



ISSN 2095-7130

CN 10-1207/R

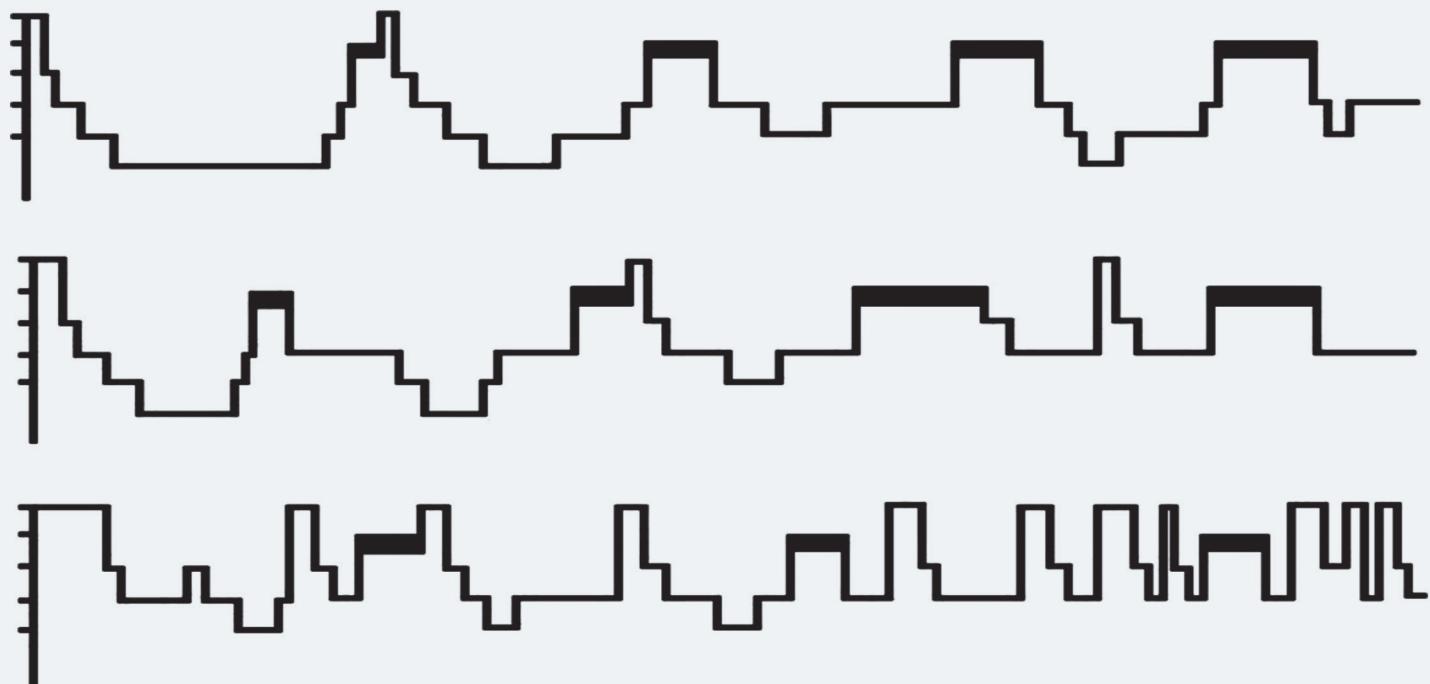
WORLD JOURNAL OF SLEEP MEDICINE

# 世界睡眠医学杂志

SHIJIÉ SHUIMIÁN YÍXUE ZAZHÌ

2019年9月 第6卷 第9期

Vol.6 No.9 September 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

9  
—  
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9期 2019年9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.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 10-1207/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

