



ISSN 2095-7130

CN 10-1207/R

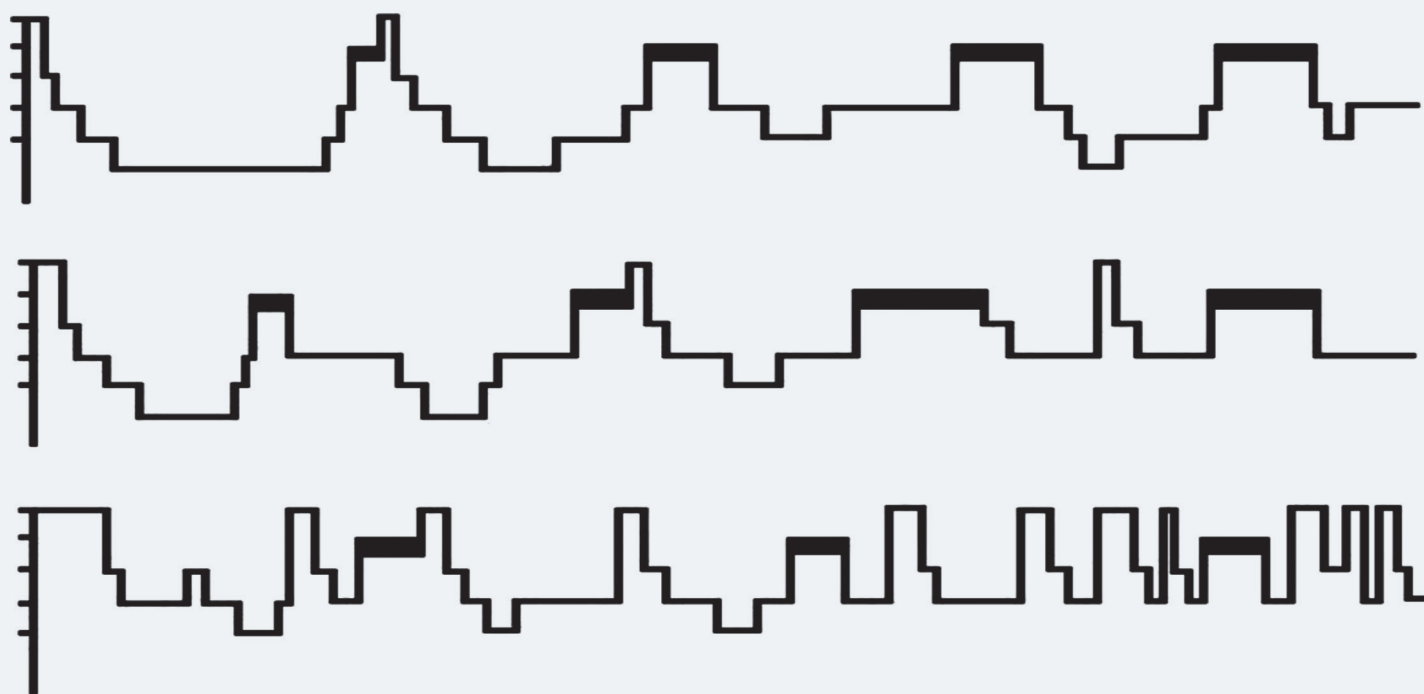
WORLD JOURNAL OF SLEEP MEDICINE

# 世界睡眠医学杂志

SHIJIE SHUIMIAN YIXUE ZAZHI

2018年7月 第5卷 第7期

Vol.5 No.7 July 2018



ISSN 2095-7130



主管 国家中医药管理局

STATE ADMINISTRATION OF TRADITIONAL CHINESE MEDICINE

主办 世界中医药学会联合会

WORLD FEDERATION OF CHINESE MEDICINE SOCIETIES

# 7

# 2018

# 世界睡眠医学杂志

SHIJIE SHUIMIAN YIXUE ZAZHI

月刊 2014年2月创刊 第5卷 第7期 2018年7月28日出版

主管 中华人民共和国国家中医药管理局

主办 世界中医药学会联合会  
(100101,北京市朝阳区小营路19号)

编辑 《世界睡眠医学杂志》编辑部  
(100101,北京市朝阳区小营路19号)

电话:(010)58650023

传真:(010)58650236

E-mail:sjsmyxbjb@126.com

sjsmyx@vip.126.com

网址:www.sjsmyxzz.com

编辑委员会主任 李振吉 刘保廷

编辑委员会常务副主任 刘艳骄

主编 汪卫东

社长 魏金明

常务副主编兼编辑部主任 刘艳骄

本期责任编辑 张锦花

英文编辑 闫雪

出版

《世界中医药》杂志社

(100101,北京市朝阳区小营路19号)

