



ISSN 2095-7130

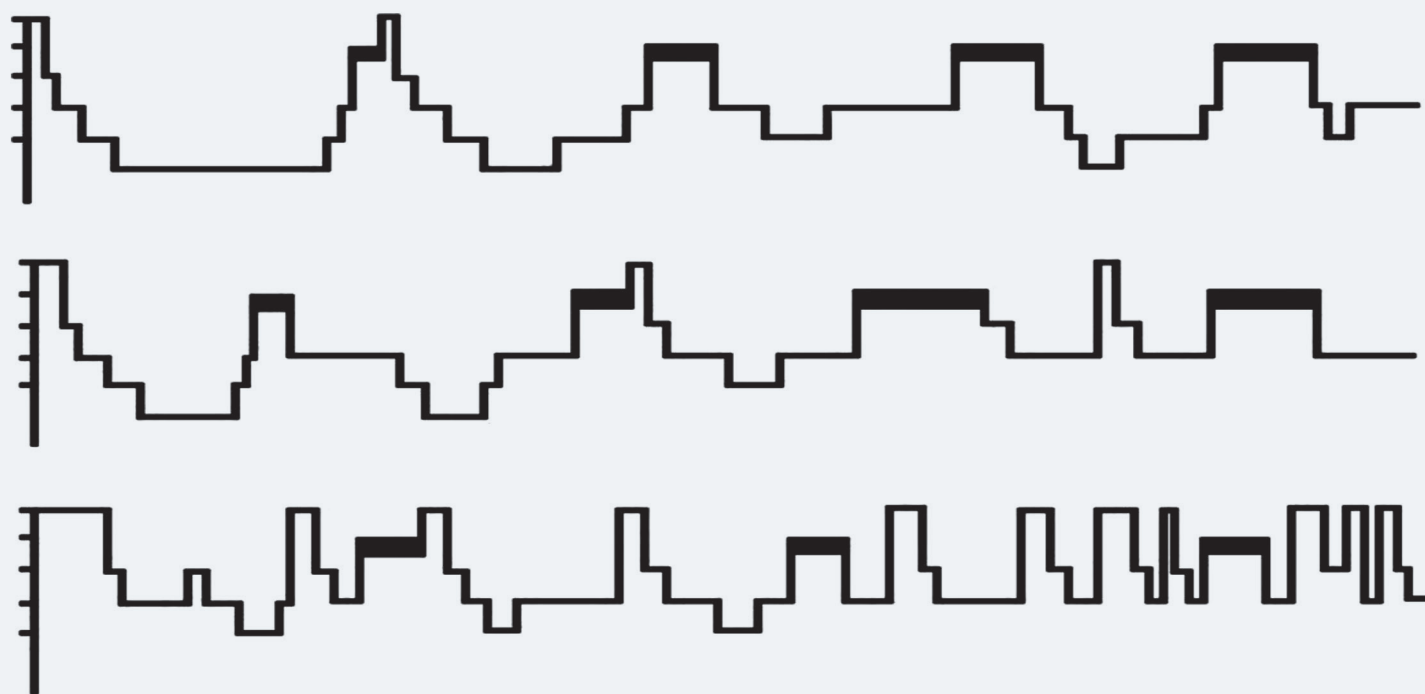
CN 10-1207/R

WORLD JOURNAL OF SLEEP MEDICINE

# 世界睡眠医学杂志

SHIJIE SHUIMIAN YIXUE ZAZHI

2019年10月 第6卷 第10期 Vol.6 No.10 October 2019



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

# 10

# 2019

# 世界睡眠医学杂志

SHIJIE SHUIMIAN YIXUE ZAZHI

月刊 2014年2月创刊 第6卷 第10期 2019年10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 刘艳桥

主编 汪卫东

社长 魏金明

常务副主编兼编辑部主任 刘艳桥

本期责任编辑 张雄杰

英文编辑 李涛

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 中国国际图书贸易集团有限公司

(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 10-4207/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

### 论著

- 芬吗通联合坤泰胶囊对更年期综合征伴失眠患者性激素水平和心理状态的影响 ..... 陈世玲 (1329)
- 急性脑梗死及其梗死部位、神经功能障碍程度对睡眠质量的影响 ..... 廖祁平 苏凤婷 王荣彪 (1332)
- 改善高血压患者生命质量和睡眠质量的延续护理措施研究 ..... 秦娜 韩冬 孟丽 (1335)

