

世界睡眠医学杂志

SHIJIE SHUIMIAN YIXUE ZAZHI

月刊 2014 年 2 月创刊 第 6 卷 第 1 期 2019 年 1 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 刘保延

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 杜辉

英文编辑 王芳

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.sjzyyzz.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

2019 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

卷首语

传承,开拓,创新,求真,务实 刘艳骄 (1)

临床睡眠医学

常见慢性疾病中的睡眠问题 刘艳骄 (2)

睡眠远程诊断模式在睡眠疾病诊治中的应用 许旺 黄晓波 (6)

发作性睡病 18 例临床特征分析及文献复习 李倩 王金凤 谢宇平 (8)

CPAP 对 2 型糖尿病合并 OSAHS 患者的临床疗效观察 李洪梅 韩旸 王凯亮 (11)

米氮平在治疗抑郁障碍中对患者睡眠改善观察 王艳 郝俊 李军涛 等 (14)

小重量持续牵引缓解神经根型颈椎病夜间疼痛导致睡眠障碍的效果研究 崔建国 (17)

黛力新联合薄芝糖肽治疗顽固性失眠患者的效果观察 宋柳全 钟秋凤 梁炳松 等 (19)

杞菊地黄丸联合氯沙坦钾片治疗更年期失眠伴高血压的临床分析 范明生 黎榕 (22)

血液透析患者行加巴喷丁治疗皮肤瘙痒及改善睡眠质量的分析 马风双 (24)

快速康复外科理念对腹部手术患者术后恢复及睡眠质量的影响 金咏梅 (26)

醒脑静联合盐酸纳洛酮治疗脑出血后昏迷患者的临床效果及睡眠质量评价分析 齐宏光 (28)

鼾症手术患者术后睡眠质量及免疫状态的影响观察 张丽 孙芳双 (30)

中医睡眠医学

加味酸枣仁汤治疗安眠药依赖性失眠症的临床疗效分析 付桂玲 刘颖 于翔 等 (33)

五脏皆令人不寐 李非洲 (37)

自拟“清胃宁心汤”治疗胃热扰心型失眠 60 例 李明懋 (39)

中医五行音乐疗法对精神疾病和失眠的研究 王思涵 尚德阳 (41)

以脾胃为枢纽结合五脏治疗失眠案例分析 王涣群 卞炜 (43)

中医针灸对失眠症患者的疗效观察及对睡眠质量的影响 刘芹芹 (45)

中医保守治疗肺癌患者应用中医护理模式对其睡眠质量以及生命质量的改善分析 任红英 (47)

中药当归补血汤合生化汤加减治疗 1 例产褥热睡眠障碍的临床观察 王开兴 侯效峰 王成龙 等 (49)

化痰解郁安神汤联合中医情志疗法治疗失眠伴抑郁症的临床疗效评价 郭翠莲 (52)

老年睡眠医学

- 右美托咪定对睡眠障碍老年脊柱手术患者术后睡眠质量的影响研究 杜凤英 何高鹰 陈晓燕 等 (55)
甜梦胶囊治疗老年性失眠的疗效观察 宫焕凤 (58)

女性睡眠医学

- 曲唑酮对伴有焦虑抑郁妇科恶性肿瘤患者睡眠障碍的疗效研究 牟春红 (61)
坤泰胶囊治疗女性更年期失眠且伴有焦虑及抑郁的临床分析 李军振 (63)

儿童睡眠医学

- 腺样体肥大儿童的一般情况分析 刘瑞 孙书臣 (65)
磷酸肌酸钠治疗小儿肺炎合并心力衰竭的研究以及对患儿睡眠的影响 李延强 (68)
奥氮平与喹硫平对小儿精神障碍患者不良反应及睡眠质量的影响 张磊 (70)

护理睡眠医学

- 诱导睡眠的护理干预对减轻癌症患者大剂量顺铂化疗致呕吐的效果分析 杨欣欣 王佳美 侯丽媛 (73)
患者术后睡眠障碍及护理干预效果 田海燕 (76)
综合护理方式对 ICU 患者睡眠障碍的疗效分析 黄宝玲 (79)
护理干预对产妇产后出血及睡眠质量的影响 黄碧芳 (81)
睡眠护理干预在原发性肝癌术后睡眠障碍患者中的应用效果分析 黄幼卿 (83)
集束化护理干预对 ICU 睡眠障碍患者的临床观察 江金梅 (86)
康复护理对脑卒中后睡眠障碍的改善作用 王秀梅 (88)
辨证护理结合耳穴贴压治疗中风恢复期心脾两虚型失眠的效果评价 罗美凤 (90)
重症监护室患者睡眠障碍的集束化护理策略研究 吴小娥 (92)
综合护理对突发性耳聋合并耳鸣患者心理情绪和睡眠质量的作用评价 李艳霞 (94)