电话:(010)58650023

传真:(010)58650236

网址:www.sjzyzz.com

印刷

北京朝阳印刷厂有限责任公司

国内发行 北京报刊发行局

邮发代号 80-920

国外发行 中国国际图书贸易总公司

(100044,北京399信箱)

邮发代号 BM9098

订购 全国各地邮局

广告经营许可证

京朝工商广字第8057号

定价 国内每期20元 全年240元

国外每期20美元 全年240美元

中国标准连续出版物号

ISSN 2095-7130

CN 10-1207/R

2018年版权归世界中医药学会联合会所有

未经授权,不得转载、摘编本刊文章,不得使用本刊版式设计,除非特别声明。本刊刊出的所有文章不代表世界中医药学会联合会和本刊编辑委员会的观点。

万方数据

## 目次

### 专家论坛

睡眠中药学的概念及研究内容

..... 刘艳骄 (749)

### 睡眠中药学

吉林中药有关睡眠药物的文献辑述

..... 许丹 (753)

### 睡眠生物医学工程学

睡眠监测数据管理平台的搭建及临床应用

..... 刘海琴 朱小贝 施叶雯 等 (758)

### 临床睡眠医学

阻塞性睡眠呼吸暂停低通气综合征患者炎症反应因子水平检测及分析

..... 孙巧兰 (762)

微创经皮肾镜取石术治疗肾结石前后睡眠质量比较及预后分析

..... 何汀 周正东 柏金明 等 (765)

艾司西酞普兰联合米氮平治疗老年抑郁症伴失眠的临床疗效观察

..... 徐春梅 (768)

慢阻肺失眠患者血清应激激素与氧化应激表达的变化观察

..... 刘元元 何清 王笑 (772)

劳拉西泮和奥沙西洋对失眠患者疗效的观察

..... 王艳 郝俊 李军涛 等 (775)

黛力新辅助治疗胃食管反流病的临床效果及对睡眠的影响

..... 黄乔 (778)

焦虑与睡眠质量对慢性肺源性心脏病患者心功能的影响

..... 黄建龙 陈冬冬 颜文美 等 (782)

### 老年睡眠医学

分阶段护理在改善老年呼吸科住院患者睡眠质量中的效果研究

..... 卢静 宋彦 (785)

应用物理干预方法预防老年卧床患者下肢静脉血栓的护理效果观察及对患者睡眠的改善

..... 颜环菊 (789)

### 女性睡眠障碍

运动干预对乳腺癌化疗患者癌因性疲乏和睡眠质量的影响

..... 刘佳丽 (792)

乳腺癌患者术后睡眠障碍的影响因素及护理对策

..... 张驰宇 (795)

### 儿童睡眠医学

睡眠呼吸障碍儿童扁桃体及腺样体组织细菌学探究

..... 刘宁 张艳丽 (798)

### 中医睡眠医学

中医治疗发作性睡病临床现状

..... 敖与天 孙敬青 (801)

“开四合”针法治疗失眠的临床疗效观察	倪虹剑	(805)
<b>睡眠心理学</b>		
本土化压力管理与心身增弹训练(SMART-C)对提升教师心理弹性与睡眠质量的作用研究	王芳 冯帆 John W. Denniger 等	(808)
正念减压疗法对失眠患者焦虑抑郁的影响分析	李丽霞 崔美丹	(813)
心理护理联合疼痛护理改善子宫肌瘤患者围手术期睡眠质量的效果观察	章萍 葛宜群	(816)
<b>护理睡眠医学</b>		
重症监护室患者的睡眠障碍与有效护理方式探究	文倩佳	(819)
早期康复护理干预对急性脑梗死患者肢体功能障碍及睡眠的临床疗效研究	王常畅	(822)
护理干预对高血压脑出血患者功能障碍、睡眠状态及生命质量的影响	魏颖	(825)
康复护理对脑梗死患者睡眠状态的影响研究	席红 侯丹丹	(828)
分级护理在脑梗死合并睡眠状态异常患者中的应用观察	侯丹丹 席红	(831)
睡眠护理干预对改善脑卒中患者睡眠颠倒及促进康复的效果	张玉姣	(834)
QCC 护理模式对术前患者治疗效能感及提升睡眠质量的效果研究	闫怡君 魏文亮 张亚聪	(837)
舒适护理对腹部手术患者术后机体不适感与睡眠状态的影响	王钧芹	(840)
<b>睡眠呼吸病学</b>		
茶碱对慢性心力衰竭合并睡眠呼吸障碍患者睡眠状态的影响观察	席紫明	(843)
青少年肥胖人群发生阻塞性睡眠呼吸暂停低通气综合征的相关代谢高危因素	杨傲	(846)
<b>睡眠健康管理</b>		
分析原发性青光眼患者睡眠障碍的原因及健康教育对睡眠质量的影响	林水龙	(849)
<b>睡眠精神病学</b>		
米氮平与米安色林治疗老年抑郁症和失眠症状的影响	李钢 孙涛 张洪梅 等	(852)
<b>睡眠与睡眠障碍的神经影像学</b>		
舒适护理在精神分裂症患者多层螺旋 CT 检查中的应用分析	张秀燕	(855)
<b>睡眠食物</b>		
小儿癫痫发作与睡眠和饮食的相关性研究	冯瑞华	(858)
<b>综 述</b>		
慢性气道疾病合并失眠症诊治研究进展	张秀娟 李庆云	(861)
睡眠剥夺致相关功能障碍的研究进展	冯忠胜 汤永红	(866)
<b>编者·作者·读者</b>		
信息		(871、封二、封三)