### 临床睡眠医学

- 后路减压、丁棒系统内固定手术治疗胸腰椎骨折的疗效及对睡眠质量的影响分析 ..... 谢建鸿 兰伟斌 (1337)
- 手术治疗双侧额叶脑挫裂伤伴颅内血肿的疗效观察及对睡眠和生活质量的影响效果评价 ..... 姜玮 王静 (1340)
- 普拉克索辅助治疗帕金森病合并睡眠障碍的效果观察 ..... 蔡艺峰 (1342)
- 超前镇痛对腰椎术后患者疼痛与睡眠质量的影响 ..... 王韵 林萍莉 魏南服 (1345)
- 探讨和分析帕金森病患病睡眠障碍的临床特征 ..... 王桂云 (1347)

### 中医睡眠医学

- 炙甘草汤治疗失眠伴心悸的临床观察 ..... 单迪 (1349)
- 激痛点挑刺法对中风后肩痛及睡眠质量的影响 ..... 姚如婕 江和英 杨华军 等 (1352)
- 瓜蒌薤白半夏汤合酸枣仁汤加味治疗胸痹失眠的临床效果 ..... 赵晓红 (1355)
- 附子理中汤对心肾阳虚型胸痹患者临床治疗疗效及其对睡眠质量的影响情况 ..... 林志钦 (1358)
- 分析中医护理干预对肺癌晚期患者疼痛与睡眠质量的临床影响 ..... 黎慧娟 黄燕珍 王素平 (1361)

### 老年睡眠医学

- 干预护理对老年糖尿病患者睡眠效果分析 ..... 王琼 万娇 (1363)
- 自我效能干预对老年肿瘤患者睡眠及负面情绪的改善效果观察 ..... 任秀荣 何宝英 (1365)
- 不同放疗方式对老年宫颈癌患者睡眠质量的影响 ..... 吴彬 (1367)
- 右佐匹克隆辅助治疗中老年女性高血压合并睡眠障碍的治疗效果分析 ..... 孔娟 陈燕 刘波 等 (1369)
- 老年良性前列腺增生患者睡眠障碍的影响因素 ..... 李柏林 吕慧 (1371)

### 女性睡眠医学

- 经阴道超声联合血清人绒毛膜促性腺激素检测对异位妊娠的早期诊断价值分析及患者睡眠状态调查 ..... 黄美 涂金花 林锦蓉 等 (1373)
- 术前访视对乳腺癌患者术前睡眠质量的影响分析 ..... 徐倩 (1376)
- 个体化护理服务措施对围绝经期妇女失眠症患者的应用效果 ..... 陈龙英 (1378)
- 对产妇产后进行优质护理干预对睡眠影响的研究 ..... 黄珠 (1380)

### 儿童睡眠医学

- 乙酰半胱氨酸颗粒联合盐酸丙卡特罗治疗小儿肺炎的临床疗效及对睡眠的影响 ..... 陈幼芬 (1382)
- 探究鸟巢式护理对改善新生儿睡眠的效果观察 ..... 徐艳琴 (1385)
- 影响住院儿童睡眠障碍的因素与护理干预研究 ..... 李燕华 (1387)
- 药物辅助鼻腔冲洗治疗睡眠呼吸障碍儿童120例效果观察 ..... 林民建 蔡丽萍 王彩云 (1389)
- 小儿阻塞性睡眠呼吸暂停综合征术后麻醉苏醒期呼吸道并发症的观察和护理 ..... 孙彩虹 朱庆容 (1391)

### 睡眠心理学

- 综合护理方法改善宫颈癌患者围手术期睡眠质量的临床观察 ..... 石丽丽 李冬艳 (1393)
- 情志护理模式改善冠心病患者不良情绪和睡眠质量的临床应用 ..... 李素芳 (1395)
- 心理护理干预对胃癌术后患者负面情绪及睡眠时间影响的研究 ..... 张秋菊 (1397)
- 心理护理对脑外伤并发失眠患者的积极影响分析 ..... 李翠红 (1399)

产妇产后心理障碍的原因分析和睡眠状况	许碧惠	(1401)
个体化心理干预改善产妇产后心理状况、睡眠质量的价值研究	陈美玲	(1403)
围术期心理护理对手外伤患者术后疼痛及睡眠质量的影响研究	林清惠 温财春 阙邱敏 等	(1405)

