



ISSN 2095-7130

CN 10-1207/R

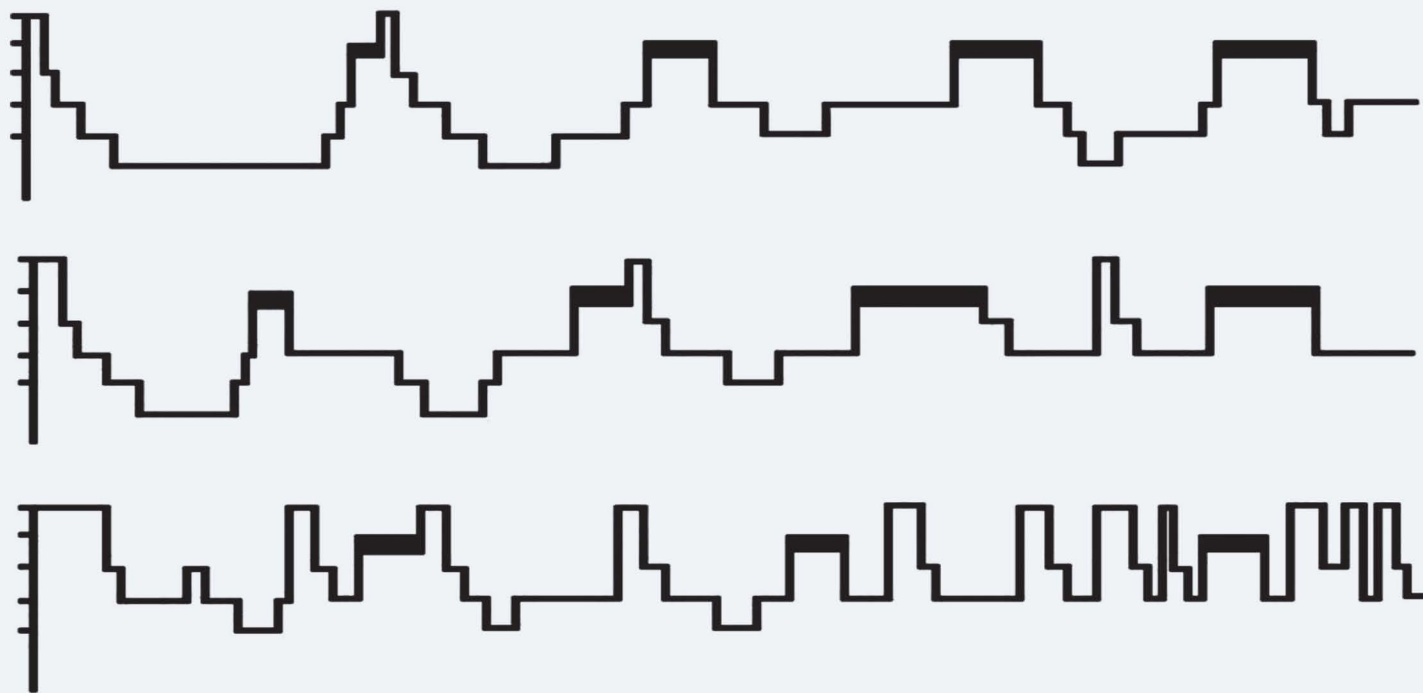
WORLD JOURNAL OF SLEEP MEDICINE

世界睡眠医学杂志

SHIJIE SHUIMIAN YIXUE ZAZHI

2022年1月 第9卷 第1期

Vol.9 No.1 January 2022



ISSN 2095-7130



9 772095 713226

万方数据

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

1

2022

世界睡眠医学杂志

SHIJIE SHUIMIAN YIXUE ZAZHI

月刊 2014 年 2 月创刊 第 9 卷 第 1 期 2022 年 1 月 28 日出版

主 管 国家中医药管理局
主 办 世界中医药学会联合会
编辑委员会主任 李振吉 刘保延
主 编 汪卫东
社 长 魏金明
常务副主编兼编辑部主任 刘艳骄
本期编辑 杜辉
英文编辑 丰云舒
编辑出版 《世界中医药》杂志社
《世界睡眠医学杂志》编辑部
地址:北京市朝阳区小营路 19 号
财富嘉园 A 座 316 室
邮编:100101
电话:(010)58650023
电子邮箱:sjsmyxbjb@126.com
sjsmyx@vip.126.com
网址:www.sjsmyxzz.com
广告代理 世中联兴和国际传媒(北京)有限公司
电话/传真:(010)58650236
印 刷 廊坊市佳艺印务有限公司
(河北省廊坊市安次区仇庄乡
南辛庄村,065000)
国内发行 中国邮政集团公司北京市报刊发行局
邮发代号 80-920
国外发行 中国国际图书贸易集团有限公司
(北京 399 信箱)
邮发代号 M9098
订 购 全国各地邮局
中国标准连续出版物号
ISSN 2095-7130
CN 10-1207/R

