



ISSN 2095-7130

CN 10-1207/R

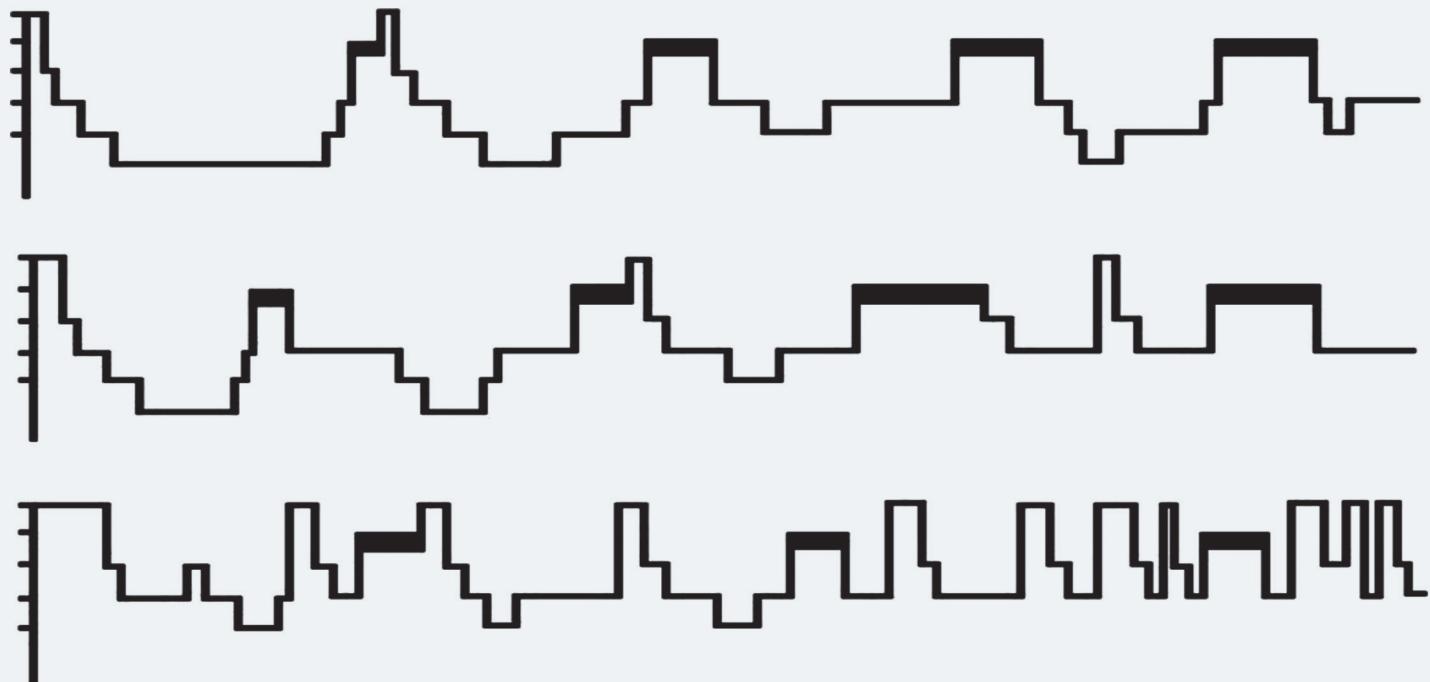
WORLD JOURNAL OF SLEEP MEDICINE

世界睡眠医学杂志

SHIJIÉ SHUIMIÁN YÍXUE ZAZHÌ

2019年6月 第6卷 第6期

Vol.6 No.6 June 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

6
—
2019

9 772095 713196

世界睡眠医学杂志

SHIJIE SHUIMIAN YIXUE ZAZHI

月刊 2014年2月创刊 第6卷 第6期 2019年6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 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。

