



ISSN 2095-7130

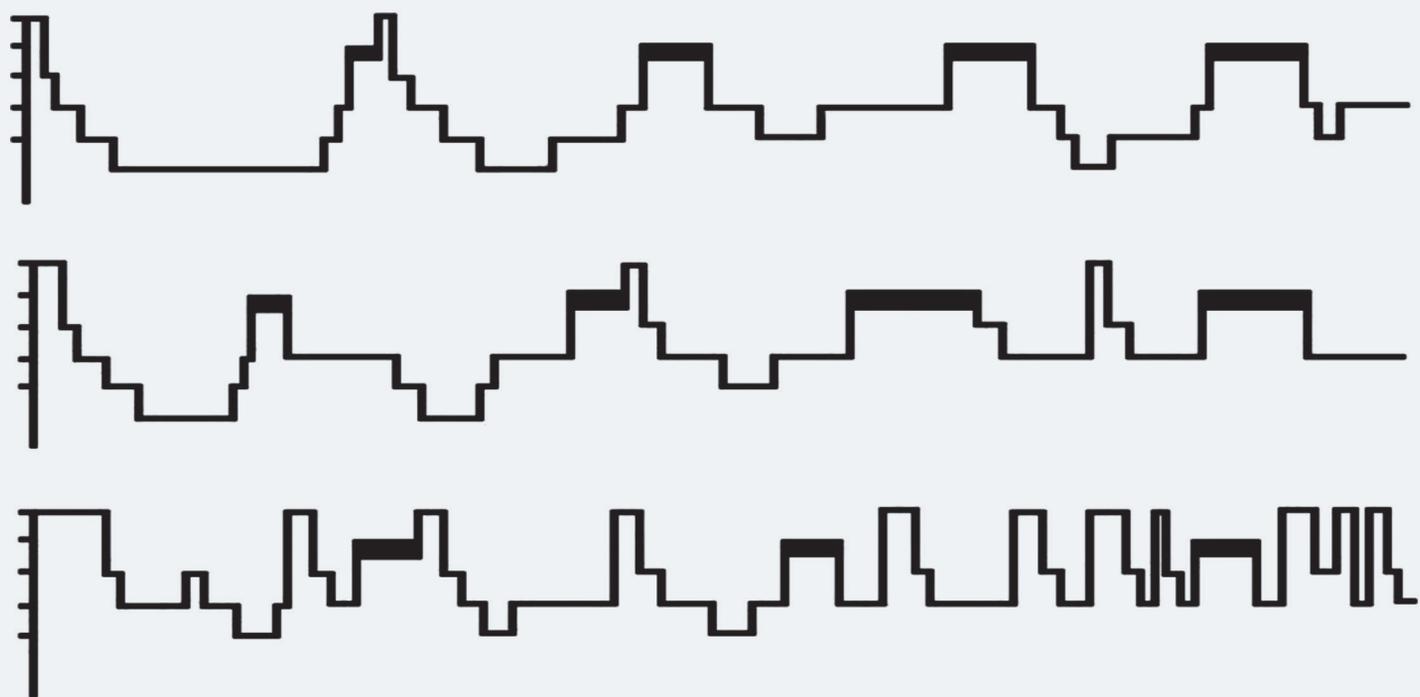
CN 10-1207/R

WORLD JOURNAL OF SLEEP MEDICINE

世界睡眠医学杂志

SHIJIE SHUIMIAN YIXUE ZAZHI

2019年12月 第6卷 第12期 Vol.6 No.12 December 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

12

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12期 2019年12月28日出版 (卷终)

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

常务副主任兼编辑部主任 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部的观点。

万方数据

目次

临床睡眠医学

静电刺激治疗失眠症的临床研究

..... 王婧 张昌勇 蒙莉莉 等 (1641)

分析恩替卡韦治疗失代偿期乙型肝炎肝硬化的安全性及对睡眠质量的影响

..... 谢帆洁 (1645)

ICU中右美托咪定联合舒芬太尼静脉镇痛对脊柱手术后患者睡眠质量的作用分析

..... 张天大 徐剑晶 乐道平 (1648)

MRI心肌灌注成像对冠心病心肌缺血的诊断价值及其对睡眠影响

..... 陈雅丽 (1651)

奎硫平对酒精依赖患者稽延性戒断症状及睡眠质量的影响

..... 侯占凤 (1654)