## 睡眠护理学

护理干预对高血压脑出血患者遵医行为、心理和睡眠状态的改善作用分析	蔡文岚 陈燕 马建福 等	(1407)
加速康复外科对直肠癌合并糖尿病患者护理效果及睡眠时间影响	黄文婷 许方婵 刘臻	(1410)
分析优质护理服务对慢性胃炎合并消化性溃疡患者睡眠的影响	刘捷 张梅莲 杜净红	(1413)
护理干预对四肢骨折患者疼痛及睡眠质量的影响研究	赖灶姬	(1416)
系统护理对直肠癌根治术患者负性情绪及睡眠的影响研究	黄锦玉	(1418)
个体化护理干预对甲状腺手术患者心理状态及睡眠的影响	何秋蓉	(1420)
探究个性化护理干预用于乳腺癌手术患者情绪状态及睡眠质量的有效性	王丹萍	(1422)
个体护理干预在提升慢性肾脏病患者睡眠质量与生命质量的效果观察	张文婷	(1424)
分析辨证施护对早期肝硬化患者睡眠障碍的临床影响	黄蕤 林云萍	(1426)
快速康复联合优质护理对髋关节置换术后患者的睡眠影响分析	陈秀红 李嘉妹 许桂凤	(1428)
综合护理干预对急性闭角型青光眼患者心理状态及睡眠质量的影响	黄素珍 陈雪娟 叶翠芬 等	(1430)
ROY 适应模式对急性心肌梗死早期使用心电监护仪器患者睡眠质量的影响分析	余学敏 林霞	(1432)
护理干预对初产妇产后负性情绪和睡眠质量的影响研究	刘海燕 杨艳 严晶晶 等	(1434)
护理干预对脑中风后遗症患者的康复及睡眠的影响	谢巧颖	(1436)
综合护理干预对高血压患者睡眠质量及其血压控制的影响	朱新岚	(1438)
护理干预对手术室非全麻患者睡眠质量的影响分析	刘青	(1440)
多元护理对 ICU 睡眠剥夺患者睡眠质量的影响及措施观察	郑梅梅 杨柳	(1442)
综合护理手段对恶性肿瘤调强放疗疗效及患者睡眠质量的影响	蔡晓叶	(1444)
综合护理干预对缓解肛肠疾病术后患者疼痛的效果对睡眠质量的影响评价	黄斌惠 陈美 胡少红	(1446)
循证护理对股骨骨折患者术后睡眠状况的影响	高腊梅 谢锦凤	(1448)

## 睡眠呼吸病学

阻塞性睡眠呼吸暂停低通气综合征伴咽喉反流性疾病采用奥美拉唑联合多潘立酮治疗的临床效果研究	刘立明	(1450)
利拉鲁肽治疗肥胖 2 型糖尿病并发阻塞性睡眠呼吸暂停综合征的效果	胡耀斌 黎慧娟	(1452)
阻塞性睡眠呼吸暂停综合征并胃食管反流病的分析及研究	李友堂 苏霞 罗马长 等	(1455)
低温等离子治疗阻塞性睡眠呼吸暂停低通气综合征的麻醉体会	陈曲敏 洪甲庚	(1457)

## 睡眠精神病学

术前护理干预对普外科手术患者焦虑情绪、睡眠和生命质量的影响	张敏	(1459)
手术室人性化护理对患者术后焦虑及睡眠质量的作用研究	彭敬 王家红 费广梅 等	(1461)

## 睡眠健康

心理学技能知识培训对门诊护士工作压力和睡眠状况的影响研究	王菁	(1463)
5E 康复护理方案改善尿毒症血液透析患者水钠摄取不合理及睡眠状况的研究	曹晓蕾 姜源	(1465)
青光眼患者睡眠质量调查及影响因素分析	林毓瑜 林毓兰 郑燕燕 等	(1467)

## 睡眠药理学

养心安神药与重镇安神药对失眠大鼠睡眠时相影响的比较研究	王丽岩 刘兆熙	(1469)
-----------------------------	---------	--------

## 特殊人群的睡眠健康与睡眠障碍

体外受精胚胎移植患者睡眠质量状况调查	赵丽文	(1472)
探究音乐疗法与有氧运动结合对改善乳腺癌根治睡眠质量的效果	徐霞	(1474)
不同肝病患者群睡眠质量调查及护理对策	米秀英	(1476)
综合性护理对慢性粒细胞白血病患者心理状况睡眠质量的影响观察	王家娟	(1478)

## 综述

亚健康人群失眠的研究进展	丁爽	(1480)
围绝经期睡眠障碍对女性身心健康的影响	翁婧	(1483)