目 次

临床睡眠医学

不同剂量右美托米啶在糖尿病湿性坏疽清除术中对循环系统以及患者睡眠状态的影响	孙煜	(693)
冠心病介入治疗对患者术后睡眠状态和应激激素表达的影响研究	王海利 郭杰超	(696)
心脏康复治疗对冠心病合并睡眠障碍患者心功能及睡眠质量的影响	彭晓红	(699)
睡眠障碍对糖尿病患者血糖变化的影响	邓宁 陈方 张珑维 等	(702)
心血管疾病急诊患者急诊科室救治期间睡眠紊乱的特点调查研究	朱丽莎 梁艳 张玉梅 等	(705)
抑郁失眠与单纯失眠的共性分析	王晓明 李军涛 刘玉静 等	(708)
唑吡坦联合帕罗西汀治疗抑郁失眠的疗效分析	李军涛 刘金 王晓明 等	(711)
地塞米松冲击治疗原发免疫性血小板减少症的疗效及对睡眠的影响	陈岚	(714)
脑卒中患者睡眠结构指标及氧化应激指标的变化观察	李娜	(716)
重复经颅磁刺激联合抗抑郁药物治疗卒中后抑郁的效果及对睡眠质量的影响	李小庆 蓝锡榕 陈丽娟	(718)
帕罗西汀联合奥氮平治疗对抑郁症抑郁程度及睡眠质量的影响	吕玲	(720)
物质依赖住院患者的治疗障碍因素和睡眠质量调查分析	曹玉蓉 孙艳	(722)
原发性闭角型青光眼患者睡眠质量调查分析	曹素平	(724)
焦虑状态患者合并睡眠障碍的药物治疗分析	仇传菊	(726)

中医睡眠医学

解郁宁心安神法为主综合治疗失眠的疗效分析	涂艳平 吕先文	(728)
中医护理干预对2型糖尿病失眠患者血糖及睡眠质量指数的影响研究	李艳	(731)
针灸治疗慢性失眠的时效性与量效性临床效果分析	赵金平	(734)
耳穴埋豆对ICU患者睡眠障碍的疗效观察	程明峰 丁小凤 黄雁翎	(736)
中医治疗冠心病心绞痛合并睡眠障碍的临床体会	焦羸君	(738)
中医药干预对改善脑卒中后睡眠障碍疗效与安全性的系统评价探讨	刘喜会	(740)
睡眠呼吸暂停综合征的辨证与治疗对策探究	朱晓燕	(742)
百乐眠胶囊治疗阴虚火旺型失眠症50例疗效观察	汪海芹 蔡忠明	(744)
中药足浴配合中医内科护理在老年失眠症中的应用效果观察	陈雪英 高传琴 潘芸 等	(746)

老年睡眠医学

健康教育路径对老年慢性阻塞性肺疾病患者睡眠质量的影响	韦洁 石瑛 周明明	(748)
抑郁和焦虑对慢性病老年患者睡眠影响的分析	邓棣今	(751)
高龄患者无痛胃镜检查术后实施复苏护理对睡眠质量的影响	何晓燕	(754)
循证护理对老年冠心病患者睡眠质量和焦虑抑郁的影响分析	林剑珊	(756)
护理干预对老年广泛性焦虑症患者睡眠质量及生命质量的影响	高珂 崔文秀	(758)
老年糖尿病患者睡眠障碍的原因分析及护理干预探究	刘慧琳	(760)
艾司唑仑对合并睡眠障碍老年高血压患者睡眠、血压的影响	邓玉琴	(762)
情志护理对老年骨折手术患者应激反应与睡眠质量的临床影响	张静	(764)
护理干预对于神经内科老年住院患者睡眠障碍的效果观察	李淑芬	(766)

女性睡眠医学

乳腺癌根治术后化疗患者睡眠质量及相关因素探讨	赵微 孟庆鑫 徐永良	(768)
护理干预对产妇产后出血和睡眠质量的影响研究	谢文银 王雅芳 苏远梅 等	(771)
护理干预在改善产妇睡眠质量及减少产后出血的效果分析	赵晓英	(773)

儿童睡眠医学

睡眠觉醒障碍观察外治综合疗法在小儿遗尿脾肾两虚证治疗中的临床疗效	吴俊健 刘世超 张春雪	(775)
家庭护理策略对小儿内科患儿治疗依从性及睡眠质量的影响研究	傅玲娜	(778)
优质护理在无创正压机械通气治疗新生儿呼吸窘迫综合征的应用效果观察	贾贵兰 郭虹	(780)
倾斜式卧位在新生儿溢乳和睡眠护理中的应用效果分析	李建美	(782)

