample-friendly power
366 dosage (14.6 μW (0.5% of 488 nm) and 23.1 μW (1% of 488 nm)). These statistics were
367 only comparable when the power comes to harmful 537.6 μW (32% of 488 nm, p>0.1,
368 two-sided Wilcoxon rank sum test). The over 15 times power reduction of DeepSeMi in
369 achieving high-quality subcellular segmentation validated with over 15 times enlarged
370 photon budget in photobleaching study previously (Supplementary Fig. 13), together
371 indicate the strong promotion of DeepSeMi over an optical instrument in terms of bio-
372 friendly, resolving ability, and data fidelity.

373 To further evaluate the improvement of segmentation accuracy brought by the
374 DeepSeMi enhancement, we manually segmented migrasomes and retraction fibers as the
375 ground truth and then compared the results with automated segmentations on DeepSeMi
376 enhanced videography (Methods). DeepSeMi apparently achieved much clearer
377 micrographs and hence cleaner segmentations (Fig. 4g-h). Statistically, DeepSeMi
378 enhancement achieved 0.9449 ± 0.0782 recalls ($n = 32$ images) in migrasome
379 segmentations, holding a safe head compared to raw-video-based segmentation (0.5522
380 ± 0.1359 recalls, $n = 32$ images). The same advantages were held in segmenting string-

381 like retraction fibers (Fig. 4j-k), where DeepSeMi enhancement achieved 0.9493 ± 0.0618
382 recalls ($n = 12$ images) compared to 0.3391 ± 0.1848 recalls by raw video ($n = 12$ images,
383 Fig. 4l). The high segmentation accuracy enabled by DeepSeMi under sample-friendly
384 power dosage would be the key for massive data analysis through automated algorithms
385 after long-term recordings.

386 **DeepSeMi accomplishes SNR enhancement across various samples**

387 Lastly, we demonstrated that DeepSeMi effectively increases SNRs across various
388 samples, including cultured cells, unicellular organisms, nematodes, non-mammalian
389 vertebrates, and mammals. We have demonstrated DeepSeMi enabled high-temporal-
390 resolution imaging of mitochondria, low-phototoxicity half-day-long imaging of
391 migrasomes and retractosomes, and facilitated automated analysis in massive data under
392 bio-friendly illumination dosage, but the power of DeepSeMi could be extended further.
393 Here we delineated DeepSeMi helped study of rearrangement of organelles after
394 decomposing cytoskeleton and other organelle-related studies. By dosing an appropriate
395 concentration of latrunculin-A (lat-A) to induce the depolymerization of the intracellular
396 cytoskeleton, a new spatial distribution of intracellular organelles was formed
397 (Supplementary Fig. 21). We found the migrasomes were generated following the rapid
398 contraction of the cell membrane after depolymerization of the cytoskeleton (Fig. 5a). All
399 those observations relied on the enhancement of DeepSeMi, which restored mitochondria
400 and other organelles of diverse morphologies from noise. Similar improvements
401 happened in the study of vesicle fission (Supplementary Fig. 11h, Supplementary Video
402 1), where kymographs (x-t projections) obviously presented the enhancements of
403 DeepSeMi (Supplementary Fig. 11i), and also in the study of migrating cell interacting
404 with a migrasome (Supplementary Fig. 22b), producing migrasomes (Supplementary Fig.
405 22c), and expelling mitochondria in low light dosage (Supplementary Fig. 22d,
406 Supplementary Video 6).

407 DeepSeMi also enabled high-SNR, half-hour-long imaging of *Dictyostelium* cells,
408 an amoeba-like important eukaryote model for studying genetics, cell biology, and
409 biochemistry [45]. Despite the great value of *Dictyostelium* cells in research, it is
410 ultrasensitive to photodamage since 215 μ W of laser dosage at 638 nm and 50.6 μ W of
411 laser dosage at 561 nm killed 30% of *D. discoideum* after 30-minute imaging, preventing
412 high-SNR half-hour-long imaging in conventional approaches (Supplementary Fig. 23,
413 24). We applied DeepSeMi to circumvent the problem, which enabled dual-color and
414 high-SNR imaging at the 45.3 μ W dosage at 488 nm and the 49.8 μ W dosage at 561 nm
415 over 30 minutes without apparent photodamage (Fig. 5b, Supplementary Fig. 23, 25).
416 Contractile vacuoles and membranes of *Dictyostelium* cells were evidently recognized
417 with clear boundaries through DeepSeMi enhancement (Fig. 5c), and uninterrupted
418 videography dedicatedly enabled by DeepSeMi unveiling startling motions of
419 *Dictyostelium* cells such as contracting (Fig. 5d, Supplementary Video 7). The ability of
420 DeepSeMi that strongly improves SNR without increasing power dosage sheds new light
421 on studying photodamage-sensitive but valuable animal models like *Dictyostelium* cells.

422 *Caenorhabditis elegans* (*C. elegans*) and zebrafish are used as central model
423 systems across biological disciplines[46, 47]. Rather scattered tissues of *C. elegans*
424 exuberate the noise contaminations even further compared to cultured cells (Fig. 5e,
425 Supplementary Fig. 26a), but DeepSeMi still substantially improved the contrast and
426 sharpness of cells (Supplementary Fig. 26b-f). Although utilizing a higher NA objective
427 suffers even more from scattering, DeepSeMi restored delicate structures with sharp
428 edges and high contrast from noise (Supplementary Fig. 26g-j). On the other hand, the
429 transparency of zebrafish larvae not only helps better observation of structures and
430 functions of cells and organisms *in vivo*, but also eliminates the protective barrier to
431 photodamage during optical observation [48]. Thereby, imaging zebrafish larvae
432 necessitates low illumination power to not alter the sample health state and normal
433 physiological regulation, which inevitably raises challenges from noise contaminations

434 (Fig. 5f, Supplementary Fig. 27a). We proved that enhancement of DeepSeMi broke the
435 dilemma and provided a clear view of macrophage in zebrafish larvae under a mild power
436 dosage (45.3 μ W, Fig. 5g, Supplementary Fig. 27b-c), supplying the potential for long-
437 term observation for studying development and function in the highly complex vertebrate
438 model system.

439 DeepSeMi is also demonstrated to be operative in functional imaging in mice that
440 are widely used in systems and evolutionary neuroscience. We tested the generalization
441 ability of DeepSeMi in nonlinear microscope where neurons were sequentially excited by
442 a focused femtosecond laser *in vivo*. DeepSeMi readily enhanced visualization of
443 morphologies of neuronal structures (Fig. 5h, Supplementary Fig. 28a-c, Supplementary
444 Fig. 29a-i) from barely recognized noisy captures, and also veritably increased temporal
445 contrast of calcium transients (Supplementary Fig. 28d, Supplementary Fig. 29j). The
446 denoised videos by DeepSeMi facilitated 1.5 times more neurons to be found and would
447 impel potential interrogation of neuronal circuits (Supplementary Fig. 28e,
448 Supplementary Fig. 29k). For observing even smaller structures like wobbled neuronal
449 dendrites and axons *in vivo* in the mouse brain, the enhancement of DeepSeMi also has
450 no compromise (Supplementary Fig. 30).