广告发布登记号 京朝工商广字第 8057 号
定 价 国内每期 30 元 全年 360 元
国外每期 30 美元 全年 360 美元

所有文章版权归《世界中医药》杂志社
所有,未经许可,本刊所载文章不得翻译、
转载,除非特别说明,本刊文章不代表本刊
编委会的观点

目 次

卷首语	自立,自强,自信,再发展	刘艳骄 (1)
论 著	正念减压训练联合认知行为干预在创伤性颅脑损伤继发睡眠障碍患者中的疗效观察	朱凤英 (2)
	阻塞性睡眠呼吸暂停低通气综合征合并夜间心律失常患者对无创通气治疗的反应报告	张伟 冯军军 余泳波 等 (6)
临床睡眠医学	大学生睡眠质量与抑郁情绪相关性的分析	孙伟伟 杜春玲 张静霞 等 (10)
	一种基于深度残差网络模型的睡眠呼吸暂停识别方法	刘洪涛 王伟 胡少娴 等 (13)
	观察帕罗西汀联合小剂量奥氮平治疗抑郁症合并睡眠障碍的治疗效果	陈晨 李桂芬 (18)
	微波和低周波对神经根型颈椎病的疗效及睡眠的影响	张丰 (21)
	肺癌化疗患者睡眠质量与生命质量相关性分析	康仁智 (24)
	心通颗粒联合倍他乐克对冠心病心绞痛的治疗效果及对睡眠质量的影响	王亮森 (27)
	观察右美托咪定辅助镇静对全身麻醉患者手术后睡眠质量的影响	李菲 (30)
	西酞普兰联合小剂量多塞平治疗广泛性焦虑症伴共病性失眠的效果分析	孙翔宇 (33)
	观察右美托咪定治疗顽固性失眠的效果	张锦 (36)
	分析维持性血液透析患者睡眠障碍的影响因素	张伟杰 方庆珊 秦艳东 (39)
	观察肝动脉灌注化疗栓塞术对原发性肝癌患者睡眠质量的影响	何宇 王涛 刘森 (42)
	观察压力支持通气模式对重症监护患者睡眠质量的影响	刘卫超 (44)
中医睡眠医学	顾植山“三阴三阳开阖枢”与“六经病欲解时”辨识失眠不同时间节律经验	樊蕾 周雪 刘馨雁 (46)
	国医大师沈宝藩从虚实辨证失眠障碍经验体会	郑永亮 (50)
	腕踝针联合耳穴埋豆对胫骨骨折术后镇痛及睡眠质量的影响	简丽敏 (52)