### 论 著

- 从人体胚胎发育看中医睡眠生理与重建 ..... 姜翼 (1173)  
急性脑梗死患者睡眠障碍与焦虑、抑郁情绪的相关性研究 ..... 张瑾 潘凤华 吴晋 (1176)  
焦虑症状对抑郁障碍患者睡眠影响的研究 ..... 合浩 李晓霞 冒才英 等 (1179)  
个性化护理对风湿骨病科患者护理满意度的影响 ..... 何盼 (1182)  
程序化护理管理在风湿科患者精准服药率中的作用 ..... 刘红燕 (1185)

### 临床睡眠医学

- 军队陆军人员睡眠疾病调查分析 ..... 胡明侠 戴煌 朱爱华 等 (1188)  
不同剂量右美托咪定对颌骨囊肿手术患者全麻苏醒质量的影响 ..... 戴伟兰 (1192)  
睡眠质量等临床因素及相关检验指标对重症肺炎预后评估的价值 ..... 陈艳华 黄拔威 (1195)  
睡眠障碍及其干预对2型糖尿病患者血糖水平的影响 ..... 李长志 (1198)  
百乐眠胶囊用于失眠症治疗的临床疗效观察 ..... 石效荣 刘义升 李艳江 等 (1201)  
睡眠护理管理对脑梗死患者病情康复速度的影响研究 ..... 叶冬玲 柳兰晶 刘海燕 (1203)  
试析麻醉睡眠平衡术治疗慢性失眠症的疗效 ..... 董长明 (1205)  
自我放松训练对胃癌术后患者睡眠质量及疲乏状态的影响分析 ..... 杨明玉 (1207)

### 中医睡眠医学

- 张永华名中医运用加味黄连温胆汤治疗失眠临床分析 ..... 张蕾 张永华 (1209)  
徐凌云教授从肝肾论治失眠的经验及运用体会 ..... 王艳英 (1211)  
健身气功八段锦在失眠治疗中的作用及机制探讨 ..... 赵晓东 魏慧军 杨承芝 等 (1213)  
辨证运用针刺加耳穴治疗失眠证50例探究 ..... 许萍 (1216)  
中药足浴配合耳穴埋籽对妇科术前患者睡眠质量的影响研究 ..... 邢艳春 (1218)  
前列腺炎腰痛睡障碍中医药治疗效果临床观察 ..... 王开兴 侯效峰 王成龙 等 (1220)

### 中医睡眠中医学

- |河南省地方中药有关睡眠中药文献评述 ..... 许彦臣 耿露源 刘艳骄 等 (1222)

### 睡眠方剂学

- 朱砂安神丸拮抗大鼠条件性恐惧及其睡眠障碍作用的研究 ..... 赵航 李廷利 (1226)

### 老年睡眠医学

- 老年痴呆患者睡眠障碍的特征及护理干预研究 ..... 洪金霞 蔡清菊 甘仪清 (1229)

### 女性睡眠医学

- 护理干预对产妇的睡眠质量及产后出血的影响研究 ..... 段海娜 (1231)  
精细化护理改善妇科患者睡眠质量的效果观察 ..... 周元芬 (1233)  
电话随访对妇产科阻塞性睡眠呼吸暂停低通气综合征患者治疗依从性和治疗效果的影响 ..... 尹丽 (1235)  
孕期保健对高龄产妇妊娠期睡眠质量、并发症及妊娠结局的影响 ..... 吴霞 (1237)

### 儿童睡眠医学

- 儿童鼾症手术患者护理及睡眠质量改善分析 ..... 洪丽雅 陈雅萍 (1239)  
阑尾切除术患儿术后睡眠质量及影响因素调查研究 ..... 闫广才 (1241)

### 睡眠心理学

- 儒道身心观对失眠认知行为疗法的借鉴启发 ..... 杨青春 张继敏 (1243)