451 **Discussion**

452 Many species of great scientific value are vulnerable to photodamage, necessitating low-
453 power dosage for sample health yet sacrificing SNR, and the condition deteriorates when
454 high spatiotemporal resolution is required for deciphering composited morphology-
455 related regulations. To address these problems, we present DeepSeMi, a versatile self-
456 supervised paradigm capable of enhancing over 12 dB SNR, improving 15-fold photon
457 budget, and reducing 50 times fluorescent dye concentration across various species and
458 instruments with only noisy images required. DeepSeMi with specially designed
459 receptive field-limited convolutional filters readily accomplishes noise contamination

460 removal without clean data reference or inter-frame interpolations, achieving superior
461 performance over other methods especially in data with complicated transformation.
462 Computationally enhanced photon budget by DeepSeMi fertilized high-frame-rate 4-
463 color organelle recordings across tens of thousands of frames, tracking migrasomes and
464 retractosomes over a half day, and ultra-photodamage-sensitive *D. discoideum* imaging
465 over thousands of frames, all high-fidelity, intravital, and sample-friendly. Besides,
466 DeepSeMi was proven to help automated analysis of cells and organelles which is a strong
467 aid in processing massive imaging data and is in trend. Performance of DeepSeMi on
468 various species including nematodes, zebrafish, and mice on both widefield and two-
469 photon microscopes was also validated both qualitatively and quantitatively. In
470 conclusion, DeepSeMi offers a combination of high-resolution, high-speed, multi-color
471 imaging and low photobleaching and phototoxicity that makes it well suited for studying
472 intracellular dynamics and beyond.

473 As a fundamental limitation in fluorescence imaging, stochastic noise determines
474 the upper bound of imaging quality and compromises speed, resolution, and sample
475 health across any instrument. The proposed DeepSeMi can be seamlessly extended to
476 various devices that suffer the noise most, including three-photon microscope with ultra-
477 small absorption cross-section[49], and Raman microscope with critical excitation
478 conditions[50]. In other devices such as widefield and light-field microscope where
479 background contaminates more in scattering tissues than noise, DeepSeMi can
480 collaborate with computational background elimination methods [51] to jointly improve
481 imaging quality with backgrounds rejected and SNR increased.

482 The rearrangement of computationally multiplied photon budgets by DeepSeMi
483 can be more diverse. We have shown benefits of shortened exposure which supports a
484 higher frame rate for interrogating fast dynamics (Fig. 2), and reduced frame rate which
485 enables longer recording time for investigating long-term variations (Fig. 3).

486 Furthermore, the temporal resolution of an optical system can be further enhanced
487 without losing spatial resolution through combination with multiplexing techniques [52],
488 and DeepSeMi is readily to mitigate the photodamage due to excessive power dosage.
489 When pushing the frame rate to a limit, a standard device may be capable of imaging
490 ultrafast phenomena like spiking[53] and flagellar locomotion[54] without losing fidelity
491 by using DeepSeMi.

492 Despite basic exploration has been explored in this manuscript, manifold research
493 can further increase the accessibility of DeepSeMi. By combining with advanced model
494 compression and pruning techniques[55], the computation time of DeepSeMi can be
495 further compressed for high-speed data inference. Training DeepSeMi across a large
496 range of conditions with varied noise and transformations over multiple samples forms a
497 general model, and DeepSeMi in specific conditions with better performance can be
498 swiftly distributed from the basic one with fine-tuning[56].

499 In short, we believe DeepSeMi provides a robust solution to overcome the shot-
500 noise limitation in fluorescent microscope. Catalyzed by the computational enhancement
501 of DeepSeMi, various organelles and organisms could be safely recorded over a long term
502 in a high spatiotemporal resolution which brings insights into new physiological
503 discoveries.

504

505 Methods

506 **Network structure.** DeepSeMi consisted of six 3D hybrid blind-spot neural networks
507 (four spatial blind spot networks and two temporal blind spot networks) and one feature
508 fusion network (Supplementary Fig. 2). All six hybrid blind-spot networks had the same
509 U-net-like structure for extracting features from input videos. Each hybrid blind-spot
510 network consisted of 14 three 3D convolution layers. The first two layers were 3D
511 eccentric blind-spot convolutional layers with $3 \times 3 \times 3$ sized kernels (Fig. 1c). The
512 encoding path of DeepSeMi was composed by 3D eccentric blind-spot convolutional
513 layers ($3 \times 3 \times 3$ sized kernels) and MaxPooling layers ($2 \times 2 \times 2$) alternately. Similarly, the
514 decoding path was implemented by 3D eccentric convolutional layers ($3 \times 3 \times 3$ sized
515 kernels) and Upsampling layers ($2 \times 2 \times 2$) alternately. The numbers of input features and
516 output features in each layer were set to 32 to accommodate single-GPU training. The
517 feature fusion network consisted of three 3D convolutional layers with $1 \times 1 \times 1$ kernels.
518 The number of input channels of the feature fusion network was $32 \times 6 = 192$ to match the
519 size of concatenated features of the six branch networks, while the number of output
520 channels of the feature fusion network matches the real image and depends on
521 experiments. The loss function of DeepSeMi was a summation of l_1 norm and l_2 norm,
522 while the learning rate is set to 0.0001.

523 We usually picked up 1000 patches from noisy videos to form the training set, and
524 the size of each patch was $128 \times 128 \times 32$. Good convergence usually could be obtained
525 after 30-50 epochs of training. The entire training process took 10 hours on an NVIDIA
526 3090 Ti graphics card.

527

528 **The concept of eccentric blind-spot convolution and eccentric convolution.** The
529 eccentric blind-spot convolution stemming from traditional convolutions plays a
530 significant role in DeepSeMi. Here we illustrate the concept of eccentric blind-spot

531 convolution through derivations. To simplify the description, all following operations are
532 derived in 2D, while the 3D operations can be easily extended.

533 The traditional discrete convolution (Supplementary Fig. 1a) can be formulated as:

534

$$y_{m,n} = \sum_{i=-h}^h \sum_{j=-h}^h x_{m-i,n-j} \cdot k_{h+i+1,h+j+1}$$

535 where y is the output of the convolution, x is the input image, k is the kernel of
536 convolution with a size of $[2h + 1, 2h + 1]$. Note the information of input pixel $x_{m,n}$ will
537 be transmitted to the output pixel $y_{m,n}$ in the above traditional convolution process when
538 $i = 0$ and $j = 0$, resulting the noise of input pixel $x_{m,n}$ will also be kept at the output
539 pixel $y_{m,n}$. Training a neural network composed of such convolutional layers in noise-
540 only data will generate trivial results with the identified mapping, and only noisy-clean
541 data pairs or sequential noisy acquisitions can fuel that neural network with the deficiency
542 of self-supervision. To give the neural network the ability to self-supervised denoising,
543 we construct an eccentric blind-spot convolution kernel (Supplementary Fig. 1c), which
544 can be formulated as

545

$$y_{m,n} = \sum_{i=-h}^h \sum_{j=-h}^h x_{m-i+h+1,n-j} \cdot k_{h+i+1,h+j+1}$$

546 where the symbols are the same as the above equation. With the proposed eccentric blind-
547 spot convolution, the noisy information of input pixel $x_{m,n}$ will not be conserved in the
548 output pixel $y_{m,n}$, and information of the output pixel $y_{m,n}$ can only be estimated from
549 local pixels around the input pixel $x_{m,n}$.