探究睡眠行为干预对住院康复脑卒中患者临床康复的影响

..... 章凤 (1657)

功能性消化不良伴睡眠功能障碍使用莫沙必利联合黛力新的治疗效果研究

..... 陈忠平 (1659)

类风湿关节炎(RA)住院患者睡眠形态紊乱的原因分析

..... 张风云 陈燕 刘波 等 (1661)

音乐催眠法在产妇产后应用效果观察

..... 蒋凌云 (1663)

右佐匹克隆治疗脑卒中后失眠的临床效果观察

..... 陈超 (1665)

高原睡眠医学

腕表式睡眠监测在高原睡眠呼吸暂停低通气综合征中的诊断价值

..... 庞怀霞 郝丽娟 马祯 等 (1667)

中医睡眠医学

中药联合穴位敷贴对失眠患者睡眠状况的改善作用

..... 何蕴秋 (1671)

针灸四神聪配合耳穴贴治疗失眠症23例

..... 阙榕彩 严晓春 谢雪萍 (1674)

针刺安眠穴联合三阴交温针灸治疗痰湿中阻型失眠的临床效果

..... 季奎 张学慧 (1677)

疏肝宁神汤联合耳穴压豆对肝郁脾虚型乳腺癌患者睡眠质量的影响

..... 王苗苗 (1680)

缬草精油穴位按摩对肛肠科患者术后睡眠质量的影响

..... 付华智 黄翠琴 陈艳宏 等 (1682)

针灸联合耳穴撒针治疗失眠临床疗效观察

..... 郑佳林 (1684)

温胆汤治疗慢性胃炎并失眠症的疗效观察

..... 苏文新 (1686)

归脾汤加减治疗心脾两虚型乳腺癌患者失眠疗效观察

..... 王青兰 黄碧波 (1688)

老年睡眠医学

米氮平治疗老年失眠伴抑郁的临床效果观察

..... 赵丽军 (1690)

循证护理干预对老年糖尿病患者满意度及睡眠质量的影响研究

..... 邹素月 (1693)

个性化护理对老年急性阑尾炎患者开腹术后疼痛及睡眠的影响

..... 黄金治 (1695)

探究系统化护理干预对住院老年综合征患者睡眠质量的影响

..... 亢克 (1697)

女性睡眠医学

中药汤剂联合综合干预对于初产妇产后心理状况与睡眠质量的影响

..... 郭敏 (1699)

认知行为疗法联合睡眠护理干预对乳腺癌术后化疗患者的影响作用

..... 方芳 (1702)

细节化护理干预改善产妇睡眠状况、负性情绪及减少产后出血量的效果观察

..... 葛军 夏天 张帅 等 (1705)

综合护理干预对妊娠期高血压孕妇睡眠和血压的影响

..... 林巧云 (1708)

护理干预对产妇产后出血及睡眠状况的临床疗效

..... 邱淑芳 (1710)

儿童睡眠医学

睡眠剥夺联合水合氯醛镇静对提高婴幼儿 MRI 检查成功率的影响	甘碧虹 沈琼 林燕娥	(1712)
中医特色疗法治疗脑瘫患儿睡眠障碍的临床体会	肖芳 俞荣发 沈肖明	(1715)
护理干预在小儿骨科静脉滴注甘露醇患儿预防输液渗出中的应用及对患儿睡眠质量研究	陈小芳 孔祥欣	(1718)
体位干预在早产儿睡眠护理中的效果观察	林倩 郑如 刘桂钦	(1720)
综合护理对呼吸道感染高热惊厥小儿的睡眠质量改善分析	李银香	(1722)

睡眠心理学

心理护理干预对焦虑症患者睡眠质量的影响	江秋平 潘艳 廖琦珍	(1724)
心理干预对骨外伤急诊患者睡眠质量的影响	刘银玲	(1726)