睡眠心理学

心理护理干预对胃癌患者疼痛、睡眠质量及生命质量的影响价值体会	刘娟	(784)
综合护理干预对突发性耳聋患者心理状况及睡眠质量的影响	杨文娟 孙金梅	(787)
基于加速康复外科的骨科心理睡眠管理模式构建与效果评价研究	赵金锋	(790)
心理护理对抑郁症患者睡眠障碍的护理效果分析	崔文秀 乔玲娟 孙乐乐	(792)
感恩情绪干预应用于抑郁症患者的效果评价	王肖川 韩 冰 郭 宁	(794)
支持性心理干预应用于冠心病伴失眠患者的效果评价	宗学艳	(796)
早期心理疏导对颅脑损伤患者睡眠质量及血压的影响	孙敏 曹秋月	(798)
艾司西酞普兰联合奥氮平对于难治性抑郁症患者心理状况以及睡眠质量的影响研究	张晓霞 李国军	(800)
心理护理联合疼痛护理对改善子宫肌瘤患者围手术期的睡眠质量的效果	黄伙珍 林秋娟	(802)

睡眠护理学

ICU 患者的睡眠障碍与有效护理方式研究	王桂萍 李碧惠	(804)
全程护理对阻塞性睡眠呼吸暂停综合征患者正压通气治疗依从性的影响分析	李明芳 陈明杰 丁锦珍 等	(806)
手术室护理在胸腔镜纵隔肿瘤切除术中的效果及睡眠质量评价	郑毅飞	(808)
睡眠护理对呼吸内科患者睡眠质量和生命质量的影响	陈银燕 王熙	(810)
舒适护理改善卵巢癌化疗患者睡眠以及生命质量的疗效研究	黄娟 许传莹	(812)
人性化护理用于手术室患者护理的效果及对患者睡眠质量影响分析	李碧惠 王桂萍	(814)
全程疼痛护理对膝关节置换术患者焦虑及睡眠质量的影响研究	孙峰	(816)
针对性护理干预对食管癌患者术后睡眠质量的影响研究	韩燕 蔡兰兰 操练 等	(818)
探讨人性化护理在手术室临床护理工作中的应用及对患者睡眠质量的影响	王春玲 林燕 程艳萍	(820)
细致化护理模式对手术患者护理质量、心理情绪及睡眠质量的影响观察	周颖 郭霞 肖连珍	(822)
优质护理对剖宫产产妇围术期心理应激状态及睡眠质量的影响分析	黄伙珍 林秋娟	(824)

睡眠呼吸病学

正畸矫治器治疗鼾症及阻塞性睡眠暂停综合症临床研究	吾尔古力·阿不都热依木 热那古丽·伊那木	(826)
阻塞性睡眠呼吸暂停低通气综合征(OSAHS)的严重程度分级对 ST 段抬高型急性心肌梗死(STEMI)患者预后的影响	林全	(829)
多平面低温等离子射频消融术治疗中重度阻塞性睡眠呼吸暂停低通气综合征的术后护理研究	郭虹 贾贵兰	(832)
体外膈肌起搏对慢性阻塞性肺疾病的疗效观察及睡眠质量影响	钱美芳 李柏春 陈勇 等	(834)
对高血压合并阻塞性睡眠呼吸暂停综合征患者进行持续正压通气治疗的护理体会	宋文红	(836)

临床个案报告

小柴胡汤合桃红四物汤加龙牡治疗瘀热互结型不寐的个案报道	李悦婷 张伟	(838)
-----------------------------	--------	-------

睡眠健康

手术室护士职业紧张与睡眠质量的调查结果及干预对策	叶和青	(840)
手术室护士工作压力及睡眠、疲劳状况与相关因素调查分析	沈美娜	(843)

特殊人群的睡眠健康与睡眠障碍

精神病患者睡眠障碍原因与护理对策分析	李依桐	(845)
健康教育对急诊脑出血患者康复效果和睡眠质量的影响	梁艳 朱丽莎 姚梅 等	(847)

读者·作者·编者

信息	(封二、封三)	
----	---------	--

World Journal of Sleep Medicine

Bimonthly Established in February 2014 Volume 6, Number 6 June 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 Jimming(魏金明)

The standing deputy editor

Liu Yanjiao(刘艳骄)

Director of Editorial Department

Liu Yanjiao(刘艳骄)

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.sjzyyzz.com](http://www.sjzyyzz.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 10-4207/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.