550 In the next we derive the proposed eccentric convolutional filter and explain why it
551 is important to DeepSeMi. In fact, we found that directly combining the aforementioned
552 eccentric blind-spot convolution kernels with traditional convolutional kernels, the blind-
553 spot properties which are the key to ensure the self-supervision would lose. To illustrate
554 that, we concatenate a 2D eccentric blind-spot convolution and a 2D traditional
555 convolution:

556

$$y_{m,n} = \sum_{i=-h}^h \sum_{j=-h}^h x_{m-i+h+1,n-j} \cdot k_{h-i+1,h-j+1}^1$$

557
$$z_{m,n} = \sum_{i=-h}^h \sum_{j=-h}^h y_{m-i,n-j} \cdot k_{h-i+1,h-j+1}^2$$

558 where x is the input, y is the intermediate variable from the eccentric blind-spot
559 convolutional kernel k^1 and z is the output from the traditional convolutional kernel k^2 .

560 Both kernels are with size $[2h + 1, 2h + 1]$. It can be easily found that when $h > 0$, if

561
$$k_{a,b}^1 = \begin{cases} 1, & a = 1 \text{ and } b = h + 1 \\ 0, & \text{others} \end{cases}$$

562 and

563
$$k_{a,b}^2 = \begin{cases} 1, & a = h \text{ and } b = h + 1 \\ 0, & \text{others} \end{cases}$$

564 the above formula can be simplified to:

565
$$y_{m,n} = x_{m+1,n}$$

566
$$z_{m,n} = y_{m-1,n}$$

567 This is equivalent to:

568
$$z_{m,n} = y_{m-1,n} = x_{m,n}$$

569 In other words, the original noise pixel $x_{m,n}$ is directly mapped into an output pixel
570 $z_{m,n}$ with the same position, indicating the blind-spot properties are dropped. In an
571 extreme condition $h = 0$, such blind-spot properties can be still hold, which explained
572 why we utilized 3D convolutions with kernel size $1 \times 1 \times 1$ in the feature fusion network
573 (FFnet).

574 To circumvent this shortage, we designed another eccentric convolution which can
575 be formulated as

576
$$y_{m,n} = \sum_{i=-h}^h \sum_{j=-h}^h x_{m-i+h,n-j} \cdot k_{h-i+1,h-j+1}^1$$

577 Following the similar derivations as shown above, it can be proved that the blind-spot
578 properties are kept in the combination of fully blind convolutions and eccentric
579 convolutions.

580 Although the introduction of blind-spot convolutional kernels enabled the neural
581 network to learn denoising without excessive data, the receptive field is limited to only
582 one direction for both the kernels and kernels composited networks. We thus established
583 the hybrid blind-spot network as multiple branches to extract features from different

584 directions, and then fuse these features by feature fusion network (FFnet) to achieve the
585 all-direction-received output result.

586

587 **Time to channel operation.** We inserted a time to channel operation [38] at the
588 beginning of the input of the neural network for inputting more temporal information but
589 without obviously increasing the computing time. To achieve that, two times more input
590 frames were input to the network and stacked in the channel dimensions instead of
591 temporal dimensions, which can be quickly squeezed after interacting with the next
592 convolutional kernel. As an example, a video block with a size of $C \times (T+2F) \times H \times W$
593 was desired to be input, we realigned it to a tensor of size $(2FC+C) \times T \times H \times W$ by
594 multiplexing some frames as the real input of the DeepSeMi.

595

596 **Generation of simulated motion datasets.** To fully compare the denoising performance
597 of different algorithms on the video denoising task, we utilized the Moving MNIST
598 dataset as the simulated dataset, which is widely used in the field of computer vision. The
599 images from MNIST handwritten digit database served as the main moving contents in
600 generated videos, while each frame is 256 pixels \times 256 pixels in size. In the beginning,
601 we randomly selected 10 handwritten digits to form the basic content, and generated
602 random motions for each of the digits. Then, the whole video was generated frame by
603 frame through keeping shifting the digits in predefined tracks. In order to keep the
604 handwritten digits within the bounds of the video frame, the handwritten digit bounced at
605 the edges of the video frame. The size of the video we usually generate was
606 256x256x1000.

607

608 **Noise simulation and analysis.** We evaluated the performance of DeepSeMi in both
609 Gaussian noise and Poisson noise. The Gaussian noise was simulated by dataset by the
610 *getExperimentNoise* function derived from BM3D [57] with varied noise scales. The

611 Poisson noise was simulated by the *MPG_model* function derived from DeepCAD [33].
612 We utilized several merits to evaluate the noise scale. Peak signal-to-noise ratio (PSNR)
613 is widely used for measuring the similarity between recovered images and paired ground
614 truth images. The PSNR (in dB) is calculated as:

$$615 \quad PSNR = 10 \cdot \log_{10} \left(\frac{MAX_I^2}{\frac{1}{n_1 n_2} \sum_i^{n_1} \sum_j^{n_2} (I_{i,j} - X_{i,j})^2} \right)$$

616 where X is a $n_1 \times n_2$ recovered image, I is the paired noise-free image. MAX_I is set to
617 65535 for 16-bit unsigned integer images. Another merit, Signal-to-noise ratio (SNR) is
618 also selected to quantify the image quality after denoising. The SNR (in dB) is calculated
619 as:

$$620 \quad SNR = 10 \cdot \log_{10} \left(\frac{\sum_i^{n_1} \sum_j^{n_2} X_{i,j}^2}{\sum_i^{n_1} \sum_j^{n_2} (I_{i,j} - X_{i,j})^2} \right)$$

621

622 **Evaluation of photobleaching.** Photobleaching represents the inability of the fluorescent
623 protein to emit photons after continuous excitation. To evaluate the photobleaching under
624 different power dosage, we averaged all pixel intensities from the acquired image. To
625 eliminate the influence of the sensor background noise even without fluorescence photons
626 input, we calculated the averaged intensity in a sample-free area, and accordingly updated
627 the averaged intensity across the whole image such that it represents net fluorescence
628 photon flux. We then quantified the speed of photobleaching by fitting the photobleaching
629 curve using an exponential function.

630

631 **Training of organelle segmentation network.** As the demand for studying cell biology
632 through microscopic fluorescence imaging increases, it is necessary to utilize automated
633 analysis tools to process massive imaging data in a relatively short time for fertilizing
634 quick experiment iterations. We thereby demonstrated DeepSeMi enhances automated
635 analysis of organelles with high precision and low phototoxicity. We utilized a physics-
636 based machine learning method for organelle segmentation [44]. We simulated both the
637 optical imaging results and segmented ground truth of mitochondria, migrasomes, and

638 retraction fibers based on the morphological characteristics. 1500 paired images were
639 prepared for each organelle. We then built and trained a traditional 2D U-net using the
640 simulated datasets, with the size of the input image of 256x256. It took about 10 minutes
641 on an NVIDIA 3080 Ti graphics card to achieve good convergence results in about 4-10
642 epochs. The learning rate is set to 0.0001.

