

睡眠医学

理论与实践

Principles and Practice of Sleep Medicine


第4版

主 审
钟南山

主 译
张秀华 韩 芳 张 悦 王良兴

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Meir H. Kryger ◆ Thomas Roth ◆ William C. Dement

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Management of Obstructive Sleep Apnea-Hypopnea Syndrome: Overview

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Noninvasive Ventilation for Chronic Respiratory Failure

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Chronic Sleep Deprivation

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Managing Work Schedules: An Alertness and Safety Perspective

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Physiology of the Mammalian Circadian System

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Anatomy of the Mammalian Circadian System

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Melatonin in the Regulation of Sleep and Circadian Rhythms

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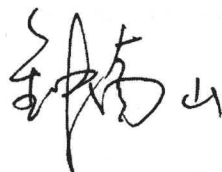
钟南山序

睡眠是人类健康不可或缺的基本生命活动。许多实例证明,睡眠障碍不仅影响我们的情绪、认知、记忆、沟通技巧,降低工作效率;严重者机体免疫力下降,还会导致多个靶器官损伤,引发或加剧消化不良、食欲减退、心脑血管疾病、糖尿病及胰岛素抵抗等代谢性疾病,甚至精神恍惚引起意外事故等。随着现代生活节奏的加快及生活方式的改变,睡眠障碍疾患导致各种健康负面影响日益突显,已成为突出的医疗及公共卫生问题。

近年来,无论在基础研究领域还是学科建设方面,睡眠医学均取得了较大进展。作为一门新兴的边缘交叉学科,睡眠医学已经形成并逐渐发展壮大,我国睡眠医学的发展已呈现良好势头。从事睡眠障碍的人员已从呼吸科、耳鼻喉科为主的医务人员,扩展到精神科、神经科、心理科、中医科、儿科、心血管内科、口腔科、老年科等多学科的医务人员。而且,各大医院纷纷建立起睡眠医学中心,组织联合攻关。但现实生活中,因对睡眠疾病缺乏足够认识和重视,以致造成严重健康后果的人,仍不在少数。美国医学发达,但有近 1800 万人遭受睡眠疾病而没有得到有效的治疗,占其人口比例 6% 左右。我国睡眠医学研究起步于 20 世纪 80 年代,至今尚未形成真正意义上的睡眠医学学科;而广大群众对睡眠健康认识又非常有限。我国 13 亿人口中,多达 42.7% 的人有不同程度的睡眠障碍,睡眠呼吸障碍患病率也达 3%~4%。然而,与发达国家相比,无论是睡眠医学基础研究还是临床诊治手段,我国均存在很大的差距。

《Principles and Practice of Sleep Medicine》是一部汇集世界各地 170 多位专家最新研究成果的巨著,在国际上享有睡眠医学“圣经”的美誉。本书第 4 版对过去 5 年里所取得的边缘学科新知识作了广泛的论述与总结,其中包括正常与非正常睡眠、时间生物学、药理学、心理生物学与做梦、睡眠障碍各种并发症以及睡眠障碍对健康产生的不良后果等,充分展示了睡眠医学这种跨学科的广度,并对所有章节的内容进行了更新与扩充。它不仅是睡眠医学专家、医学生的教科书,也以其全面性和系统性为所有临床医生、科研工作者提供有益参考,还以其广泛的影响力推动睡眠医学在世界各国的传播。一年多来,经一批从事睡眠医学医教研工作的优秀中青年技术骨干的努力,《睡眠医学理论与实践》第 4 版中译本终于如期问世了。我有幸先睹,深为该译本内容丰富、条理清晰、态度严谨、讲解生动、图文并茂赞叹不已。相信它的发行,将为我国睡眠医学发展产生巨大的推动作用,促进健康,造福民众。

广州呼吸疾病研究所所长
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2010 年 8 月 4 日

译者前言

《睡眠医学——理论与实践》是一部汇集世界各地 170 多位专家最新研究成果的巨著,在国际上享有睡眠医学“圣经”的美誉。

全书由睡眠医学理论与睡眠医学实践两大部分组成,共 125 章,并有 475 幅插图及近 300 张表框。前部分侧重介绍睡眠基础理论,包括正常睡眠和变异、睡眠机制、生理、时间生物学、药理学、生物心理学和做梦等基础研究理论,展现了一部精彩的睡眠医学发展史。这些不懈的探索和努力,为人类的睡眠疾病诊疗打开了新的通途。后部分是近年来进展迅速的睡眠相关临床医学,包括睡眠障碍、时间生物学障碍、失眠、神经性障碍、深睡眠、睡眠呼吸障碍,以及与睡眠相关的心血管疾病、女性健康、精神疾病,睡眠障碍诊断和治疗睡眠疾病的新方法。这里有困扰人们很久和为人熟知的疾病,也有一些与许多疾病息息相关却又容易被人们忽视的症状。对这些疾病的发病机制、病理生理及与社会影响密切相关的方面,本书均有详细描述。