CONTENTS IN BRIEF

Clinical Sleep Medicine

Effects of Different Doses of Dexmetomidine on Circulatory System and Sleep Status of Patients During Clearance of Diabetic Wet Gangrene	Sun Yu(693)
Study of the Effect of Interventional Therapy for Coronary Heart Disease on Postoperative Sleep State and Expression of Stress Hormones in Patients	Wang Haili,Zhi Jiechao(696)
Effect of Cardiac Rehabilitation on Cardiac Function and Sleep Quality in Patients with Coronary Heart Disease Complicated with Sleep Disorde	Peng Xiaohong(699)
Effects of Sleep Disturbance and Its Intervention on Blood Glucose Level in Patients with Type 2 Diabetes Mellitus	Deng Ning,Chen Fang,Zhang Longwei, <i>et al</i> (702)
Investigation and Study on the Characteristics of Sleep Disorder in Emergency Department of Cardiovascular Disease	Zhu Lisha,Liang Yan,Zhang Yumei, <i>et al</i> (705)
The Common Analysis of the Patients with Simple Insomnia and Depression Insomnia	Wang Xiaoming,Li Juntao,Liu Yujing, <i>et al</i> (708)
The Curative Effect Analysis of Zolpiden Combined with Paroxetine to the Patients with Depression and Insomnia	Li Juntao,Liu Jin,Wang Xiaoming, <i>et al</i> (711)
Observation on the Efficacy of Intermittent High Dose Dexamethasone Pulse in the Treatment of Primary Immune Thrombopenia and its Effect on Sleep Quality	Chen Lan(714)
Observation on the Change of Sleep Structure and Oxidative Stress Indexes of Patients with Stroke	Li Na(716)
Effect of Repeated Transskull Magnetic Stimulation Combined with Antidepressants on Post-stroke Depression and its Effect on Sleep Quality	Li Xiaoqing,Lan Xirong,Chen Lijuan(718)
Effect of Paroxetine Combined with Olanzapine on Depression and Sleep Quality in Patients with Depression	Lyu Ling(720)
Investigation and Analysis of Treatment Disorders and Sleep Quality in Inpatients with Material Dependence	Cao Yurong,Sun Yan(722)
Investigation and Analysis of Sleep Quality in Patients with Primary Angle-closure Glaucoma	Cao Suping(724)
Analysis of Drug Treatment for Patients with Anxiety and Sleep Disorders	Qiu Chuanju(726)

TCM Sleep Medicine

Effect Analysis of Comprehensive Treatment of Insomnia by Jieyu Ningxin Anshen Method	Tu Yanping,Lyu Xianwen(728)
Effect of Traditional Chinese Medicine Nursing Intervention on Blood Glucose and Sleep Quality Index in Insomnia Patients with Type 2 Diabetes Mellitus	Li Yan(731)
Analysis on Clinical Effect of Acupuncture and Moxibustion in the Treatmen of Chronic Insomnia	Zhao Jinping(734)
Observation on the Curative Effect of ear Point Burying Bean on Sleeping Disorder in Patients with ICU	Cheng Mingfeng,Ding Xiaofeng,Huang Yanling(736)
Clinical Experience of TCM in Treatment of Coronary Heart Disease Angina Pectoris Complicated with Sleep Disorder	Jiao Yingjun(738)
Systematic Evaluation of the Efficacy and Safety of TCM Intervention in Improving Sleep Disorder After Stroke	Liu Xihui(740)
Syndrome Differentiation and Treatment of Sleep Apnea Syndrome	Zhu Xiaoyan(742)
Observation on the Effect of Bailemian Capsule in the patients with Insomnia of Yin Deficiency and Fire Prosperity Syndrome	Wang Haiqin,Cai Zhongming(744)
Observation on the Application Effect of Traditional Chinese Medicine Foot Bath Combined with Traditional Chinese Medicine Internal Nursing in Elderly Patients with Insomnia	Chen Xueying,Gao Chuangqin,Pan Yun, <i>et al</i> (746)