睡眠护理学

康复护理干预对高血压脑出血患者睡眠质量及功能障碍的影响评估	李星文 付敏	(1728)
护理干预对降低脑卒中吞咽障碍患者误吸发生率及睡眠的影响	李清	(1731)
人性化护理干预对接受血液净化治疗的尿毒症患者的护理效果观察	李盼盼	(1734)
维持性血液透析患者影响睡眠质量的因素分析及护理策略的效果观察	陈丽丽	(1737)
针对性护理干预在脑卒中夜间睡眠障碍患者中的应用效果研究	周丹 赵艺燕	(1740)
PDCA 循环在 CSSD 管理中的应用价值及对睡眠质量的影响	王光辉 叶会英 叶珠妹	(1742)
优质护理在脑肿瘤患者术后改善生命质量和睡眠质量的效果观察	林美端 李慧娟	(1744)
护理干预对骨折患者睡眠状态的影响分析	王月贵	(1746)
人文关怀对肾结石术后患者改善睡眠及疼痛的效果观察	赵丰妹 刘丽美	(1748)
细节护理干预在改善肺心病患者的焦虑、抑郁情绪和生命质量的效果观察	姜燕红 王莹	(1750)
麻醉复苏室患者睡眠障碍原因分析及护理探讨	余春芝 连露	(1752)
个性化护理结合饮食调护对乳腺癌化疗患者睡眠质量及心理的影响评价	沈良盛 黄惠珍 吴美财 等	(1754)
颈椎骨折后睡眠障碍的原因与护理对策	张婷	(1756)
观察胃癌患者实施 3H 护理干预的效果及对其睡眠质量的影响	宋雯雯	(1758)
维持性血液透析患者睡眠障碍原因分析及护理对策探讨	邹秋艳	(1760)
银屑病住院患者睡眠障碍的影响因素及护理对策	张莉	(1762)
护理干预及营养支持对胃癌患者营养状况及睡眠质量的影响	李琼 李英	(1764)

睡眠呼吸病学

戴用义齿与无牙颌患者阻塞性睡眠呼吸暂停低通气综合征发生的相关性分析	吴幼菊	(1766)
机械通气对重症监护患者睡眠影响的研究	田木华	(1769)
口腔矫治器对阻塞性睡眠呼吸暂停低通气综合征临床疗效影响	黄鸿进 林涛	(1772)
系统化护理干预在阻塞性睡眠呼吸暂停低通气综合征中的护理效果分析	杨芬 袁翠玉 李海燕	(1775)

睡眠精神病学

针对精神病患者出现睡眠障碍因素的分析	张忠策	(1777)
系统性睡眠护理对精神分裂症患者睡眠质量的影响	黄淑娟	(1780)

睡眠健康

中职学生睡眠质量情况及影响因素研究分析	阮承妹	(1782)
---------------------	-----	--------

睡眠健康管理

提高睡眠障碍病案管理质量的有效措施	邹灿英 邓海莲	(1785)
集束化护理模式对重症监护室患者睡眠障碍的临床影响研究	林菲菲	(1787)

读者·作者·编者

《世界睡眠医学》2019 年第 6 卷总目次		(S1)
信息		(封二、封三)

World Journal of Sleep Medicine

Bimonthly Established in February 2014 Volume 6, Number 12 December 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.sjmyzz.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
(No.19, 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

Clinical Sleep Medicine

- Clinical Study of Electrostatic Stimulation in the Treatment of Patients with Insomnia
..... Wang Jing, Zhang Changyong, Meng Lili, et al (1641)
- Analysis of the Safety of Entecavir in the Treatment of Decompensated Hepatitis B Cirrhosis and its Effect on Sleep Quality Xie Fanjie (1645)
- Effect of Dexmedetomidine Combined with Sufentanil Intravenous Analgesia in ICU on Sleep Quality after Spinal Surgery Zhang Tianda, Xu Jianjing, Le Daoping (1648)
- Diagnostic Value of MRI Myocardial Perfusion Imaging in Coronary Heart Disease Myocardial Ischemia and its Effect on Sleep Quality Chen Yali (1651)
- Influence of Quetiapine for Prolonged Withdrawal Symptoms and Sleep Quality of Patients with Alcohol Dependence Hou Zhanfeng (1654)
- To explore the Effect of Sleep Behavior Intervention on the Clinical Rehabilitation of Stroke Patients Zhang Feng (1657)
- Efficacy of Mosapride and Deansit in the Treatment of Functional Dyspepsia with Sleep Dysfunction Chen Zhongping (1659)
- Causes of Sleep Disorder in Patients with Rheumatoid Arthritis (RA)
..... Zhang Fengyun, Chen Yan, Liu Bo, et al (1661)
- Observation on the Effect of Music Hypnosis in Labor Jiang Lingyun (1663)
- Observation on the Clinical Effect of Deszopiclone in the Treatment of Patients with Post-stroke Insomnia Chen Chao (1665)