针灸联合康复训练治疗脑中风后遗症的效果及对睡眠质量的影响	王蕊	张瑞磊	(55)
老年睡眠医学			
心肺运动康复对居家老年冠心病伴衰弱患者心肺功能、睡眠及生命质量的影响	高煌彬	林群英	(57)
右美托咪定对老年危重症机械通气患者的镇静效果及对睡眠的影响	张奇志	曾建华 陈宁 等	(60)
分析精神病患者睡眠障碍的诱发因素及护理干预对策		刘丽山	(63)
探讨优质护理干预在提高老年患者睡眠质量中的应用效果		孙瑞菊	(66)
女性睡眠医学			
家庭中心式护理对产妇自护能力及产后睡眠状况的影响研究		刘发玉	(69)
观察围手术期优质护理干预对阑尾炎患者手术后睡眠质量的效果		任慧静	(71)
生物—心理—社会护理对乳腺癌患者负性情绪及睡眠质量的影响		何美娟	(74)
观察评判性护理干预对乳腺癌手术后患者疼痛和睡眠质量的影响		吴静	(77)
探究睡眠质量对孕产妇妊娠期糖尿病的影响		张秀丽	(80)
观察产前强化培训对初产妇产后焦虑及睡眠质量的改善效果		宋卫卫	(83)
综合护理干预对妊娠期高血压患者睡眠与血压的影响		张玮	(85)
观察放松训练联合有氧运动对乳腺癌患者心理调适与睡眠质量的影响		杨阳	(87)
儿童睡眠医学			
耳穴压豆结合针刺治疗小儿脑瘫睡眠障碍的临床疗效观察		黄彩虹	(90)
幼儿重度 OSAHS 的分步治疗		郭苏婷 郝丽娟	(92)
布地奈德联合特布他林雾化吸入治疗儿童支气管炎的效果及对睡眠质量影响		刘少伟	(97)
家长参与护理模式对儿童患者治疗效果的影响		叶羨珠 杨亚笑	(99)
睡眠心理学			
焦虑症患者睡眠质量与焦虑症的相关性研究		周爱霞	(102)
观察强化心理干预对轻度抑郁症伴睡眠障碍患者的抑郁情绪及睡眠质量的影响		赵秀珠	(104)
观察家庭康复干预联合音乐放松疗法对抑郁症患者心理及睡眠质量的影响		李长浓	(108)
睡眠护理及心理干预对慢性肾炎患者睡眠质量的影响		邓梅芳	(111)
观察脑血管病合并睡眠障碍患者的认知行为与运动功能		巩淑珍	(114)
观察心理护理干预对焦虑症患者睡眠质量的影响		陆金莹	(117)
叙事医学改善宫颈癌患者心理痛苦及睡眠质量的效果评价		石丽君	(120)
观察呱哌噻吨美利曲辛联合高压氧舱对中、重度颅脑外伤患者睡眠障碍、焦虑、抑郁及疼痛的影响		英成祥	(123)

观察个性化护理对手术室患者抑郁及睡眠质量的改善作用	温利芳	(126)
分析瑜伽放松训练对抑郁症患者情绪和睡眠质量的改善作用	孙倩 郑晓燕	(128)
睡眠护理学		
优质护理对急性心肌梗死后心律失常患者睡眠质量与住院时间的影响	叶蕾	(131)
优质护理干预对胃癌患者手术后胃肠功能及睡眠质量的影响	陈颖 张兰兰 黄红	(134)
临床循证护理对颅内动脉瘤手术后患者睡眠质量的影响	黄文婷	(136)
观察个性化优质护理干预对改善肾病综合征患者生命质量及对睡眠质量的效果	何静 黄潇红	(139)
观察亲情护理干预对焦虑症患者睡眠质量的影响	刘海霞	(142)
观察系统化护理干预对肺癌患者癌因性疲乏的缓解效果及睡眠质量的影响	范李	(145)
观察规范化健康护理教育对发热门诊患者睡眠质量的影响	李开涛	(148)
观察护理安全管理的应用效果	钱小玲	(151)
睡眠呼吸病学		
有氧运动结合呼吸训练指导对 COPD 合并衰弱患者肺功能和睡眠质量的影响	王婷贻	(153)
阻塞性睡眠呼吸暂停低通气综合征患者血清肿瘤坏死因子- α 、白细胞介素-6 水平的检测及临床意义	王越	(155)
分析阻塞性睡眠呼吸暂停低通气综合征与甲状腺功能减退症的关系	郭娟	(158)
观察阻塞性睡眠呼吸暂停低通气综合征伴高血压患者生命质量及临床治疗效果	刘冰	(161)
探讨便携式多导睡眠呼吸监测在成年人阻塞性睡眠呼吸暂停低通气综合征诊断中的应用	郑彩凤	(164)
对睡眠呼吸暂停综合征患者采用优质护理的临床效果观察	祝莉	(167)
高龄阻塞性睡眠呼吸暂停低通气综合征患者疾病知识掌握情况及健康教育需求调查	杨咪 刘政 符桑 等	(169)
睡眠精神病学		
评价综合护理干预措施在精神分裂症失眠患者中的实施效果	王深化	(172)
睡眠方剂学		
中医药治疗慢性低血压伴失眠方剂归纳	滑宏巨 段青 王晓红 等	(175)
基于数据挖掘技术研究中医治疗不宁腿综合征的组方配伍规律	苏晓艳 谢宇平 惠培林 等	(178)
综 述		
肿瘤相关性睡眠障碍的研究进展	赖小英 陈丽君	(183)
中药治疗失眠的研究进展	林连华 林漪清	(187)
编者·作者·读者		
《世界睡眠医学杂志》稿约		(189)
信息	万方数据	(封二、封三)