睡眠医学发展至今已近半个世纪,尤其是最近十几年,在本书的推动下,睡眠障碍与睡眠相关疾病日益受到医学界的重视,临床诊疗水平迈进了一个新的阶段。然而,在许多人眼里,睡眠只是生活当中一件无足轻重的事情。这种观点,不仅与科学背道而驰,给现实生活造成许许多多本来可以消除或者减弱的困扰和损失,同时也是与目前我国睡眠医学教育和宣传工作严重不足,从事相关专业的医疗队伍和机构仍很薄弱,相当一部分患者没有得到系统地治疗的情况有着紧密的关系。出于这一认识,我们深感使命在身,应当义不容辞地把这样一本造福人类的医学名著尽早地翻译出来,在中国睡眠医学领域得到广泛传播,唤起社会对睡眠这一古老的词汇的一个全新的认识和重视。

回想刚见到这本巨著,到决定把它介绍给国内的读者,并组织翻译,笔者一方面满怀期待、兴奋,想把它介绍给更多的读者,希望让更多的人重视、了解睡眠医学,一起推动睡眠医学在中国的发展,造福患者,提高广大民众的健康水平和生活质量。另一方面,作为本书的主译,在充满激情的同时,也诚惶诚恐、如履薄冰,生怕工作中的任何一点疏漏,都会有损本书的原貌和魅力。因此,我们组织各位专家对译稿反复修改推敲,锱铢必较,至今日出版,颇有“衣带渐宽终不悔,为伊消得人憔悴”的感慨。尽管如此,由于时间仓促,仍难免存有不足,恳请读者批评指正。

本书的翻译从开始至今已经有一年多时间了,在全体编译者和出版社的共同努力下,终于使这本书呈现在读者的面前。在本书的翻译中,得到了人民卫生出版社姬放编审的精心指导和温州医学院及附属一院领导给予的大力支持,在此,对为本书出版默默奉献的所有工作人员表示最深的敬意和最诚挚的谢意。同时,也很感谢每一位译校者和担任秘书工作的金嵘教授、谢于鹏、胡燕副教授和吴琬、黄建静、曹嘉添以及事务工作的陈春、黄尘瑶、陈威等辛勤劳动。大家以共同的目标走到一起,希望本书能不辜负广大读者的期待。

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《睡眠医学——理论与实践》首版迄今已逾 15 年了。该书的出版开创了睡眠医学领域综合性参考书的先河。虽然当时的篇幅仅为现今第 4 版的 1/2,关于睡眠及其昼夜节律变化基本机制的理解并不成熟,但临床治疗措施,如睡眠限制和经鼻持续正压通气等技术已初见端倪。那时候,美国大约只有 350 名睡眠医学专业人士及 123 所合格的睡眠医学中心。当时,美国睡眠医学委员会尚未成立,出席专业睡眠协会联合会议的成员也仅 700 人左右。

如今,在欢迎《睡眠医学——理论与实践》第 4 版问世的时候,睡眠医学已在世界范围受到广泛关注。睡眠-清醒及睡眠相关生理学知识获得指数性增长,越来越多有效的诊断和新的治疗方法也不断涌现。目前已经注册的睡眠医学专业人士扩大到了 2600 多名,合格的睡眠中心 766 所,同时参与联合专业睡眠协会人员也增加到 5000 人。本书此次的新版,恰逢医学研究生教育鉴定委员会及美国专业委员会正式承认睡眠医学为医学二级学科,因此更显瞩目。同时,《睡眠障碍国际分类》一书的第 2 版也将出版,使我们对睡眠疾病的认识和理解更加向前推进了一大步。

综上所述,旨在提示我们:睡眠医学领域发展的大好时机已经真正到来。我们的组织从仅有的芝加哥、帕洛阿尔托、纽约、里昂和博洛尼亚等少数实验室,很快发展成组织健全严密的专业卫生保健团体。这短短 20 年来,我们站在先行者肩膀上,借助他们的干劲、奉献及远见,取得了令人惊讶的成就。尽管取得了很大的成绩,我们仍很清楚前面还有许多工作要做。开拓性研究如鉴别下视丘脑分泌素神经元在控制睡眠-清醒循环中的作用、机能失调在嗜睡症中的作用等,以及睡眠疾病的诊断和治疗均有待于进一步的研究。此外,我们应该对特定疾病,如失眠和睡眠呼吸暂停方面做深入研究,发展更多有效的疗法,并予以推广。

上述所有这些挑战的重点均在教育。如果我们想在睡眠医学领域研究取得前所未有的发展,就应该找到一种途径来扩大睡眠及睡眠障碍的教育,即在小学、中学、大学、医学院校、实习医师以及执业医师中进行一系列有计划的教育。所有这些努力最终都依赖于可靠的、通用的以及易于获得的知识宝库。本书问世以来对睡眠医学专业的学生们起着如此重要的作用,无疑会在未来的日子里将更加明显。就像许多经典医学参考书籍一样,本书已经帮助界定睡眠医学成为医学专业领域的独立学科。所有信赖本书的读者均要向为睡眠医学的发展作出不懈努力和贡献的人士致敬,他们是 Kryger 博士、Roth 博士和 Dement 博士。

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