643 We utilized merits of precision, recall, F1-score, and accuracy for segmentation
644 evaluation of the network:

$$645 \quad precision = \frac{TP}{TP + FP}$$
$$646 \quad recall = \frac{TP}{TP + FN}$$
$$647 \quad F1 - score = \frac{2TP}{2TP + FN + FP}$$
$$648 \quad accuracy = \frac{TP + TN}{TP + TN + FP + FN}$$

649 where TP is true positive, TN is true negative, FP is false positive, and FN is false
650 negative.

651

652 **Mitochondria analysis.** After mitochondria segmentation through the methods in the
653 above section, the connected regions from the segmented binary masks were detected by
654 *bwlabel* function in MATLAB to accomplish the mitochondrial instance segmentation.
655 The mitochondrial area of each connected region was calculated, and the skeletons and
656 key points of mitochondria were picked up through *bwmorph* function in MATLAB.
657 According to the different topological positions, the key points were classified into
658 junctions or end points. We tracked the mitochondria with Imaris (Oxford Instruments)
659 across recording sessions to indicate the movement state of mitochondria.

660

661 **Cell culture and imaging system.** L929 cells and NRK cells were cultured in DMEM
662 (Gibco) medium supplemented with 10% FBS (Biological Industries), 2 mM GlutaMAX
663 and 100 U/ml penicillin-streptomycin in 5% CO₂ at 37°C. The PiggyBac Transposon
664 Vector System was used to generate the stably expressing cell line. For L929 cells,

665 Vigofect was used for cell transfection according to the manufacturer's manual. NRK
666 cells' transfection was via Amaxa nucleofection using solution T and program X-001. 35
667 mm confocal dishes were precoated with fibronectin (10 mg/ml) at 37°C for 1 hour. Cells
668 were cultured in fibronectin-precoated confocal dishes for 4 hours before imaging. AX2
669 axenic strain cells were provided by the Jeffrey G Williams laboratory (Cell and
670 Developmental Biology, College of Life Sciences, University of Dundee, UK). The AX2
671 WT cells and the derived cell line were cultured in HL5 medium (Formedium # HLF2),
672 supplemented with antibiotics, at 22°C. The plasmids pDM323 and pDM451 were
673 provided by the Huaqing Cai laboratory (National Laboratory of Biomacromolecules,
674 Institute of Biophysics, Chinese Academy of Sciences, China). The DNA fragments
675 encoding dajumin and cAR1 were PCR-amplified and cloned into the overexpressing
676 plasmids.

677 *C. elegans* stably overexpressing OSM-3-GFP were provided by the Guangshuo Ou
678 laboratory (School of Life Sciences, Tsinghua University, China). We cultivated *C.*
679 *elegans* on nematode growth medium agar plates seeded with the *Escherichia coli* OP50
680 at 20 °C. For live cell imaging, worms were anesthetized with 1 mg/mL levamisole and
681 mounted on 3% agarose pads at 20 °C.

682 The *Tg(mpeg1.1:PLMT-eGFP-caax)* transgenic zebrafish was provided by Boqi Liu. All
683 adult zebrafish were kept in a water-circulating system at 28.5 °C. Fertilized eggs were
684 raised at 28.5 °C in Holtfreter's solution. The embryos were embedded in 1% low-
685 melting-point agarose for live-cell imaging. The use of all zebrafish adults and embryos
686 was conducted according to the guidelines from the Animal Care and Use Committee of
687 Tsinghua University.

688 All imaging experiments in this research were based on a Nikon A1 confocal
689 microscope (Bioimaging center, School of Life Sciences, Tsinghua University, China).
690 All cellular imaging was conducted by a 100× objective (NA 1.45, oil immersion). A
691 10x objective (10×, NA 0.45, air) was used to capture the global image of *C. elegans* and

692 zebrafish. Two-photon imaging was conducted with a customized two-photon imaging
693 system under a commercial objective (25 \times , NA 1.05, XLPLN25XWMP2, Olympus).

694

695

696

697 **Data availability**

698 All relevant data that support the findings of this study are available from the
699 corresponding authors upon reasonable request.

700

701 **Code availability**

702 Our DeepSeMi can be found at <https://github.com/GuoxunZhang-PhD/DeepSeMi>.

703

704 **Acknowledgments**

705 We would like to acknowledge the assistance of SLSTU-Nikon Biological Imaging
706 Center for the assistance of using Nikon A1 confocal microscopy. We thank the assistance
707 of the Imaging Core Facility, Technology Center for Protein Sciences, Tsinghua
708 University for the assistance of using Imaris for organelle tracking. We thank Hao Zhu
709 for providing us with *C. elegans*. We thank Haifeng Jiao for providing us with several
710 stable cell lines and suggestions. This work was supported by NSFC (No. 62088102,
711 62222508 and 62071272) and MOST(No.2020AA0105500).

712

713 **Author contributions**

714 Q.D., L.Y. and J.W. conceived the DeepSeMi project and revised the manuscript. G.Z.
715 implemented the DeepSeMi pipeline, performed simulations and analyzed the imaging
716 results. X.L. cultivated biological cells, conducted confocal imaging experiments and
717 revised the manuscript. Y.Z. provided constructive suggestions and wrote the manuscript.
718 X.H. and X.L. revised the manuscript. J.Y. provided *Dictyostelium* cells and B.L.
719 provided zebrafish.