# World Journal of Sleep Medicine

Bimonthly Established in February 2014 Volume 5, Number 7 July 28, 2018

## Responsible Institutio

State Administration of Traditional Chinese  
Medicine of the People's Republic of China

## Sponsor

World Federation of Chinese Medicine Societies  
(NO. 19, XiaoYing Street, Chaoyang District,  
Beijing 100101, China)

## Editing

Editorial Board of World Journal of  
Sleep Medicine  
(NO. 19, XiaoYing Street, Chaoyang District,  
Beijing 100101, China)  
Tel: (010)58650023  
Fax: (010)58650236  
http://www.sjsmyz.com

## Chairman

Li Zhenji (李振吉)

## Executive vice chairman

Liu Baoyan (刘保延)

## Editor-in-Chief

Wang Weidong (汪卫东)

## Director

Wei Jinming (魏金明)

## The standing deputy editor

Liu Yanjiao (刘艳娇)

## Director of Editorial Department

Liu Yanjiao (刘艳娇)

## Editor in charge

Zhang Jinhua (张锦花)

## Editor in English

Yan Xue (闫雪)

## Publishing

Institute of Information on Traditional  
Press of Journal of World Chinese Medicine  
(No19, XiaoYing Street, Chaoyang District,  
Beijing 100101, China)  
Tel: (010)58650023  
Fax: (010)58650236  
Http://www.sjzyz.com

## Printing

Beijing Chaoyang Printing Co., Ltd

## Overseas Distributor

China International Book  
Trading Corporation  
P. O. Box 399, Beijing, China  
Code No. BM9098

## Mail-Order

Editorial Board of World Journal of  
Sleep Medicine  
(No. 406, GuangYi Building A, GuangYi Street No.5  
XiCheng District, Beijing 100053, China)  
Tel: (010)83114725; (010)83116992

## CSSN

ISSN 2095-7130  
CN 10-1207/R

All articles published represent the opinions of the authors, do not reflect the official policy of the World Federation of Chinese Medicine Societies or the Editorial Board, unless this is clearly specified. 万方数据

## CONTENTS IN BRIEF

### Expert Forum

Concept and Research Contents of Sleep Chinese Materia Medica  
..... Liu Yanjiao (749)

### Traditional Sleep Medicine

Literature Compilation of Sleep Medicine in JiLin Province  
..... Xu Dan (753)

### Sleep Biomedical Engineering

Construction and Clinical Application of Sleep Monitoring Data  
Management Platform  
..... Liu Haiqin, Zhu Xiaobei, Shi Yewen, et al (758)

### Clinical Sleep Medicine

Detection and Analysis of Inflammatory Factors in Patients with  
Obstructive Sleep Apnea Hypopnea Syndrome  
..... Sun Qiaolan (762)

Clinical Effect and Prognosis of Minimally Invasive Percutaneous  
Nephrolithotomy for Renal Calculi  
..... He Ting, Zhou Zhengdong, Bai Jinming, et al (765)

Investigation of Clinical Curative Effect of Escitalopram Combined with  
Mirtazapine for the Treatment of Elderly Depression with Insomnia  
..... Xu Chunmei (768)

Observation on the Expression Change of Serum Stress Hormones and  
Oxidative Stress of Patients with Chronic Obstructive Pulmonary  
Disease Complicated with Insomnia  
..... Liu Yuanyuan, He Qing, Wang Xiao (772)

Analysis of the Efficacy of Lorazepam and Oxazepam in Patients with  
Insomnia  
..... Wang Yan, Hao Jun, Li Juntao, et al (775)

Clinical Effect of Deanxit in the Treatment of Gastroesophageal Reflux  
Disease and its Effect on Sleep  
..... Huang Qiao (778)

Effects of Anxiety and Sleep Quality on Cardiac Function in Patients with  
Chronic Pulmonary Heart Disease  
..... Huang Jianlong, Chen Dongdong, Yan Wenmei, et al (782)