心理护理干预对维持性血液透析患者睡眠质量和满意度的影响	林秀贞	(1246)
心理护理干预用于妊娠晚期孕妇改善睡眠质量的效果观察	黄文青 杨梅凤 杨华	(1249)
ABC 合理情绪疗法对肝病患者睡眠质量及负面情绪的影响分析	米秀英	(1252)
心理护理在呼吸衰竭患者中的应用价值及对睡眠的影响研究	翁克姬 陈丹凤 江发英	(1254)
心理护理联合疼痛护理对改善宫颈癌患者围手术期睡眠质量的效果分析	刘章丽 赵明星 王晓云	(1256)
<b>睡眠护理学</b>		
耳穴压豆与心理护理改善骨科术后患者睡眠质量的效果	陈晓莉 麦晓珩	(1258)
全程护理对甲状腺全切除患者术后疼痛和睡眠的影响	陈秋芬 陈露蓉	(1260)
中西医结合治疗食管癌术后睡眠障碍的护理体会	黄彬彬 吴雪娟	(1263)
重症监护室患者睡眠障碍相关因素及护理体会	周艳	(1266)
个体化护理干预对肾结石术后患者康复进程和睡眠质量的改善效果研究	赵静 孙亮 廖树丽	(1269)
优质护理对感染性疾病患者睡眠质量的影响	高怡	(1272)
针对性护理干预对改善结直肠癌术后生命质量和睡眠质量的效果	林丽芬	(1275)
循证护理对膝关节置换术患者睡眠质量和负面情绪的影响	潘敏清 陈昭岚 李碧惠	(1277)
护理干预对带状疱疹伴周围神经疼痛患者睡眠质量的影响	蔡桂丽	(1279)
循证护理对肝脏手术患者术后并发症及睡眠质量的影响	龚江凤	(1281)
问题导向干预模式护理应用于帕金森病治疗及对患者认知功能、睡眠的影响分析	柳兰晶 叶冬玲 林秀梦	(1283)
立体聚焦护理干预用于乳腺癌化疗患者睡眠障碍的效果观察	刘苜莲	(1285)
肿瘤内科患者睡眠障碍原因分析及护理对策	王小燕 李燕凌	(1287)
综合护理干预对肺癌化疗患者睡眠质量及不良反应的影响	王啊妹	(1289)
舒适护理在肿瘤放疗患者中的应用效果及对睡眠质量的影响	张娅	(1291)
<b>睡眠呼吸病学</b>		
无创正压通气治疗阻塞型睡眠呼吸暂停综合征患者临床疗效观察	赖煜堂	(1293)
综合护理干预对重症监护室呼吸机相关性肺炎的预防效果及睡眠质量的影响	陈月英	(1296)
常规药物联合无创呼吸机治疗冠心病合并睡眠呼吸暂停综合征的疗效	黄鑫 张娟	(1299)
脑卒中后睡眠呼吸暂停低通气综合征与吞咽障碍分析	陈祺	(1301)
<b>睡眠精神病学</b>		
针对性睡眠护理干预在抑郁症患者中的应用分析	陈妍琼	(1303)
<b>睡眠健康</b>		
手术室护士人格特征、心理困扰、工作压力与睡眠质量的关系	李均祥 丁金娥	(1307)
<b>特殊人群的睡眠健康与睡眠障碍</b>		
人工晶状体对于青光眼白内障患者白内障术后睡眠质量的影响	刘连河	(1309)
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	李选治 吕惠英 黄惠珍 等	(1311)
<b>临床个案报告</b>		
无创正压通气治疗阻塞性睡眠呼吸暂停低通气综合征合并遗尿症 1 例分析	张凤宇 郭文新 刘国辉 等	(1313)
老年失眠症中医辨证治疗个案报道	黄艳影	(1315)
睡眠异常验案一组	徐凌云 王艳英 费飞	(1317)
1 例唑吡坦依赖的慢性失眠障碍患者替代治疗报告并文献复习	合浩 吕鑫 李晓霞 等	(1320)
<b>综 述</b>		
渐进性肌肉放松训练对慢性病患者睡眠作用的研究综述	史培卓 陈彦玲 王婷	(1322)
失眠症特色芳香疗法应用与进展	王静燕 王泽军 汪晓静	(1325)
<b>世界各国睡眠研究学术组织介绍</b>		
俄罗斯联邦睡眠学家学会		(1327)
<b>读者·作者·编者</b>		
信息 · 方方数据		(封二、封三)