720

721 **Competing financial interests**

722 The authors declare no competing financial interests.

723

724

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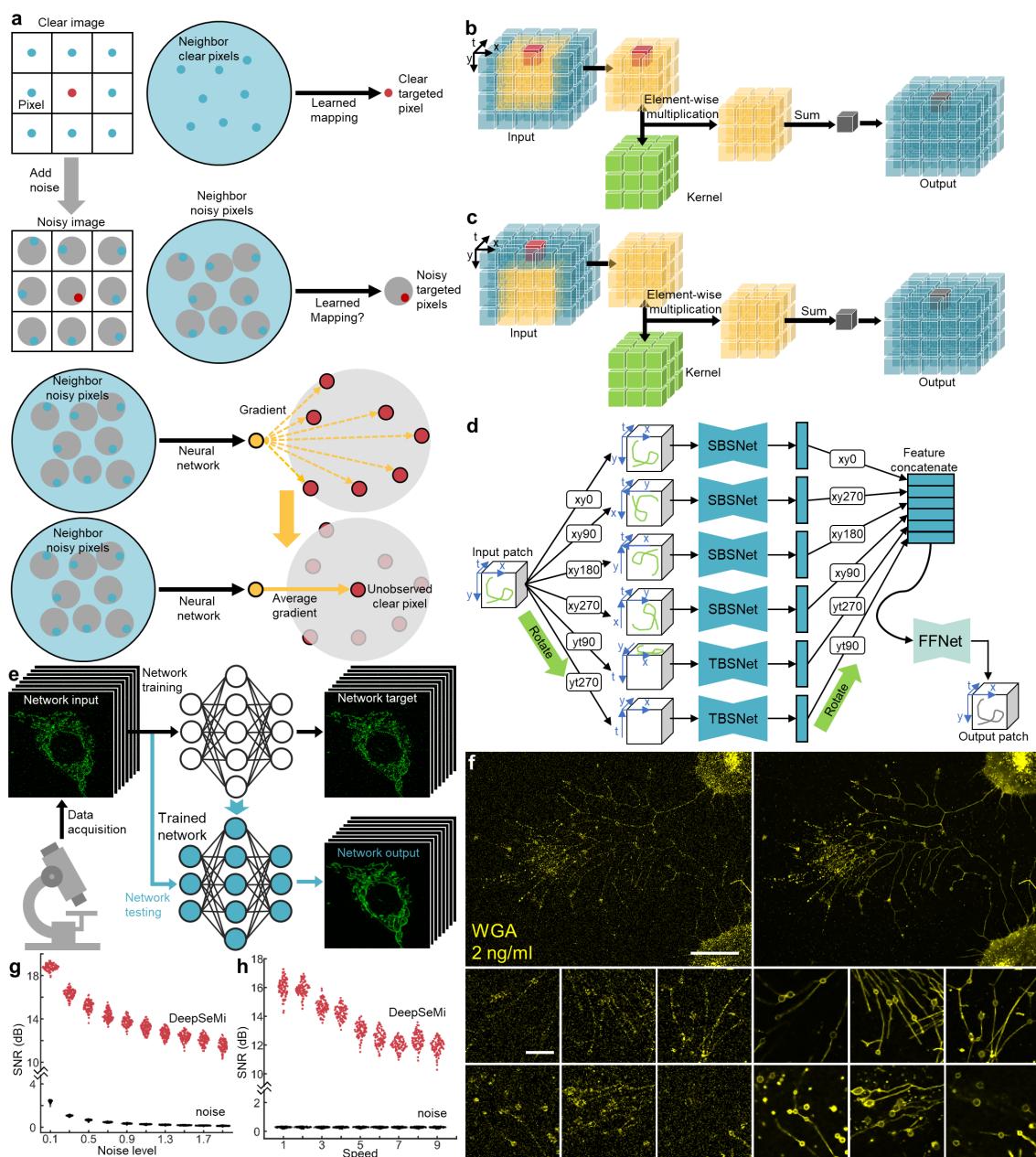
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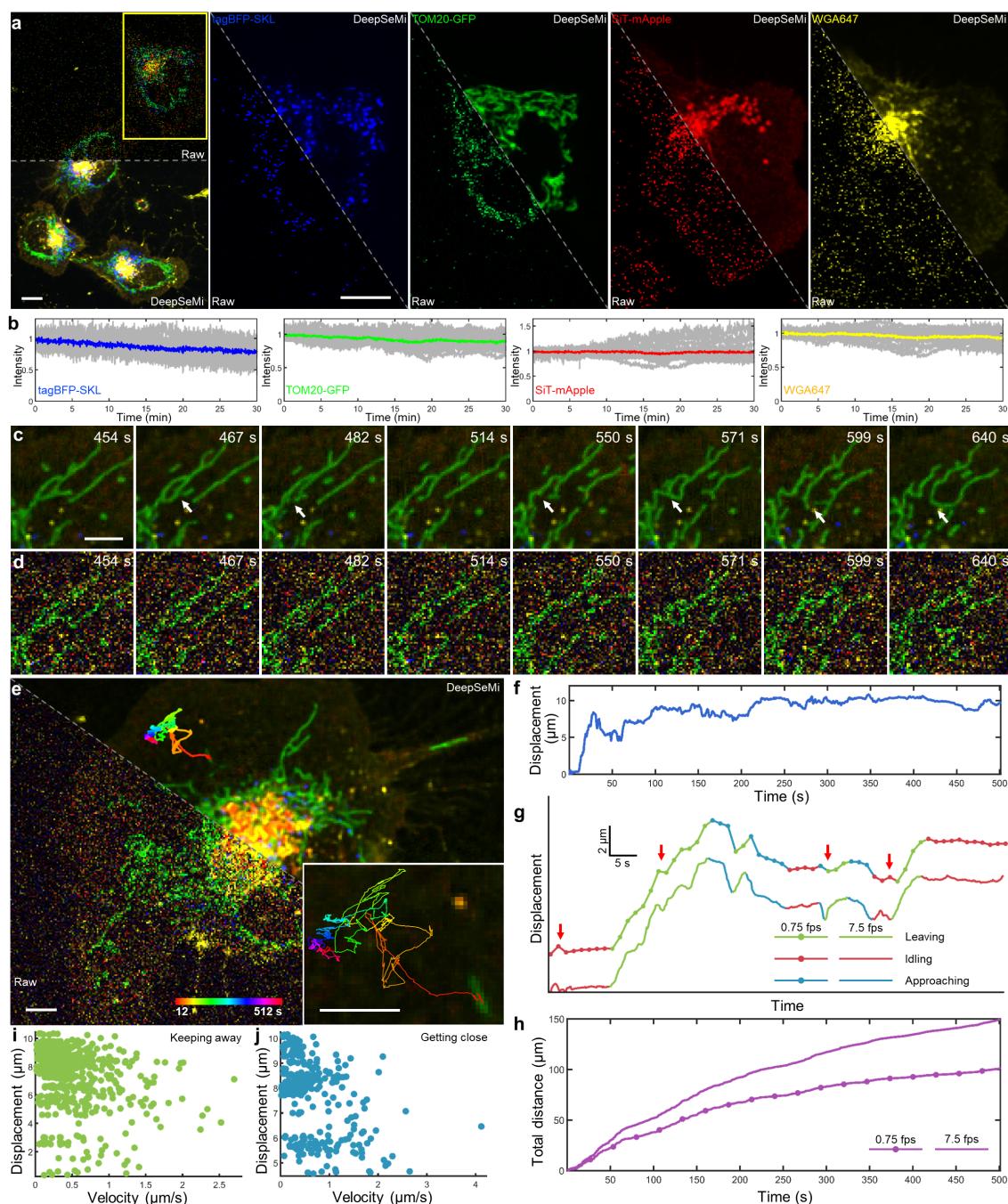
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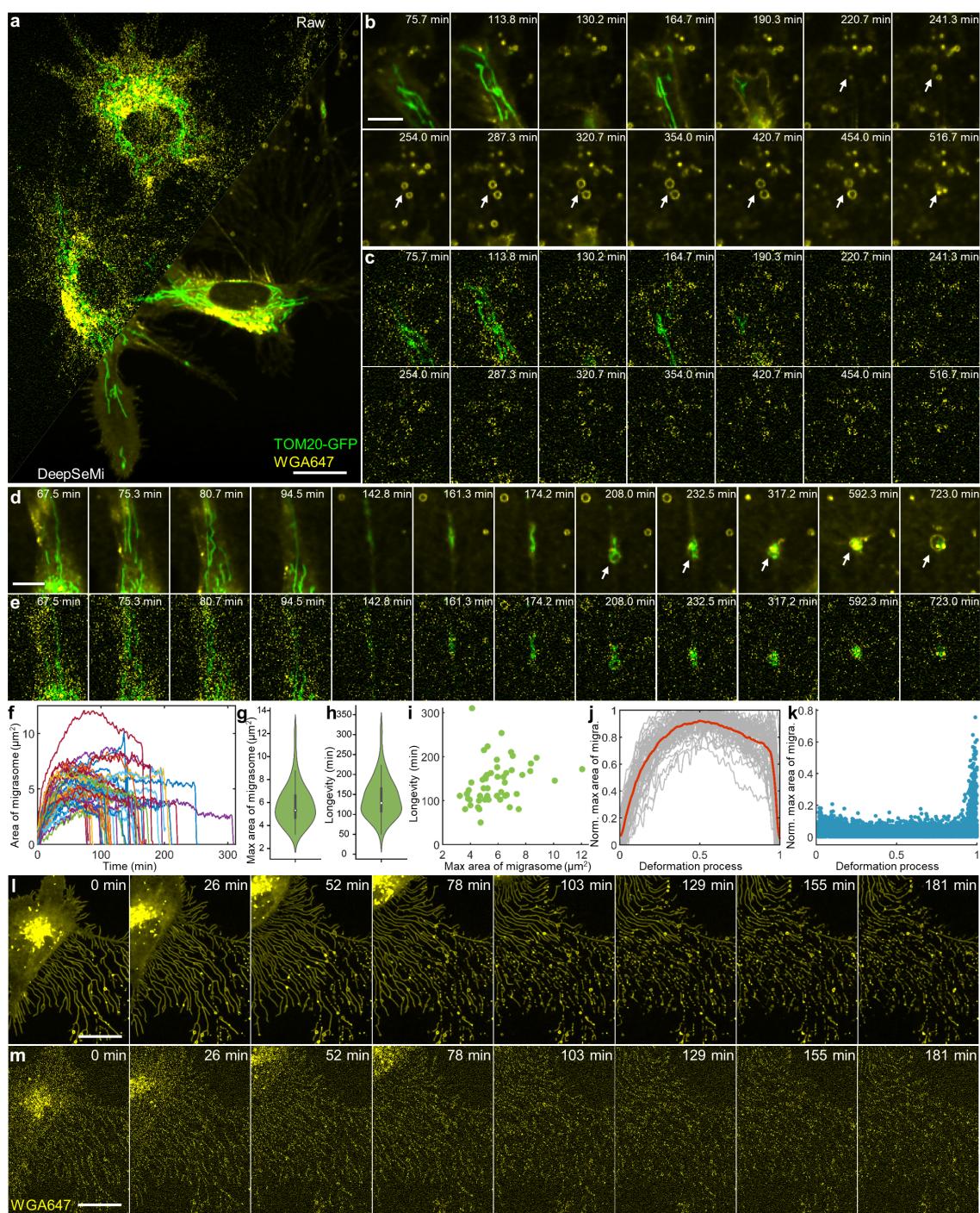
858 **Fig. 1 | DeepSeMi** accomplishes self-supervised video denoising based on the
 859 **statistical characteristics of noise.** **a**, Statistical principle of DeepSeMi. In clean
 860 conditions, a learned mapping from neighbors to a centered pixel can be well established
 861 even excluding the pixel itself since local structure continuity (the first row). It is worth
 862 exploring whether we can establish a learned mapping from neighbor noisy pixels to the
 863 targeted noisy pixel.(the second row). A neural network aimed at establishing the learned
 864 mapping thereby yields averaged fluctuant gradients on the target pixel (the third row).
 865 Fortunately, the zero-mean assumption of noise contaminations ensures that averaged