Plateau Sleep Medicine

- The Diagnostic Value of Watch Sleep Monitoring in OSAHS at High Altitude
..... Pang Huaixia, Hao Lijuan, Ma Zhen, et al (1667)

TCM Sleep Medicine

- The Effect of Chinese Medicine Combined with Acupoint Application on the Improvement of Insomnia He Yunqiu (1671)
- Acupuncture and Moxibustion combined with Auricular Acupoint Sticking in the Treatment of 23 Patients with Insomnia Que Rongcai, Yan Xiaochun, Xie Xueping (1674)
- The Clinical Effect of Acupuncture at Hypnotic Point Combined with Sanyinjiao Acupuncture on Insomnia of Phlegm Dampness Middle Obstruction Type
..... Ji Kui, Zhang Xuehui (1677)
- Effect of Shuganningshen Decoction Combined with Auricular Pressure Bean on Sleep Quality in Patients with Liver Depression and Spleen Deficiency Type Breast Cancer
..... Wang Miaomiao (1680)
- Influence of Acupoint Massage of Valerian Essential Oil for Sleep Quality of Patients after Anorectal Surgery Fu Huazhi, Huang Cuiqin, Chen Yanhong, et al (1682)
- Clinical Observation of Acupuncture Combined with Auricular Acupuncture in the Treatment of Insomnia Zheng Jialin (1684)
- Observation on the Therapeutic Effect of Wendan Decoction on Chronic Gastritis and Insomnia Su Wenxin (1686)
- Observation on the Effect of Invigorating Decoction Plus Minus on Insomnia in Patients with Heart and Spleen Deficiency Type Breast Cancer ... Wang Qinglan, Huang Bibo (1688)

Geriatric Sleep Medicine

- Clinical Effect of Mirtazapine in the Treatment of Senile Insomnia with Depression
..... Zhao Lijun (1690)
- Study on the Influence of Evidence-based Nursing Intervention for Satisfaction and Sleep Quality of Elderly Patients with Diabetes Mellitus Zou Suyue (1693)
- Study on the Influence of Personalized Nursing for Pain and Sleep of Elderly Patients with Acute Appendicitis after Laparotomy Huang Jinzhi (1695)

Explore the Effect of Systematic Nursing Intervention on Sleep Quality of Hospitalized Geriatric Syndrome Patients Kang Ke(1697)

Female Sleep Medicine

- A Study on the Effect of Chinese Herbal Decoction Combined with Comprehensive Intervention on the Mental State and Sleep Quality of Primipara Guo Min(1699)
- Effect of Cognitive Behavioral Therapy Combined with Sleep Nursing Intervention on Postoperative Chemotherapy Patients with Breast Cancer ... Fang Fang(1702)
- Study on the Effect of Detailed Nursing Intervention on Improving the Sleeping Condition , Negative Emotion and Reducing the Amount of Postpartum Hemorrhage ... Ge Jun ,Xia Tian ,Zhang Shuai ,et al(1705)
- Influence of Comprehensive Nursing Interventions in the Sleep Quality and Blood Pressure for Pregnancy -induced Hypertension Women Lin Qiaoyun(1708)
- Clinical Effect of Nursing Intervention on Postpartum Hemorrhage and Sleep Status after Cesarean Section Qiu Shufang(1710)

Pediatric Sleep Medicine

- Influence of Sleep Deprivation Combined with Chloral Hydrate Sedation for Improvement of Success Rate of Infants and Young Children with MRI Examination ... Gan Bihong ,Shen Qiong ,Lin Yan'e(1712)
- Clinical Experience of Characteristic Chinese Medicine Therapy in the Treatment of Sleep Disorder of Children with Cerebral Palsy Xiao Fang ,Yu Rongfa ,Shen Xiaoming(1715)
- Nursing Intervention in Children Orthopaedic Intravenous Infusion of Mannitol in Children to Prevent Infusion Exudation and Sleep Quality of Children Chen Xiaofang ,Kong Xiangxin(1718)
- Observation on Effect of Postural Intervention in Sleep Nursing of Premature Infants Lin Qian ,Zheng Ru ,Liu Guiqin(1720)
- Comprehensive Nursing Analysis of Sleep Quality Improvement in Children with Respiratory Tract Infection and Febrile Convulsion Li Yinxiang(1722)