睡眠呼吸病学

- 睡眠呼吸暂停程度与高血压分级相关性分析 马焱 何红 (96)
探讨鼻腔扩容术对慢性鼻-鼻窦炎伴睡眠呼吸暂停低通气综合征成年患者睡眠质量的影响 吴志圣 吴首乌 林金超 等 (99)
阻塞性睡眠呼吸暂停低通气综合征患儿肺功能的变化观察 徐丽梅 (102)
睡眠综合征护理干预对哮喘住院患者睡眠质量的影响分析 施荣泽 (105)
优质护理在睡眠呼吸暂停低通气综合征患者中的应用价值 彭静惠 (108)
鼻部因素对阻塞性睡眠呼吸暂停低通气综合征的影响 熊松 (110)

睡眠心理学

- 心理护理干预改善焦虑症患者睡眠质量的效果观察 李杨 (112)
表达性艺术治疗联合米那普仑对抑郁症患者负性情绪及睡眠质量的影响 高丽红 路光辉 (115)

临床个案报告

- 赵杰教授治疗广泛性焦虑探析 刘俊桦 杨斌 赵杰 (117)

编者·作者·读者

- 《世界睡眠医学杂志》稿约 (123)
信息 (119、120、122, 封二、封三)

World Journal of Sleep Medicine

Bimonthly Established in February 2014 Volume 6 , Number 1 January 28 , 2019

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. sjsmyxzz. 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(刘艳骄)

Director of Editorial Department

Liu Yanjiao(刘艳骄)

Editor in charge

Du Hui(杜辉)

Editor in English

Wang Fang(王芳)

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. sjzyzz. com](http://www. sjzyzz. 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

Foreword

Inheriting, Opening, Creating, Seeking Truth and Pragmatism Liu Yanjiao(1)

Clinical Sleep Medicine

Sleep Problems Happened in Common Chronic Illnesses Liu Yanjiao(2)

Using of Distant Diagnosis Model in Sleep Disorders Xu Wang , Huang Xiaobo(6)

Sleep Nnset Disease in 18 Patients with Clinical CharacteristicsAnalysis
and Literature Review Li Qian , Wang Jinfeng , Xie Yuping(8)

The Observation of Clinical Efficacy of the Patient with Type 2 Diabetes
and OSAHS after CPAP Treatment Li Hongmei , Han Yang , Wang Kailiang(11)

Observation on the Improvement of Sleep in Patients with Mirtazapine
in the Treatment of Depressive Disorder Wang Yan , Hao Jun , Li Juntao , et al(14)

Effect of Small weight Continuous Traction on Nocturnal Pain Induced
by Cervical Spondylopathy of Nerve Root Type Cui Jianguo(17)

Comparison Analysis on the Deanxit Combined with Bozhi Glycopeptide
in the Treatment of Outpatients with Intractable Insomnia Song Liuquan , Zhong Qiufeng , Liang Bingsong , et al(19)

Clinical Analysis of Qiju Dihuang Pill Combined with Losartan Potassium
Tablet in the Treatment of Menopause Insomnia with Hypertension Fan Mingsheng , Li Rong(22)

Analysis of Treatment of Pruritus with Gabapentin and Improvement
of Sleep Quality in Hemodialysis Patients Ma Fengshuang(24)

The Effect of Fast Track Surgery Concept on Postoperative Recovery
and Sleep Quality for Patients with Abdominal Surgery Jin Yongmei(26)

Clinical Effect and Sleep Quality Evaluation of Xingnaojing Combined with
Naloxone in the Treatment of Coma After Cerebral Hemorrhage Qi Hongguang(28)

Observation on the Effect of Postoperative Sleep Quality and Immune
Status in Patients with Snoring Surgery Zhang Li , Sun Fangshuang(30)

TCM Sleep Medicine

The Clinical Effect of Modified Suanzaoren Decoction on Sleep
Drug-dependent Insomnia Fu Guiging , Liu Ying , Yu Xiang , et al(33)

Insomnia Caused by Five Viscera Li Feizhou(37)

Qingwei Ningxin Decoction to Treat 60 Patients with Gastric Heat
Disturbance Insomnia Li Mingmao(39)

The Research of Wuxing Music Therapy on Mental Disease and Insomnia Wang Sihan , Shang Deyang(41)

Study of Insomnia Treatment by Spleen-Stomach Turning and Five Viscera
Dialectical Analysis Wang Weiqun , Bian Wei(43)

Acupuncture Effect to Insomnia and Sleep Quality liu Qinjin(45)