866 gradients relocate the clean information of the target pixel that is unobserved (the fourth
867 row), which provides the rationale of DeepSeMi. **b**, The schematics of the 3D eccentric
868 convolution. In a 3D (x, y, t) patch (blue), an eccentric neighborhood (yellow)
869 surrounding the target pixel (red) is multiplied with a learnable kernel (green), and the
870 dimension-reduced summation forms an output pixel (grey) in the output patch. Note in
871 eccentric convolution, the eccentric neighborhood still contains the target pixel. **c**, The
872 schematics of the 3D eccentric blind-spot convolution. All symbols are the same as **b**.
873 Note in eccentric blind-spot convolution, the eccentric neighborhood doesn't contain the
874 target pixel, and thereby the output pixel (gray) excludes the information of the target
875 pixel (red). **d**, Structure of the proposed spatiotemporal hybrid 3D blind-spot
876 convolutional neural network. The neural network consists of six sub-networks with the
877 same structure and a final feature fusion network (FFnet). Among six sub-networks, four
878 spatial 3D blind-spot convolutional neural networks (SBSnet, top four) and two temporal
879 3D blind-spot convolutional neural networks (TBSnet, bottom two) share the same
880 parameters, respectively. The input patch is rotated and fed into each sub-network, and
881 the output features accordingly are rotated in order to match each other's size before
882 feature fusion (Methods). **e**, DeepSeMi enables signal-to-noise-ratio (SNR) enhancement
883 with only the experimental data through a single shot. The low-SNR recordings can be
884 used to train the proposed self-supervised neural network *in situ*, which enable the trained
885 network to enhance the low SNR recordings itself. **f**, The raw captures of cells labeled by
886 WGA with a diluted concentration (2 ng/ml, 500 times diluted, left) and corresponding
887 DeepSeMi enhancement (right). Magnified views about migrasomes in 500 times diluted
888 dye concentration are presented at the bottom (left for raw and right for DeepSeMi
889 enhancement). Scale bar in the first row is 30 μ m, and in the second rows is 10 μ m. **g-h**,
890 DeepSeMi denoising performance indicated by the SNR over different noise levels
891 (Supplementary Fig. 3) and content speeds (Supplementary Fig. 4), respectively.