## 读者·作者·编者

信息	万方数据	(封二、封三)
----	------	---------

# World Journal of Sleep Medicine

Bimonthly Established in February 2014 Volume 6, Number 10 October 28, 2019

## Responsible Institution

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.sjmyxz.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 Xiongjie (张雄杰)

## Editor in English

Li Tao (李涛)

## 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.sjzyyz.com

## Printing

Beijing Chaoyang Printing Co., Ltd

## Overseas Distributor

China International Book  
Trading Corporation  
P. O. Box 399, Beijing, China  
Code No. BR9098

## 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 10-4207/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

### Original Article

- Influence of Fenmotong Combined with Kuntai Capsules for Sex Hormone Level and Psychological State in Patients with Climacteric Syndrome Complicated with Insomnia ..... *Chen Shiling* (1329)
- Influence of Acute Cerebral Infarction Location of Infarction And Degree of Neurological Deficit on Sleep Quality ..... *Liao Qiping, Su Fengting, Wang Rongbiao* (1332)
- Continuous Nursing Measures to Improve the Quality of Life and Sleep in Patients with Hypertension ..... *Qin Shan, Han Dong, Meng Li* (1335)

### Clinical Sleep Medicine

- Effect of Posterior Decompression And Internal Fixation On Thoracolumbar Fracture And Its Effect On Sleep Quality ..... *Xie Jianhong, Lan Weibin* (1337)
- Efficacy Observation of Surgical Treatment of Bilateral Frontal Lobe Contusion and Intracranial Hematoma and Its Effect on Sleep and Quality of Life ... *Jiang Yan, Wang Jing* (1340)
- Observation on the Effect of Pramipexole in the Adjuvant Treatment of Parkinson's Disease with Sleep Disorder ..... *Cai Yifeng* (1342)
- Study on the Effect of Preemptive Analgesia on Pain and Sleep Quality of Patients after Lumbar Surgery ..... *Wang Yun, Lin Pingli, Wei Nanfu* (1345)
- To Explore and Analyze the Clinical Characteristics of Sleep Disorders in Patients with Parkinson's disease (PD) ..... *Wang Guiyun* (1347)

### TCM Sleep Medicine

- Clinical Observation on Treatment of Insomnia with Palpitation with Zhilicorice Decoction ... *Shan Di* (1349)
- The Effect of MTRP on Shoulder Pain and Sleep Quality after Stroke ..... *Yao Rujie, Jiang Heying, Yang Huajun, et al* (1352)
- Clinical Effect of Treating Chest Stiffness and Insomnia with the Combination of Chuanzhuoren Decoction and Chuanzhuoren Decoction ..... *Zhao Xiaohong* (1355)
- Effect of Fuzi Lizhong Decoction on Sleep Quality of Patients with Chest Numbness Due To Yang Deficiency of Heart And Kidney ..... *Lin Zhiqin* (1358)
- Clinical Effect of TCM Nursing Intervention on Pain and Sleep Quality in Patients with Advanced Lung Cancer ..... *Li Huijuan, Huang Yanzhen, Wang Suping* (1361)

### Geriatric Sleep Medicine

- Analysis of Sleep Effect of Intervention Nursing on Elderly Patients with Diabetes Mellitus ..... *Wang Qiong, Wan Jiao* (1363)
- Effect of Self-efficacy Intervention in the Improvement of Sleep and Negative Emotion of Elderly Patients with Cancer ..... *Ren Xiurong, He Baoying* (1365)
- Influence of Different Methods of Radiotherapy for Sleep Quality in Elderly Patients with Cervical Cancer ..... *Wu Bin* (1367)
- Analysis of the Therapeutic Effect of Zolpidem in the Treatment of Hypertension with Sleep Disorder in Middle-aged and Old Women ... *Kong Juan, Chen Yan, Liu Bo, et al* (1369)
- Influencing Factors of Sleep Disorder in Elderly Patients with Benign Prostatic Hyperplasia ..... *Li Bolin, Lyu Hui* (1371)

### Female Sleep Medicine

- Analysis of Early Diagnosis Value of Ectopic Pregnancy by Transvaginal Ultrasound Combined with Serum Human Chorionic Gonadotropin and Investigation of Sleep Status of Patients ..... *Huang Mei, Tu Jinhua, Lin Jinrong, et al* (1373)
- Analysis of the Effect of Preoperative Visit on Preoperative Sleep Quality in Patients with Breast Cancer ..... *Xu Qian* (1376)
- Effect of Individualized Nursing Service Measures on Insomnia Patients of Perimenopausal Women ..... *Chen Longying* (1378)
- Study on the Influence of Quality Nursing Intervention on Sleep of Parturients after Delivery ..... *Huang Zhu* (1380)