### Geriatric Sleep Medicine

Research About Staged Nursing on Improving Sleep Quality of Patients  
with Senile Respiratory Diseases  
..... Lu Jing, Song Yan (785)

Nursing Effect of Physical Intervention in the Prevention of Venous  
Thrombosis of Lower Extremity in Elderly Patients with Bed Rest  
and the Improvement of Sleep in Patients  
..... Yan Huanju (789)

### Female Sleep Disorders

Effect of Exercise Intervention on Cancer-induced Fatigue and Sleep  
Quality in Patients with Breast Cancer after Chemotherapy  
..... Liu Jiali (792)

Influencing Factors and Nursing Strategies of Postoperative Sleep Disorder  
in Patients with Breast Cancer  
..... Zhang Chiyu (795)

## **Pediatric Sleep Medicine**

Bacteriological Study of Tonsils and Adenoids in Children with Sleep Disordered Breathing ..... *Liu Ning,Zhang Yanli*(798)

## **Sleep Medicine in TCM**

Clinical Status of TCM in the Treatment of Narcolepsy ..... *Ao Yutian,Sun Jingqing*(801)

Clinical Observation on Treatment of Insomnia with “Kaisihe” Acupuncture ..... *Ni Hongjian*(805)

## **Sleep Psychology**

Study on Effect of Localization Stress Management and Resiliency Training Program(SMART-C) on Mind Resilience and Sleep Quality of Teachers ..... *Wang Fang,Feng Fan,John W. Denninger,et al*(808)

Effect of Mindfulness and Decompression Therapy on Anxiety and Depression in Insomnia Patients ..... *Li Lixia,Cui Meidan*(813)

Effect of Psychological Nursing Combined with Pain Nursing on Improving Sleep Quality of Patients With Uterine Fibroids During Perioperative Period ..... *Zhang Ping,Ge Yiqun*(816)

## **Sleep Nursing**

Study on Sleep Disorders and Effective Nursing Methods in ICU Patients ..... *Wen Qianjia*(819)

Clinical Study of Early Rehabilitation Nursing Intervention on Limb Dysfunction and Sleep Status in Patients with Acute Cerebral Infarction ..... *Wang Changchang*(822)

The Effect of Nursing Intervention to Patients Diagnosed as Hypertensive Cerebral Hemorrhage in the Aspect of Dysfunction、the State of Sleep and the Quality of Life ..... *Wei Ying*(825)

Observe the Effect of Rehabilitation Nursing to Patients Diagnosed as Cerebral Infarction Through Sleep State ..... *Xi Hong,Hou Dandan*(828)

Application of Graded Nursing in Patients with Cerebral Infarction Complicated with Sleep Abnormality ..... *Hou Dandan, Xi Hong*(831)

Effect of Sleep Nursing Intervention on Improving Sleep Disorder and Promoting Rehabilitation in Patients with Stroke ..... *Zhang Yujiao*(834)

The Effect of QCC Nursing Intervention to Pre-operation Patients on the Efficacy of Treatment and Improve the Quality of Sleep ..... *Yan Yijun,Wei Wenliang,Zhang Yacong*(837)

Effect of Comfortable Nursing Care on Postoperative Discomfort and Sleep Status of Patients Undergoing Abdominal Surgery ..... *Wang Junqin*(840)

## **Sleep Apnea**

Observation on the Influence of Theophylline for the Sleep State of Patients with Chronic Heart Failure Complicated with Sleep-Disordered Breathing ..... *Xi Ziming*(843)

Metabolic Risk Factors of Obstructive Sleep Apnea Hypopnea Syndrome in Adolescents with Obesity ..... *Yang Ao*(846)

## **Sleep Health Management**

Analysis of the Causes about Sleep Disorders in Patients with Primary Glaucoma and the Effect of Health Education on Sleep Quality ..... *Lin Shuilong*(849)

## **Sleep Psychopathy**

Effect of Miazepine and Mianserin in the Treatment of Senile Depression and Influence on Insomnia of Patients ..... *Li Gang,Sun Tao,Zhang Hongmei,et al*(852)

## **Sleep and Sleep Disorder Neuroimaging**

Analysis of Application of Comfortable Nursing In Multislice Ct Examination of Patients with Schizophrenia ..... *Zhang Xiuyan*(855)

## **Sleep Food**

Correlation Between Epilepsy and Sleep and Diet in Children ..... *Feng Ruihua*(858)

## **Review**

Research Advance in Diagnosis and Treatment of Chronic Airway Disease Combined with Insomnia ..... *Zhang Xiujuan,Li Qingyun*(861)

Research Progress and Prospect of Sleep Deprivation Related Functional Impairment ..... *Feng Zhongsheng,Tang Yonghong*(866)