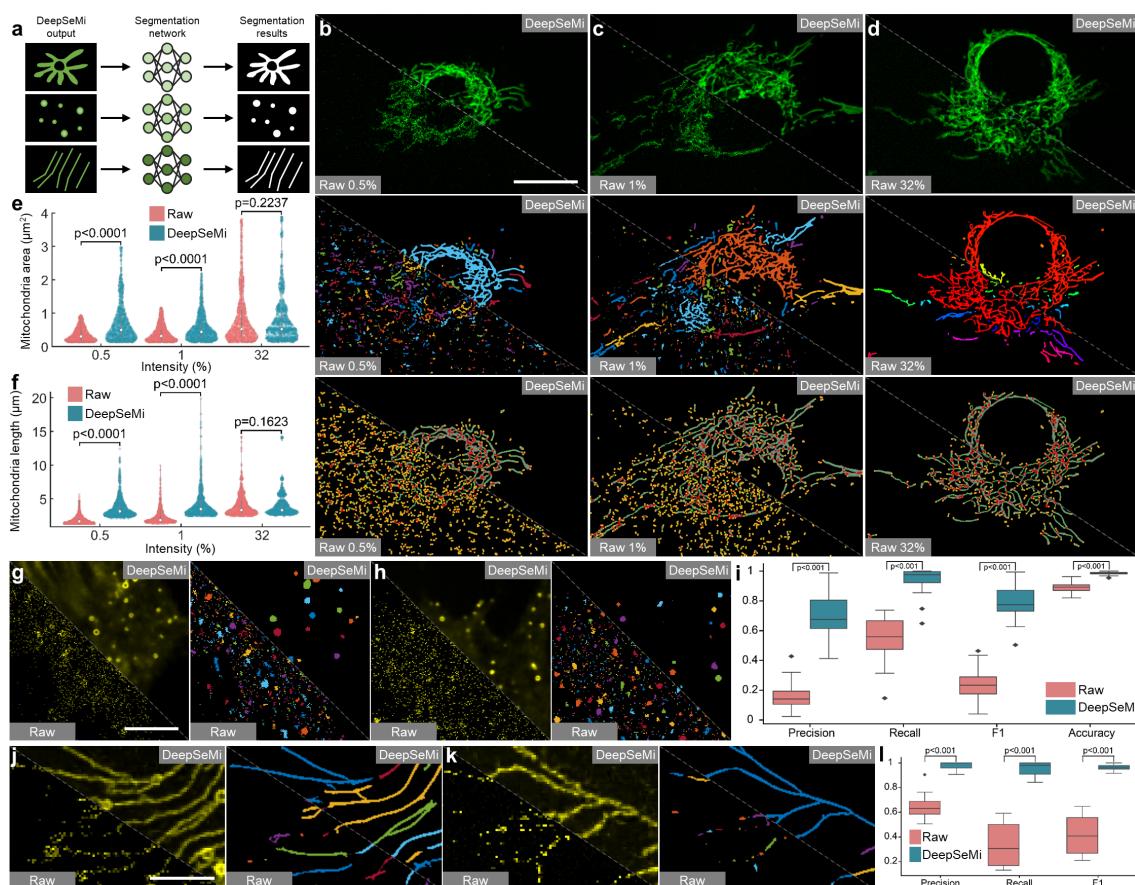
892 **Fig. 2 | Long-term, high-temporal resolution, and low-phototoxicity imaging of**
893 **organelle interactions by DeepSeMi. a**, Left, raw (top) and DeepSeMi-enhanced
894 (bottom) micrographs of an L929 cell expressing fluorescent proteins (TOM20-GFP,
895 TagBFP-SKL, and SiT-mApple) and labeled by WGA647. Right, individual channels of
896 the yellow box marked in the left panel are displayed separately. Scale bar, 10 μm . **b**,
897 Fluorescence intensity fluctuations ($n = 10$) of 4 channels during a 30-minute long
898 imaging session (13,500 frames) at 2% light intensity. Fluorescence intensity curves were

899 normalized to initial values. **c-d**, Raw and DeepSeMi-enhanced time-lapse images that
900 reflect mitochondrial morphological changes during low-light recording. White arrows
901 mark the process of mitochondrial fission and fusion. Scale bar, 5 μ m. **e**, Raw (left) and
902 DeepSeMi-enhanced (right) four-color cellular imaging in low-light conditions, with
903 trajectories of a rod-shaped mitochondria tracked and zoomed in the bottom-right corner.
904 The color-coded time stamps are labeled at the bottom. Scale bar, 5 μ m. **f**, Displacement
905 of the rod-shaped mitochondria plotted as a function of time. **g**, Inferred mitochondria
906 displacements versus time under different imaging frame rates. Different colors represent
907 different relative states of rod-shaped mitochondria to the cell body, where green for
908 leaving, blue for approaching, and red for idling. Red arrows mark differences between
909 displacement inferences of full sampling rate (7.5 Hz) and 10-fold sub-sampling rate
910 (0.75 Hz). **h**, Tracked drifting distances of mitochondria during 500 seconds with full
911 sampling rate (7.5 Hz) and 10-fold sub-sampling rate (0.75 Hz). **i-j**, Distributions of the
912 moving rates and displacements of tracked rod-shaped mitochondria during leaving and
913 approaching states, respectively.



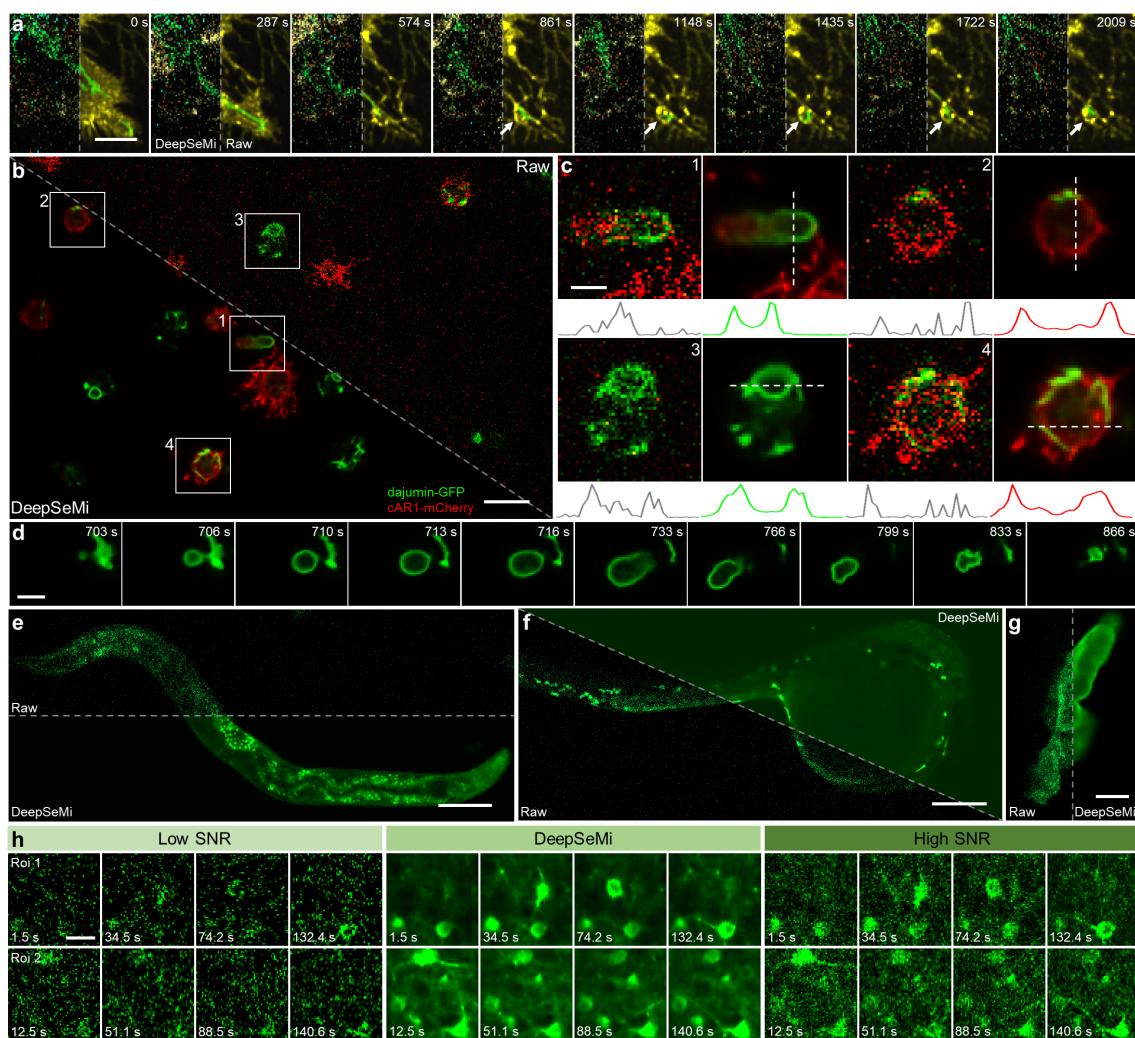
914 **Fig. 3 | DeepSeMi enables half-day-long observations of migrasomes and**
915 **retractosomes with low-phototoxicity. a,** Raw (top left) and DeepSeMi-enhanced
916 (bottom right) micrograph of L929 cells expressing both TOM20-GFP and TSPAN4-
917 mCherry. Scale bar, 20 μ m. **b-c,** Zoom-in panels that visualize extracellular migrasomes
918 generation and displacement by raw and DeepSeMi-enhanced recordings, respectively.
919 The migrasomes marked by white arrows burst at the end of their longevities. Scale bar,