### Pediatric Sleep Medicine

- Clinical Effect of Acetylcysteine Granules Combined with Procatolol Hydrochloride in Treatment of Children with Pneumonia and Its Influence on Sleep ..... *Chen Youfen* (1382)
- Exploring the Effect of Nest-Based Nursing on Improving Neonatal Sleep ..... *Xu Yanqin* (1385)
- Study on the Factors Influencing Sleep Disorders of Hospitalized Children and Nursing Intervention ..... *Li Yanhua* (1387)

Clinical Observation on 120 Children with Sleep Disordered Breathing Treated by Medicine Assisted Nasal Irrigation ..... *Lin Minjian, Cai Liping, Wang Caiyun* (1389)

Observation and Nursing Care of Respiratory Complications During Anaesthesia Recovery in Children with Obstructive Sleep Apnea Syndrome ..... *Sun Caihong, Zhu Qingrong* (1391)

## Sleep Psychology

Psychological Nursing Combined with Pain Nursing to Improve the Perioperative Sleep Quality of Patients with Cervical Cancer ..... *Shi Lili, Li Dongyan* (1393)

Clinical Application of Emotional Nursing Model to Improve Bad Mood and Sleep Quality in Patients with Coronary Heart Disease ..... *Li Sufang* (1395)

Effect of Psychological Nursing Intervention on Negative Emotion and Sleep Time of Postoperative Patients with Gastric Cancer ..... *Zhang Qiuju* (1397)

Analysis of Positive Effects of Psychological Nursing on Patients with Cerebral Trauma Complicated with Insomnia ..... *Li Cuihong* (1399)

Analysis of the Causes of Postpartum Psychological Disorders and Sleep Status ..... *Xu Bihui* (1401)

Study on the Value of Individualized Psychological Intervention in Improving Postpartum Psychological Status and Sleep Quality ..... *Chen Meiling* (1403)

Effect of Perioperative Psychological Nursing on Postoperative Pain and Sleep Quality of Hand Trauma Patients ..... *Lin Qinghui, Wen Caichun, Que qiumin, et al* (1405)

## Sleep Nursing

Analysis on the Improvement Effect of Nursing Intervention for Compliance Behavior, Mental and Sleep State of Patients with Hypertensive Intracerebral Hemorrhage ..... *Cai Wenlan, Chen Yan, Ma Jianfu, et al* (1407)

Effect of Accelerated Rehabilitation Surgery in the Nursing of Patients with Rectal Cancer Complicated with Diabetes Mellitus and Influence for Sleep Time ..... *Huang Wenting, Xu Fangchan, Liu Zhen* (1410)

Effect of High Quality Nursing Service on the Sleep of Patients with Chronic Gastritis Complicated with Digestive Ulceration ..... *Liu Jie, Zhang Meilian, Du Jinghong* (1413)

Effect of Nursing Intervention on Pain and Sleep Quality of Patients with Limb Fracture ..... *Lai Zaoji* (1416)

Study on the Influence of Systematic Nursing for Negative Emotion and Sleep of Patients with Radical Resection of Rectal Carcinoma ..... *Huang Jinyu* (1418)

Influence of Individualized Nursing Intervention for Mental State and Sleep of Patients with Thyroid Surgery ..... *He Qiuqiong* (1420)

Exploring the Effectiveness of Personalized Nursing Interventions in Emotional State and Sleep Quality in Patients Undergoing Breast Cancer Surgery ..... *Wang Danping* (1422)

Effect of Individual Nursing Intervention on Improving Sleep Quality and Quality of Life in Patients with Chronic Kidney Disease ..... *Zhang Wenting* (1424)

Analysis to Analyse the Clinical Effect of Syndrome Differentiation Nursing on Sleep Disorder in Patients with Early Liver Cirrhosis ..... *Huang Rui, Lin Yunping* (1426)

Effect of Rapid Rehabilitation and High-quality Nursing on the Sleep of Patients after Hip Replacement ..... *Chen Xiuhong, Li Jiamei, Xu Guifeng* (1428)

Effect of Comprehensive Nursing Intervention on Psychological State and Sleep Quality of Patients with Acute Angle Closure Glaucoma ..... *Huang Suzhen, Chen Xuejuan, Ye Cuijen, et al* (1430)