Effect of Traditional Chinese Medicine Nursing Mode to Sleep Quality
and Quality of Life Improvement Analysis in Lung Cancer Patients Ren Hongying(47)

Clinical Observation on Chinese Medicine Treatment of Puerperal Fever
and Sleep Disorder Wang Kaixing , Hou Xiaofeng , Wang Chenglong , et al(49)

Clinical Efficacy Evaluation of Resolving Phlegm, Relieving Depression and Anshen Decoction Combined with Traditional Chinese Medicine Emotion Therapy for Insomnia with Depression *Guo Cuilian*(52)

Geriatric Sleep Medicine

Study on the Influence of Dexmedetomidine for the Postoperative Sleep Quality of Elderly Patients with Sleep Disorders and Spinal Surgery *Du Fengying, He Gaoying, Chen Xiaoyan, et al*(55)

Effect of Tianmeng Capsule on Senile Insomnia *Gong Huanfeng*(58)

Female Sleep Medicine

Effect of Trazodone on Sleep Disorder in Patients with Gynecological Malignant Tumor with Anxiety and Depression *Mou Chunhong*(61)

Clinical Analysis of Kun Tai Capsule in the Treatment of Climacteric Insomnia with Anxiety and Depression *Li Junzhen*(63)

Pediatric Sleep Medicine

Analysis of General Situation of Children with Adenoid Hypertrophy *Liu Rui, Sun Shuchen*(65)

Study on the Treatment of Children with Pneumonia Complicated with Heart Failure by Sodium Creatine Phosphate and its Effect on Sleep in Children *Li Yanqiang*(68)

Effects of Olanzapine and Quetiapine on Adverse Reactions and Sleep Quality in Children with Mental Disorders *Zhang Lei*(70)

Sleep Nursing

Effect Analysis of Nursing Intervention of Inducing Sleep on Alleviating Vomiting Induced by High Dose Cisplatin Chemotherapy in Cancer Patients *Yang Xinxin, Wang Jiamei, Hou Liyuan*(73)

The Postoperative Sleep Disturbance and Nursing Intervention Effect *Tian Haiyan*(76)

Effect of Comprehensive Nursing Care on Sleep Disorders in Patients with ICU *Huang Baoling*(79)

Nursing Intervention on Maternal Postpartum Hemorrhage and Sleep Quality *Huang Bifang*(81)

Application Effect Analysis of Sleep Nursing Intervention in Patients with Sleep Disorder After Primary Liver Cancer Surgery *Huang Youqing*(83)

Clinical Observation of Intensive Nursing Intervention on Patients with Sleep Disorder in ICU *Jiang Jinmei*(86)

Ameliorating Effect of Rehabilitation Nursing on Stroke Patients' Sleep Disorder *Wang Xiumei*(88)

Effect Evaluation of Syndrome Differentiation Nursing Combined with Auricular Point Sticking in Treating the Insomnia with Heart and Spleen Deficiency in Convalescence of Apoplexy *Luo Meifeng*(90)

Research on Cluster Nursing Strategy for ICU Patients with Sleep Disorders *Wu Xiao'e*(92)

Evaluation of the Effect of Comprehensive Nursing on Mental Mood and Sleep Quality in Patients with Sudden Deafness and Tinnitus *Li Yanxia*(94)

Sleep Apnea

A Clinical Study of the Correlation Between Sleep Apnea Hypopnea and Hypertension *Ma Yan, He Hong*(96)

To Explore the Effect of Nasal Dilatation on Sleep Quality of Adult Patients with Chronic Rhinosinusitis and Sleep Apnea Hypopnea Syndrome *Wu Zhisheng, Wu Shouwu, Lin Jinchao, et al*(99)

Observation on the Change of Pulmonary Function of Children with Obstructive Sleep Apnea Hypopnea Syndrome *Xu Limei*(102)

Effects of Nursing Intervention on Sleep Quality in Patients with Asthma *Shi Rongze*(105)

Application Value of High Quality Nursing Care in Patients with Sleep Apnea Hypopnea Syndrome *Peng Jinghui*(108)

Effect of Nasal Factors on Obstructive Sleep Apnea Hypopnea Syndrome *Xiong Song*(110)

Sleep Psychology

Effect of Psychological Nursing Intervention on Sleep Quality of Anxiety Patients *Li Yang*(112)

The Effect of Expressive Art Therapy Combined with Milnacipran on Negative Emotion and Sleep Quality of Depression Patients *Gao Lihong, Lu Guanghui*(115)

Clinical Case Report

A Probe into the Treatment of Generalized Anxiety by Professor Zhao Jie *Liu Junhua, Yang Bin, Zhao Jie*(117)