# World Journal of Sleep Medicine

Bimonthly Established in February 2014 Volume 6, Number 9 September 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.sjsmxzz.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.sjyyzz.com](http://www.sjyyzz.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

### Original Artical

To Discuss Sleep Physiology and Rebuilding Through Human Embryonic Development	.....	Jiang Yi(1173)
Study on Correlation Between the Sleep Disorders and the Anxiety/Depression of Acute Cerebral Infarction Patients	.....	Zhang Jin, Pan Fenghua, Wu Jin(1176)
Effects of Anxiety Symptoms on Sleep in Patients with Depressive Disorder	.....	He Hao, Li Xiaoxia, Mao Caiying, et al(1179)
Analysis on the Influence of Personalized Nursing for Nursing Satisfaction of Patients in Department of Rheumatism and Bone Diseases	.....	He Pan(1182)
Effect of Programmed Nursing Management in Precise Medication Rate of Patients in Department of Rheumatism	.....	Liu Hongyan(1185)

### Clinical Sleep Medicine

Epidemiologic Investigation of Sleep Disorders in Army Personnel	.....	Hu Mingxia, Dai Huang, Zhu Aihua, et al(1188)
Effect of Different Doses of Dexmedetomidine on Recovery Quality of General Anesthesia in Patients Undergoing Jaw Cyst Surgery	.....	Dai Weilan(1192)
The Value of Sleep Quality and Other Clinical Factors and Related Test Indexes in the Prognosis Evaluation of Severe Pneumonia	.....	Chen Yanhua, Huang Bawei(1195)
Analysis of Sleep Disorder and Its Intervention on Blood Sugar Level in Patients with Type 2 Diabetes Mellitus	.....	Li Changzhi(1198)
Observation on Clinical Efficacy of Baile Mian Capsule in Insomnia Treatment	.....	Shi Xiaorong, Liu Yisheng, Li Yanjiang, et al(1201)
Study on the Effect of Sleep Nursing Management on The Recovery Speed of Cerebral Infarction Patients	.....	Ye Dongling, Liu Lanjing, Liu Haiyan(1203)
Analysis of the Efficacy of Anesthesia Sleep Balance in the Treatment of Chronic Insomnia	.....	Dong Changming(1205)
Effect of Self-relaxation Training on Sleep Quality and Fatigue Status of Patients with Gastric Cancer after Operation	.....	Yang Mingyu(1207)

### TCM Sleep Medicine

Clinical Analysis of Using Modified Huanglian Wenda Decoction to Treat Insomnia by Zhang Yonghua	.....	Zhang Lei, Zhang Yonghua(1209)
Experience and Application of Professor Xu Lingyun to Treat Insomnia Based on Liver and Kidney	.....	Wang Yanying(1211)
The Mechanism and Effect of Ba Duan Jin to Insomnia	.....	Zhao Xiaodong, Wei Huijun, Yang Chengzhi, et al(1213)
Study on 50 Cases of Insomnia Syndrome Treated by Acupuncture and Auricular Point	.....	Xu Ping(1216)
Study on the Effect of Foot Bath With Chinese Medicine Combined with Ear Acupoint Seed Embedding on Sleep Quality of Preoperative Gynecologic Patients	.....	Xing Yanchun(1218)
Clinical Observation on the Therapeutic Effect of Chinese Medicine on Prostatitis Lumbar Sleep Disorder	.....	Wang Kaixing, Hou Xiaofeng, Wang Chenglong, et al(1220)