World Journal of Sleep Medicine

Monthly Established in February 2014 Volume 9, Number 1 January 28, 2022

Responsible Institution
State Administration of Traditional Chinese
Medicine

Sponsor
World Federation of Chinese Medicine Societies

Chairman
LI Zhenji LIU Baoyan

Editor-in-Chief
WANG Weidong

Director
WEI Jinming

**The Standing Associate Chief Editor &
Editorial Director**
LIU Yanjiao

Editor for This Issue
DU Hui

Editor in English
FENG Yunshu

Edited and Published by
Editorial Office of *World Chinese Medicine*
Address: Room 316, Building A, Caifujiayuan, No. 19,
Xiaoying Road, Chaoyang District, Beijing,
PR. China
Post Code: 100101
Tel: +86-10-58650023
E-mail: sjsmyxbjb@126.com; sjsmyx@vip.126.com
Website: http://www.sjsmyxzz.com

Adcraft
WFCMS Xinghe International Media (Beijing) Co., Ltd
Tel: +86-10-58650236
Fax: +86-10-58650236

Printed by
Langfang Jiayi Printing Co., Ltd
(Nanxinhuang Village, Qiuzhuang Township, Anci
District, Langfang City, Hebei Province, 065000)

Domestic Distribution
Beijing Municipal Bureau of Newspapers
and Periodicals Distribution, China Post
Group Co., Ltd
Code No. 80-920

Overseas Distributor
China International Book Trading Corporation
(P. O. Box 399, Beijing, China)
Code No. M9098

ISSN 2095-7130
CN 10-1207/R

All articles are copyrighted by the Periodical office of *World Chinese Medicine*. The articles contained in this journal shall not be translated or reproduced without permission, which do not represent the views of the editorial board of this journal.

CONTENTS IN BRIEF

Foreword
Self-reliance, Self-improvement, Self-confidence, and Development
..... LIU Yanjiao (1)

Original Artical
Effect of Mindfulness-based Stress Reduction Training Combined with Cognitive
Behavior Intervention on Patients with Sleep Disorders Secondary to
Traumatic Brain Injury ZHU Fengying (2)
Report on Clinical Observation of Noninvasive Ventilation in Patients with
Obstructive Sleep Apnea Hypopnea Syndrome Complicated with Noctural
Arrhythmia ZHANG Wei, FENG Junjun, YU Yongbo, et al (6)

Clinical Sleep Medicine
Study on the Correlation Between Depression and Sleep Quality Among College
Students SUN Weiwei, DU Chunling, ZHANG Jingxia, et al (10)
A Recognition Method for Sleep Apnea Based on Deep Residual Network Model
..... LIU Hongtao, WANG Wei, HU Shaoxian, et al (13)
Effect of Paroxetine Combined with Low Dose Olanzapine in the Treatment of
Depression Complicated with Sleep Disorder CHEN Chen, LI Guifen (18)
Effect of Microwave and Low Frequency on Cervical Spondylotic Radiculopathy
and Influence of Sleep ZHANG Feng (21)
Correlation Analysis of Sleep Quality and Life Quality in Lung Cancer Patients
Undergoing Chemotherapy KANG Renzhi (24)
Effect of Xintong Combined with Betaloc on Angina Pectoris and Sleep
..... WANG Liangsen (27)
To Observe the Effect of Dexmedetomidine Assisted Sedation on Postoperative Sleep
Function of Patients under General Anesthesia LI Fei (30)
Analysis The Effect of Citalopram Combined with Low Dose Doxepine in Patients
with Generalized Anxiety Disorder with Comorbid Insomnia
..... SUN Xiangyu (33)
To Observe the Effect of Dexmedetomidine on Refractory Insomnia
..... ZHANG Jin (36)

To Analyze the Influencing Factors of Sleep Disturbance in Maintenance
Hemodialysis Patients ZHANG Weijie, FANG Qingshan, QIN Yandong (39)
To Observe the Effect of Hepatic Arterial Chemoembolization on Sleep Quality in
Patients with Primary Liver Cancer HE Yu, WANG Tao, LIU Sen (42)

