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编辑荐读

——睡眠障碍研究高影响力论文精选

健康睡眠与每个人的生活息息相关, 睡眠质量的好坏直接影响人们的生活质量和幸福指数。随着生活节奏的加快和全球肥胖的流行, 睡眠障碍日益成为一个突出的公共卫生问题。流行病学研究显示, 我国有45.4%的被调查者在过去1个月中曾经历过不同程度的失眠; 全球有9.36亿30~69岁的成年人患有阻塞性睡眠呼吸暂停, 中重度达4.25亿, 我国为患病人数较多的国家。良好的睡眠具有补充人体能量、增强自身抵抗力、促进人体正常代谢和生长发育、使身体和精神得到充分休息等功能。因此持续关注睡眠健康、改善睡眠质量至关重要。本期“编辑荐读”精选2022年睡眠障碍研究高影响力论文, 以供学者参考。

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《中国全科医学》杂志持续关注睡眠障碍相关研究, 欢迎广大作者、读者共同参与, 与编辑部共同探索睡眠障碍相关问题的研究进展。

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