### Tranditional Sleep Medicine

The Review of Native Herbs of Henan Province Related to Sleep	.....	Xu Yanchen, Geng Luyuan, Liu Yanjiao, et al(1222)
---	-------	---

### Sleep Prescription

To Study the Impact of Zhusha'anshenwan to Rat with Conditioned Fear and Sleep Disorders	.....	Zhao Hang, Li Tingli(1226)
--	-------	----------------------------

### Geriatric Sleep Medicine

Study on the Characteristics and Nursing Intervention of Sleep Disorders in Senile Dementia Patients	.....	Hong Jinxia, Cai Qingju, Gan Yiqing(1229)
--	-------	---

### Female Sleep Medicine

Effect of Nursing Intervention on Sleep Quality and Postpartum Hemorrhage of Puerpera	.....	Duan Haina(1231)
---	-------	------------------

Effect of Fine Nursing on Improving Patients' Sleep Quality in Gynecology	Zhou Yuanfen(1233)
Analysis of the Influence of Telephone Follow-up on Compliance and Therapeutic Effect of Patients with Obstetric and Gynecological Sleep Disorders	Yin Li(1235)

Influence of Pregnancy Health Care for Sleep Quality ,Complications and Pregnancy Outcome of Delivery Women with Advanced Maternal Age Wu Xia(1237)

## Pediatric Sleep Medicine

Analysis on Nursing and Sleep Quality Improvement of Pediatric Snoring Patients	Hong Liya,Chen Yaping(1239)
Study on Sleep Quality and Influencing Factors after Appendectomy in Children	Yan Guangcui(1241)

## Sleep Psychology

Enlightenment of Confucianism and Taoism on Cognitive Behavior Therapy for Insomnia	Yang Qingchun,Zhang Jiming(1243)
Effect of Psychological Nursing Intervention on Sleep Quality and Satisfaction of Maintenance Hemodialysis Patients	Lin Xiuzhen(1246)
Observation on the Effect of Psychological Nursing Intervention on Improving Sleep Quality of Pregnant Women in the Third Trimester	Huang Wenqing,Yang Meifeng,Yang Hua(1249)
Analysis of the Effect of ABC Rational Emotional Therapy on Sleep Quality and Negative Emotion in Patients with Liver Disease	Mi Xiuying(1252)
Application Value of Psychological Nursing in Patients with Respiratory Failure and its Effect on Sleep	Weng Keji,Chen Danfeng,Jiang Faying(1254)
Effect of Psychological Nursing Combined with Pain Nursing on Improving Perioperative Sleep Quality in Patients with Cervical Cancer	Liu Zhangli,Zhao Mingxing,Wang Xiaoyun(1256)