To Observe the Effect of Pressure Support Ventilation Mode on Sleep Quality in Intensive Care Patients *LIU Weichao*(44)

TCM Sleep Medicine

GU Zhishan’s Experience in Identifying Different Time Rhythms of Insomnia by Opening and Closing Pivot of Three Yin and Three Yang and the Recovery Time of Six Meridians *FAN Lei,ZHOU Xue,LIU Xinyan*(46)

TCM Master SHEN Baofan’s Experience on the Treatment of Insomnia from Deficiency and Excess Differentiation *ZHENG Yongliang*(50)

Effect of Wrist and Ankle Needle Combined with Ear Point Buried Bean on Analgesia and Sleep Quality after Tibial Fracture *JIAN Limin*(52)

The Effect of Acupuncture and Moxibustion Combined with Rehabilitation Training on the Sequelae of Stroke and the Effect of Sleep Quality *WANG Rui,ZHANG Ruilei*(55)

Geriatric Sleep Medicine

Effects of Cardiopulmonary Exercise Rehabilitation on Cardiopulmonary Function,Quality of Sleep and Life in Elderly Patients with Coronary Heart Disease and Frailty at Home *GAO Huangbin,LIN Qunying*(57)

The Sedative Effect of Dexmedetomidine and Influence on Sleep in Elderly Critically ill Mechanically Ventilated Patients *ZHANG Qizhi,ZENG Jianhua,CHEN Ning,et al*(60)

To Analyze the Inducing Factors and Nursing Intervention Countermeasures of Sleep Disorder in Senile Psychiatric Patients *LIU Lishan*(63)

To Explore the Application Effect of High Quality Nursing Intervention on Improving Sleep Quality of Elderly Patients *SUN Ruiju*(66)

Female Sleep Medicine

Study on the Influence of Family Central Nursing on Maternal Self-care Ability and Postpartum Sleep Status *LIU Fayu*(69)

To Observe the Effect of Perioperative Quality Nursing Intervention on Postoperative Sleep Quality of Patients with Appendicitis *REN Huijing*(71)

Effects of Biological-psychological-social Nursing on Negative Emotion and Sleep Quality in Patients with Breast Cancer *HE Meijuan*(74)

To Observe the Effect of Critical Nursing Intervention on Postoperative Pain and Sleep Quality to Breast Cancer Patients *WU Jing*(77)

To Explore the Effect of Sleep Quality on Gestational Diabetes Mellitus in Pregnant Women *ZHANG Xiuli*(80)

To Observe the Improvement Effect of Intensive Prenatal Training on Postpartum Anxiety and Sleep Quality of Primiparas *SONG Weiwei*(83)

Effect of Comprehensive Nursing Intervention on Sleep and Blood Pressure in Patients with Gestational Hypertension *ZHANG Wei*(85)

To Observe the Effect of Relaxation Training Combined with Aerobic Exercise on Mental Adjustment and Sleep Quality of Breast Cancer Patients *YANG Yang*(87)

Pediatric Sleep Medicine

Clinical Observation of Auricular Pressure Combined with Acupuncture in the Treatment of Cerebral Palsy in Children with Sleep Disorders *HUANG Caihong*(90)

Stepwise Treatment of Severe Obstructive Sleep Apnea-hypopnea Syndrome in Children *GUO Suting,HAO Lijuan*(92)

Objective to Investigate the Clinical Effect and Sleep Quality of Budesonide Combined with Terbutaline Aerosol Inhalation in the Treatment of Children with Bronchitis *LIU Shaowei*(97)

Effect of Parental Participation Nursing Mode on Treatment Effect of Children Patients *YE Xianzhu,YANG Yaxiao*(99)

Sleep Psychology

Study on Correlation between Sleep Quality and Anxiety Disorder in Patients with Anxiety Disorder *ZHOIU Aixia*(102)

To Observe the Effect of Intensive Psychological Intervention on Depressive Mood and Sleep Quality in Patients with Mild Depression and Sleep Disorder *ZHAO Xiuzhu*(104)

To Observe the Effect of Family Rehabilitation Intervention Combined with Music Relaxation Therapy on Psychological and Sleep Quality of Patients with Depression *LI Changnong*(108)

The Effect of Sleep Nursing and Psychological Intervention on the Sleep Quality of Patients with Chronic Nephritis *DENG Meifang*(111)