920 10 μm . **d-e**, Zoom-in panels that visualize mitocytosis and displacements by raw and
921 DeepSeMi enhanced recordings, respectively. Scale bar, 10 μm . **f**, The areas of
922 extracellular migrasomes changing along time in DeepSeMi-enhanced videos. Different
923 colors represent different migrasomes ($n = 51$). **g**, Violin plot of the maximum area of
924 extracellular migrasomes in DeepSeMi-enhanced videos. White circle: median. Thin
925 vertical lines: upper and lower proximal values. Violin-shaped area: kernel density
926 estimates of data distribution. $n = 51$ data points. **h**, Violin plot of the longevity of
927 extracellular migrasomes in DeepSeMi-enhanced videos. Symbols are the same as in **g**.
928 $n = 51$ data points. **i**, Scatter plot of longevity and maximum area of extracellular
929 migrasomes in DeepSeMi-enhanced videos. $n = 51$ data points. **j**, Statistics of the
930 normalized migrasome area changing across the migrasomes life span. Gray curves
931 represent the trend of each migrasome ($n = 51$), and the red curve represents the average.
932 **k**, Histogram of the area changing rate of migrasomes across $n = 51$ migrasomes. **l-m**,
933 Generation of retractosomes in regions through which cells have migrated over. A global
934 view where the first row represents images enhanced by DeepSeMi and the second row
935 represents the raw images. Scale bar, 20 μm .



936 **Fig. 4 | DeepSeMi facilitates accurate automated analysis of cellular structures with**
937 **low light dosage. a**, Schematic diagram illustrating the segmentation of mitochondria,
938 migrasomes, and retraction fibers through three neural networks (Methods). **b-d**,
939 Differences of mitochondrial analysis based on raw images (bottom left) and DeepSeMi-
940 enhanced (top right) images decreased as power dosage increased. The first row
941 represents the raw captures (bottom left) and the DeepSeMi-enhanced fluorescence
942 images (top right). The second row represents the instance segmentation of the raw
943 captures (bottom left) and the enhanced images (top right). The third row represents the
944 skeletonization of the raw captured mitochondria (bottom left) and the enhanced
945 mitochondria (top right). Scale bar, 20 μm . **e**, Statistics of mitochondria area based on the
946 instance segmentation before (red) and after DeepSeMi enhancement (blue). White circle:
947 median. Thin vertical lines: upper and lower proximal values. Violin-shaped area: kernel
948 density estimates of data distribution. **f**, Statistics of branch length of mitochondria based
949 on the skeletonization before (red) and after DeepSeMi enhancement (blue). Symbols as

950 in **e. g-h**, Instance segmentation of migrasomes before (bottom left) and after DeepSeMi
951 enhancement (top right). Scale bar, 20 μm . **i**, Segmentation precision, recall, F1, accuracy
952 scores of the migrasomes before (red) and after DeepSeMi enhancement (blue). Ground
953 truth data is manually annotated (Methods). $n = 32$ images. **j-k**, Instance segmentation of
954 retraction fibers before (bottom left) and after DeepSeMi enhancement (top right). Scale
955 bar, 10 μm . **l**, Segmentation precision, recall, F1 scores of the retraction fibers before
956 (red) and after DeepSeMi enhancement (blue). Ground truth data is manually annotated
957 (Methods). $n = 12$ images.



958 **Fig. 5 | DeepSeMi seamlessly improves SNRs over various species.** **a**, Generation of a
959 migrasome from the L929 cell with four organelles labeled colorfully (TOM20–GFP,
960 WGA647, TagBFP–SKL, and SiT-mApple, Supplementary Fig. 20) after treatment with
961 Latrunculin-A (lat-A) (0.5 μ g/ml. Methods). For each panel, the right part represents
962 DeepSeMi-enhanced results and the left panel represents the raw image. Scale bar, 10
963 μ m. **b**, Raw (top right) and DeepSeMi-enhanced (bottom left) long-term high-speed
964 imaging of photo-sensitive *Dictyostelium* cells. Scale bar, 10 μ m. **c**, Zoom-in panels of
965 the white boxes marked in **b** represent contractile vacuoles and membranes. Intensity
966 profiles along the white dash lines were plotted at the bottom. Scale bar, 3 μ m. **d**, Time-
967 lapse imaging of expansion and contraction of the contractile vacuole enhanced by
968 DeepSeMi. Scale bar, 4 μ m. **e**, *In vivo* imaging of *C. elegans* in a millimeter-scale field-

969 of-view by raw (top) and DeepSeMi-enhanced (bottom) captures, respectively. Scale bar,
970 100 μm . **f**, *In vivo* imaging of zebrafish larvae in a millimeter-scale field-of-view by raw
971 (top right) and DeepSeMi-enhanced (bottom left) captures, respectively. Scale bar, 200
972 μm . **g**, Observation of macrophage in zebrafish larvae *in vivo* by raw (left) and
973 DeepSeMi-enhanced (right) images, respectively. Scale bar, 5 μm . **h**, Low-SNR image
974 (left), DeepSeMi-restored image (middle), and high-SNR reference image recorded by
975 10-fold higher photon flux as references (right). Low-SNR and high-SNR images were
976 recorded through a hybrid multi-SNR two-photon system for validation [33]. 8 time
977 points were displayed for each modality. Scale bar, 20 μm .