## Sleep Nursing

The Effects of Auricular Point Pressing with Bean and Psychological Nursing to Sleep Quality of Patients after Orthopedic Surgery	Chen Xiaoli,Mai Xiaoheng(1258)
Influence of Whole Course Nursing for Pain and Sleep of Patients after Total Thyroidectomy	Chen Qiufen,Chen Lurong(1260)
Nursing Experience of Integrated Chinese and Western Medicine in Treating Postoperative Sleep Disorder of Esophageal Carcinoma	Huang Binbin,Wu Xuejuan(1263)
Related Factors and Nursing Experience of Sleep Disorders in ICU Patients	Zhou Yan(1266)
Study on the Improvement Effect of Individualized Nursing Intervention for the Recovery Process and Sleep Quality of Patients with Renal Calculi after Operation	Zhao Jing,Sun Liang,Liao Shuli(1269)
Effect of Quality Nursing on Sleep Quality of Patients with Infectious Diseases	Gao Yi(1272)
Effect of Targeted Nursing Intervention on Improving Quality of Life and Sleep Quality After Colorectal Cancer Operation	Lin Lifen(1275)
Evidence-based Nursing in Patients with Knee Arthroplasty Sleep Quality and the Influence of Negative Emotions	Pan Minqing,Chen Zhaolan,Li Bihui(1277)
Effect of Nursing Intervention on Sleep Quality of Patients with Herpes Zoster Complicated with Peripheral Neuralgia	Cai Guili(1279)
Effects of Evidence-based Nursing on Postoperative Complications and Sleep Quality of Patients with Snoring Surgery	Gong Jiangfeng(1281)
Application of Problem-oriented Intervention Model in Parkinson's Disease Treatment and Cognitive Function of Patients ,Analysis of sleep effects	Liu Lanjing,Ye Dongling,Lin Xiumeng(1283)
Effect Observation of Stereoscopic Focused Nursing Intervention on Sleep Disturbance in Patients with Breast Cancer Chemotherapy	Liu Julian(1285)
Analysis of Causes of Sleep Disorders in Patients with Oncology and Nursing Countermeasures	Wang Xiaoyan,Li Yanling(1287)
Influence of comprehensive Nursing Intervention for Sleep Quality and Adverse Reactions of Patients with Chemotherapy for Lung Cancer	Wang Amei(1289)
Observation on the Application Effect of Comfortable Nursing in Patients with Radiotherapy for Tumor and Influence for the Sleep Quality	Zhang Ya(1291)

## Sleep Apnea

Clinical Treatment of Obstructive Sleep Apnea Syndrome in Respiratory Medicine	Lai Yutang(1293)
The Effect of Comprehensive Nursing Intervention on the Prevention of Ventilator-associated Pneumonia in Intensive Care Unit and the Effect of Sleep Quality	Chen Yueying(1296)
The Effect of Conventional Medicine Combined with Non-invasive Ventilator in the Treatment of Coronary Heart Disease with Sleep Apnea Syndrome	Huang Xin,Zhang Juan(1299)

Analysis of Sleep Apnea Hypopnea Syndrome and Dysphagia after Stroke Chen Qi(1301)

## Sleep Psychopathology

Analysis on the Application analysis of Targeted Sleep Nursing Intervention in the Patients with Depression	Chen Yanqiong(1303)
---	---------------------

## Sleep Health

The Relationship Between Personality ,Psychological Distress,Work Pressure and Sleep Quality of Operating Room Nurses	Li Junxiang,Ding Jin'e(1307)
---	------------------------------

## Sleep Health and Sleep Disorders in Special Population

Effect of Intraocular Lens on the Quality of Sleep after Cataract Extraction in Patients with Glaucoma	Liu Lianhe(1309)
Effects of Exercise Intervention on Cancer-related Fatigue and Sleep Quality in Breast Cancer Patients Undergoing Chemotherapy	Li Xuanzhi,Lu Huiying,Huang Huizhen ,et al(1311)

## Clinical Case Report

One Case Report of Treating Obstructive Sleep Apnea Hypopnea Syndrome with Enuresis by Noninvasive Positive Pressure Ventilation	Zhang Fengyu,Guo Wenxin,Liu Guohui ,et al(1313)
Case Report of Treating Insomnia of Old People by Traditional Chinese Medicine	Huang Yanying(1315)
Experience Cases of Sleep Disorders	Xu Linyun,Wang Yanfei,Fei Fei(1317)
A Case of Zolpidem-dependent Alternative Treatment Report For Chronic Insomnia Patients and Literature Review	He Hao,Lyu Xin,Li Xiaoxia ,et al(1320)

## Review

A Review of Studies on Progressive Muscle Relaxation Training in Patients with Chronic Diseases	Shi Peizhuo,Chen Yanling,Wang Ting(1322)
The Application and Development of Characteristic Aromatherapy of Insomnia	Wang Jingyan,Wang Zejun,Wang Xiaojing(1325)

## Introduction of Sleep Research Society and Sleep Medicine Academy

Rossiyskoe Obschchestvo Somnologov Russian Society of Somnologists (1327)