To Compare the Cognitive Behavior and Motor Function of Patients with Cerebrovascular Disease Complicated with Sleep Disorder **万方数据**..... *GONG Shuzhen*(114)

To Observe the Effect of Psychological Nursing Intervention on Sleep Quality of Anxiety Patients *LU Jinying*(117)

Effects of Narrative Medicine on Improving Psychological Distress and Sleep Quality in Patients with Cervical Cancer *SHI Lijun*(120)

To Observe the Effects of Flupentixol Melitoxin Combined with High Pressure Oxygen Chamber on Sleep Disturbance,Anxiety,Depression and Pain in Patients with Moderate and Severe Craniocerebral Trauma *YING Chengxiang*(123)

To Observe the Effect of Personalized Nursing on the Improvement of Depression and Sleep Quality in Operating Room Patients
..... *WEN Lifang*(126)

To Analyze the Improvement Effect of Yoga Relaxation Training on Mood and Sleep Quality of Patients with Depression
..... *SUN Qian,ZHENG Xiaoyan*(128)

Sleep Nursing

Effect of High Quality Nursing on Sleep Quality and Hospitalization Time of Patients with Arrhythmia after Acute Myocardial Infarction
..... *YE Lei*(131)

Effect of High Quality Nursing Intervention on Gastrointestinal Function Recovery and Sleep Quality of Patients with Gastric Cancer after Operation
..... *CHEN Ying,ZHANG Lanlan,HUANG Hong*(134)

Effect of Clinical Evidence-based Nursing on Sleep Quality of Patients after Intracranial Aneurysm Surgery *HUANG Wenting*(136)

To Observe the Effect of Personalized High-quality Nursing Intervention on Improving the Quality of Life and Sleep Quality of Patients with Nephrotic Syndrome *HE Jing,HUANG Xiaohong*(139)

Observe the Effect of Family Nursing Intervention on Sleep Quality of Anxiety Patients *LIU Haixia*(142)

To Observe the Effect of Systematic Nursing Intervention on the Alleviation of Cancer-induced Fatigue and Sleep Quality of Patients with Lung Cancer
..... *FAN Li*(145)

To Observe The Effect of Standardized Health Care Education on Sleep Quality of Fever Outpatients *LI Kaitao*(148)

To Observe the Application Effect of Nursing Safety Management *QIAN Xiaoling*(151)

Sleep Apnea

The Effect of Aerobic Exercise Combined with Breathing Training Instruction on Lung Function and Sleep Quality of COPD Patients with Fatigue
..... *WANG Tingyi*(153)

Serum Tumor Necrosis Factor in Patients with Obstructive Sleep Apnea Hypopnea Syndrome- α 、Detection of Interleukin-6 Level and Its Clinical Significance *WANG Yue*(155)

To Analyze the Relationship Between Obstructive Sleep Apnea Hypopnea Syndrome and Hypothyroidism *GUO Juan*(158)

To Observe the Quality of Life and Treatment Effect of Obstructive Sleep Apnea Hypopnea Syndrome with Hypertension *LIU Bing*(161)

To Investigate the Application of Portable Polysomnography in Diagnosis of Obstructive Sleep Apnea Hypopnea Syndrome in Adults
..... *ZHENG Caifeng*(164)

Clinical Nursing of Patients with Sleep Apnea Syndrome *ZHU Li*(167)

Investigation on Disease Knowledge and Health Education Needs of Elderly Patients with Obstructive Sleep Apnea Hypopnea Syndrome
..... *YANG Mi,LIU Zheng,FU sang,et al*(169)

Sleep Psychopathy

To Evaluate the Effect of Comprehensive Nursing Intervention in Schizophrenic Insomnia Patients *WANG Shenhua*(172)

Sleep Prescription

Summary of TCM Prescriptions for Chronic Hypotension with Insomnia *HUA Hongju,DUAN Qing,WANG Xiaohong,et al*(175)

Research on Rule of Compatibility of Traditional Chinese Medicine for Treatment of Restless Legs Syndrome Based on Data Mining
..... *SU Xiaoyan,XIE Yuping,HUI Peilin,et al*(178)

Review

The Research Progress of Cancer-related Sleep Disturbance *LAI Xiaoying,CHEN Lijun*(183)

Research Progress of Insomnia Treated by Traditional Chinese Medicine *LIN Lianhua,LIN Yiqing*(187)