Sleep Psychology

- Evaluation of the Effect of Psychological Nursing Intervention on Sleep Quality of Patients with Anxiety Jiang Qiuping ,Pan Yan ,Liao Qizhen(1724)
- Influence of Psychological Nursing for Sleep State of Emergency Patients with Bone Trauma Liu Yinling(1726)

Sleep Nursing

- The Effect of Psychological Nursing on Negative Emotion and Sleep Quality of Cataract Patients Li Xingwen ,Fu Min(1728)
- Effect of Nursing Intervention on Reducing the Incidence of Inhalation and Sleep in Stroke Patients with Swallow Disorders Li Qing(1731)
- Observation on the Effect of Humanized Nursing Intervention on Uremic Patients Receiving Blood Purification Treatment Li Panpan(1734)
- Analysis of Factors Affecting Sleep Quality in Maintenance Hemodialysis Patients and Observation on the Effect of Nursing Strategy Chen Lili(1737)
- Study on the Application Effect of Targeted Nursing Intervention in the Patientswith Cerebral Apoplexy Complicated with Sleep Disorders Zhou Dan ,Zhao Yiyan(1740)
- Application Value of PDCA Cycle in CSSD Management and Its Effect on Sleep Quality Wang Guanghui ,Ye Huiying ,Ye Zhumei(1742)
- Effect of High Quality Nursing on Improving Quality of Life and Sleep of Patients with Brain Tumor after Operation Lin Meiduan ,Li Huijuan(1744)
- Analysis on the Influence of Nursing Intervention for Sleep State of Patients with Fracture Wang Yuegui(1746)
- Effect of Humanistic Care on Sleep Improvement and Pain in Patients with Renal Calculus after Operation Zhao Fengmei ,Liu Limei(1748)
- Study on the Application Effect of Detailed Nursing Intervention in Patients with Pulmonary Heart Disease and Improvement Role of Anxiety ,Depression and Quality of Life Jiang Yanhong ,Wang Ying(1750)
- Anaesthesia Resuscitation Room Patient Sleep Disorder Reason Analysis and Nursing Discussion She Chunzhi ,Lian Lu(1752)
- Effect of Individualized Nursing Combined with Diet on Sleep Quality and Psychology of Breast Cancer Patients Undergoing Chemotherapy Shen Liangsheng ,Huang Juizhen ,Wu Meicai ,et al(1754)
- Causes of Sleep Disorder after Cervical Spine Fracture and Nursing Measures Zhang Ting(1756)
- To Observe the Effect of 3H Nursing Intervention for Gastric Cancer Patients and the Effect on Their Sleep Quality Song Wenwen(1758)
- Causes of Sleep Disorders in Patients with Maintenance Hemodialysis and Nursing Countermeasures Zou Qiuyan(1760)
- Influencing Factors and Nursing Countermeasures of Sleep Disturbance in Patients with Psoriasis Zhang Li(1762)
- Effect of Nursing Intervention and Nutritional Support on Nutritional Status and Sleep Quality of Patients with Gastric Cancer Li Qiong ,Li Ying(1764)

Sleep Apnea

- Analysis on the Correlation between Wearing Dentures and Obstructive Sleep Apnea Hypopnea Syndrome of Patients with Edentulous Jaw Wu Youju(1766)
- Effects of Mechanical Ventilation on Sleep in Intensive Care Patients Tian Muhua(1769)
- Clinical Effect of Oral Appliance on Obstructive Sleep Apnea Hypopnea Syndrome Huang Hongjin ,Lin Tao(1772)
- Analysis on the Nursing Effect of Systematic Nursing Intervention in the Patients with Obstructive Sleep Apnea Hypopnea Syndrome Yang Fen ,Yuan Cuiyu ,Li Haiyan(1775)

Sleep Psychopathy

- Analysis of Sleep Disorders in Psychiatric Patients Zhang Zhongce(1777)
- Effect of Systemic Sleep Nursing on Sleep Quality in Patients with Schizophrenia Huang Shujuan(1780)

Sleep Health

- Study and Analysis Of Sleep Quality Of Secondary Vocational Students And Its Influencing Factors Ruan Chengmei(1782)

Sleep Health Management

- Effective Measures To Improve The Quality Of Sleep Disorder Medical Record Management Zou Canying ,Deng Hailian(1785)
- Study on the Effect of Intensive Care on Sleep Disorders in ICU Patients Lin Feifei(1787)