Effect of ROY Adaptation Model on Sleep Quality of Patients with Acute Myocardial Infarction Early Using ECG Monitoring Instrument ..... *She Xuemin, Lin Xia* (1432)

Effect of Nursing Intervention on Postpartum Negative Mood and Sleep Quality in Primipara ..... *Liu Haiyan, Yang Yan, Yan Jingjing, et al* (1434)

Effect of Intervention Nursing on Rehabilitation and Sleep of Patients with Cerebral Apoplexy Sequelae ..... *Xie Qiaoying* (1436)

Effect of Nursing Intervention on Sleep Quality and Blood Pressure Control in Hypertension Patients ..... *Zhu Xinlan* (1438)

Analysis of the Effect of Nursing Intervention on the Sleep Quality of Patients with Non General Anesthesia in Operating Room ..... *Liu Qing* (1440)

Effect of Multiple Nursing on Sleep Quality of ICU Patients with Sleep Deprivation and Its Measures ..... *Zheng Meimei, Yang Liu* (1442)

Effect of Comprehensive Nursing on the Treatment of Malignant Tumor and the Effect of Patient's Sleep Quality ..... *Cai Xiaoye* (1444)

Evaluation of the Effect of Comprehensive Nursing Intervention on Relieving Pain in Postoperative Patients with Anal Diseases ..... *Huang Binhui, Chen Mei, Hu Shaohong* (1446)

Effect of Evidence-based Nursing on Postoperative Sleep Status of Patients with Femoral Fracture ..... *Gao Lamei, Xie Jinfeng* (1448)

## Sleep Apnea

Clinical Effects of Omeprazole Combined with Domperidone in Patients with Obstructive Sleep Apnea Hypopnea Syndrome and Pharyngeal Reflux Disease ..... *Liu Liming* (1450)

Effect of Liraglutide on Obese Type 2 Diabetes Mellitus Complicated with Obstructive Sleep Apnea Syndrome ..... *Hu Yaobin, Li Huijuan* (1452)

Analysis and Study of Obstructive Sleep Apnea Syndrome with Gastroesophageal Reflux Disease ..... *Li Yutang, Su Xia, Luo Machang, et al* (1455)

Anesthesia Experience of Low Temperature Plasma Therapy for Obstructive Sleep Apnea Hypopnea Syndrome ..... *Chen Qumin, Hong Jiageng* (1457)

## Sleep Psychopathy

Effect of Preoperative Nursing Intervention on Anxiety Sleep and Quality of Life in Patients with General Surgical Operation ..... *Zhang Min* (1459)

Effect of Humanized Nursing on Postoperative Anxiety and Sleep Quality in Operating Room ..... *Peng Jing, Wang Jiahong, Fei Guangmei, et al* (1461)

## Sleep Health

Study on the Effect of Psychological Skill Training on Work Stress and Sleep Status of Nurses in Outpatient Department ..... *Wang Jing* (1463)

Study on the Improvement of Water and Sodium Intake and Sleep Status of Uremic Hemodialysis Patients by 5E Rehabilitation Nursing Program ..... *Cao Xiaolei, Jiang Yuan* (1465)

Investigation of Sleep Quality in Glaucoma Patients and Analysis of Influencing Factors ..... *Lin Yuyu, Lin Yulan, Zheng Yanyan, et al* (1467)

## Sleep Pharmacology

A Comparative Study on The Effects of Yangxin Anshen Drug and Zhenzhen Anshen Drug on Sleep Duration In Insomnia Rats ..... *Wang Liyan, Liu Zhaoxi* (1469)

## Sleep Health and Sleep Disorders in Special Population

Investigation on Sleep Quality of Patients Undergoing in Vitro Fertilizing and Embryo Transfe ..... *Zhao Liwen* (1472)

Exploring the Effect of Music Therapy Combined with Aerobic Exercise on Improving the Quality of Radical Mastectomy for Breast Cancer ..... *Xu Xia* (1474)

Investigation on Sleep Quality of Patients with Different Liver Diseases and Nursing Strategies ..... *Mi Xiuying* (1476)

Effect of Comprehensive Nursing on Sleep Quality of Patients with Chronic Myeloid Leukemia ..... *Wang Jiajuan* (1478)

## Review

Research Progress of Insomnia in Sub-health Population ..... *Ding Shuang* (1480)

The Influence of Perimenopausal Sleep Disorder on Women's Physical and Mental Health ..... *Weng Jing* (1483)