

小脑顶核电刺激结合针刺 治疗卒中后失眠疗效观察^{*}

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摘要: **目的** 观察小脑顶核电刺激结合针刺治疗卒中后失眠的临床效果。 **方法** 117 例纳入患者随机分为 2 组, 对照组 58 例采用西药基础治疗及小脑顶核电刺激干预, 治疗组 59 例在对照组基础上再结合针刺安眠九针治疗, 均每日干预 1 次, 每周 5~6 次, 连续治疗 2~3 周。 **结果** 治疗结束后, 分析比较两组患者 PSQI 指数评分及总有效率方面, 结果显示差异均有统计学意义 ($P < 0.05$)。 **结论** 小脑顶核电刺激结合针刺治疗卒中后失眠有良好的综合效应, 其疗效优于对照组。

关键词: 小脑顶核电刺激; 安眠九针; 卒中; 失眠

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Therapeutic Effect of Cerebellar Fastigial Nuclear Electrical Stimulation Combined with Acupuncture on Post-Stroke Insomnia

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Abstract Objective To observe the clinical effect of cerebellar fastigial nuclear electrical stimulation combined with acupuncture on post-stroke insomnia. **Method** 117 patients were randomly divided into two groups. 58 patients in the control group were treated with western medicine and cerebellar fastigial nuclear electrical stimulation. 59 patients in the treatment group were treated with acupuncture and sleeping nine needles on the basis of the control group. All patients were intervened once a day, 5-6 times a week for 2-3 weeks. **Result** After treatment, the PSQI score and total effective rate of the two groups were analyzed and compared. The results showed that the difference was statistically significant ($P < 0.05$). **Conclusion** Cerebellar fastigial nuclear electrical stimulation combined with acupuncture has a good comprehensive effect on insomnia after stroke, and its curative effect is better than that of the control group.

Key words post-stroke insomnia; naturopathy; cerebellar fastigial nuclear electrical stimulation; acupuncture; sleeping nine needles

卒中后失眠是脑病科中老年患者最常见的并发症之一, 典型表现为: 睡眠节律紊乱, 白天随时进入昏睡或者呼呼大睡, 到了晚上则精神状态亢奋,

缺乏睡意, 烦躁多动, 呈现昼夜颠倒性睡眠等常态化。医护人员及陪护家属对此颇为无奈, 深受其扰, 苦不堪言。其发生固然与脑卒中相关, 但还与

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