Geriatric Sleep Medicine

Effects of Health Education Pathway on Sleep Quality of Elderly Patients With Chronic Obstructive Pulmonary Disease	Wei Jie,Shi Ying,Zhou Mingming(748)
Effects of Depression and Anxiety on Sleep in Elderly Patients with Chronic Diseases	Deng Lijun(751)
Effect of Resuscitation Nursing on Sleep Quality in Elderly Patients after Painless Gastroscopy	He Xiaoyan(754)
Effect of Evidence-based Nursing on Sleep Quality, Anxiety and Depression in Elderly Patients with Coronary Heart Disease	Lin Jianshan(756)

Evaluation of the Effect of Nursing Intervention on Sleep Quality and Quality of Life in Elderly Patients with Generalized Anxiety Disorder	Gao Ke, Cui Wenxiu(758)
Analysis of Causes of Sleep Disorder in Elderly Diabetes Mellitus Patients and Exploration of Nursing Intervention	Liu Huilin(760)
Effect of Eszolam on Sleep and Blood Pressure in Elderly Patients with Hypertension Complicated with Sleep Disorde	Deng Yuqin(762)
Effect of Emotional Nursing on Stress Response and Sleep Quality of Elderly Fracture Surgery Patients	Zhang Jing(764)
Effect of Nursing Intervention on Elderly Patients with Sleep Disorder in Neurology Department	Li Shufen(766)

Female Sleep Medicine

Study on Sleep Quality and Related Factors in Patients Undergoing Chemotherapy after Radical Resection of Breast Cancer	Zhao Wei, Meng Qingxin, Xu Yongliang(768)
Effect of Nursing Intervention on Maternal Postpartum Hemorrhage and Sleep Quality	Xie Wenyin, Wang Yafang, Su Yuanmei, et al(771)
Effect of Nursing Intervention on Improving Maternal Sleep Quality and Reducing Postpartum Hemorrhage	Zhao Xiaoying(773)

Pediatric Sleep Medicine

Observation on the Clinical Effect of Comprehensive External Therapy with Observation of Sleep Awakening Disorder on Children with Enuresis of Spleen and Kidney Deficiency Syndrome	Wu Junjian, Liu Shichao, Zhang Chunxue(775)
The Effect of Family Nursing Strategy on the Treatment Compliance and the Quality of Sleep in Children with Internal Medicine	Fu Lingna(778)
Effect of Noninvasive Positive Pressure Mechanical Ventilation on Neonatal Respiratory Distress Syndrome Combined with Quality Nursing Care and Sleep Quality Analysis	Jia Guilan, Guo Hong(780)
Analysis of Application Effect of Tilting Position in Nursing of Newborn with Galactorrhea and Sleep	Li Jianmei(782)

Sleep Psychology

Influence Value of Psychological Nursing Intervention for Pain, Sleep Quality and Quality of Life of Patients with Gastric Cancer	Liu Juan(784)
Effect of Comprehensive Nursing Intervention on Psychological Status and Sleep Quality of Patients With Sudden Deafness	Yang Wenjuan, Sun Jinmei(787)
Construction of Psychological Sleep Management Model in Orthopaedics Based on Accelerated Rehabilitation Surgery and Evaluation of Its Effect	Zhao Jinfeng(790)
Effect of Psychological Nursing on Sleep Disorders in Patients with Depression	Cui Wenxiu, Qiao Lingjuan, Sun Lele(792)
The Effect of Gratitude Intervention on Patients with Depression	Wang Xiaochuan, Han Bing, Guo Ning(794)
Effect Evaluation of Supportive Psychological Intervention in Patients with Coronary Heart Disease and Insomnia	Zong Xueyan(796)
Effects of Early Psychological Counseling on Sleep Quality and Blood Pressure in Patients with Craniocerebral Injury	Sun Min, Cao Qiuyue(798)
Effect of Escitalopram Combined with Olanzapine on Psychological Status and Sleep Quality in Patients with Refractory Depression	Zhang Xiaoxia, Li Guojun(800)
Effect of Psychological Nursing Combined with Pain Nursing on Improving Perioperative Sleep Quality in Patients with Uterine Fibroids	Huang Huozhen, Lin Qiujuan(802)

