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福建省畲族人群睡眠质量与2型糖尿病的研究

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摘要:目的 探讨中国福建省畲族人群睡眠质量与糖尿病患病的关系。方法 采取样的方法抽取福建省畲族不同村居民共5 358人进行睡眠质量问卷调查, 并抽血行眠质量差总患病率为4. 5%。而睡眠质量好的人群中糖尿病患病率为5. 9%, 睡眠质量16. 7%, 睡眠质量好的人群中糖尿病患病率明显低于睡眠质量差的患者($\chi^2=116.2$ PSQI积分和血糖水平呈正相关, 调整混杂因素后结果显示睡眠质量是糖尿病发病的 confidence interval (CI)=1. 137~2. 607, P=0. 01]。结论 福建畲族人群睡眠质量睡眠质量差的人群的睡眠障碍的治疗及预防, 以降低糖尿病患病率。

关键词:糖尿病, 2型; 畲族人群; PSQI; 睡眠质量

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