Sleep Nursing

ICU Patients With Sleep Disorders and Effective Way of Nursing Research	Wang Guiping, Li Bihui(804)
Effect of Whole Course Nursing on Compliance of Patients with Obstructive Sleep Apnea Syndrome Treated with Positive Pressure Ventilation	Li Mingfang, Chen Mingjie, Ding Jinzhen, et al(806)
Evaluation of Effect and Sleep Quality of Operation Room Nursing in Thoracoscopic Resection of Mediastinal Tumors	Zheng Yifei(808)
Effect of Sleep Nursing on Sleep Quality and Quality of life of Patients in Respiratory Department	Chen Yinyan, Wang Xi(810)
To Study the Effect of Comfortable Nursing on Improving Sleep and Quality of Life of Patients with Ovarian Cancer Undergoing Chemotherapy	Huang Juan, Xu Chuanying(812)
Effect of Humanized Nursing on Operating Room Nursing and Its Impact on Sleep Quality of Patients	Li Bihui, Wang Guiping(814)
Study on the Effects of Whole-course pain Nursing on Anxiety and Sleep Quality of Patients Undergoing Knee Replacement	Sun Feng(816)
Effect of Nursing Intervention on Postoperative Sleep Quality in Patients with Esophageal Cancer	Han Yan, Cai Lanlan, Cao Lian, et al(818)
Investigation of Application of Humanized Nursing In Clinical Nursing of Operating Room and Influence of Sleep Quality of Patients	Wang Chunling, Lin Yan, Cheng Yanping(820)
Effect of Careful Nursing Mode on Nursing Quality, Psychological Mood and Sleep Quality of Surgical Patients	Zhou Ying, Guo Xia, Xiao Lianzhen(822)
Analysis of the Effect of Quality Nursing on Perioperative Psychological Stress and Sleep Quality of Cesarean Section Parturients	Huang Huozhen, Lin Qiujuan(824)

Sleep Apnea

Clinical Study of Orthodontic Appliance In Treating Snoring and Obstructive Sleep Apnea Syndrome	Ulguri Abdureyimu, Genaguri Inamo(826)
Effect of (OSAHS) Severity Grading on Prognosis of (STEMI) Patients with ST Segment Elevation Acute Myocardial Infarction	Lin Quan(829)
Postoperative Nursing Study of Multi-plane Plasma Radiofrequency Ablation for the Treatment of Moderate and Severe Obstructive Sleep Apnea Hypopnea Syndrome	Guo Hong, Jia Guilan(832)
Effect of External Diaphragmatic Pacing on Chronic Obstructive Pulmonary Disease and Sleep Quality	Qian Meifang, Li Baichun, Chen Yong, et al(834)
Nursing Experience of Continuous Positive Pressure Ventilation in Patients with Hypertension Complicated with Obstructive Sleep Apnea Syndrome	Song Wenhong(836)

Clinical Case Report

Case Report on the Treatment of the Intersection of Blood Stasis and Heat of Insomnia by Xiaochaihu Decoction Combined with Taohong Siwu Decoction and Longgu Muli	Li Yueting, Zhang Wei(838)
--	----------------------------

Sleep Health

Investigation Results and Intervention Strategies of Occupational Stress and Sleep Quality of Nurses in Operating Room	Ye Heping(840)
Investigation and Analysis of Work pressure, Sleep, Fatigue and Related Factors of Operating Room Nurses	Shen Meina(843)

Sleep Health and Sleep Disorders in Special Population

Causes of Sleep Disorder in Psychiatric Patients and Nursing Strategies	Li Yitong(845)
Effect of Health Education on Rehabilitation and Sleep Quality of Patients with Emergency Cerebral Hemorrhage	Liang Yan, Zhu Lisha, Yao Mei, et al(847)