

# 失眠之概念分析

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## 摘要

睡眠是人類不可缺乏的活動，其中失眠是睡眠常見的病態現象，長期下來會造成身體上的症狀，衍生成疾病，甚至導致心理層面疾病，造成健康不良的影響。然而，過去文獻中並無對失眠的概念做有系統的分析，故本文目的即是利用概念分析法分析失眠的概念。依據 Walker 及 Avant (2005)的概念分析步驟，分析失眠的定義、定義性屬性、建構範例、前因、後果及實證性參考資料。結果發現失眠定義性屬性為睡眠質與量不足且持續一個月以上；前因包括生活習慣改變、睡眠時間的生理需求改變、感受到不舒服；後果為身、心、社會及整體性變差。可用問卷及生理測量方式作為評值失眠的工具。失眠是一個多層面且嚴重的問題，護理人員瞭解失眠的概念，能依據實證工具評估影響程度及睡眠變化，做為協助照顧此類病患的參考。

## Abstract

Sleep performs an essential function in humans. Insomnia is one of the common phenomena in a poor sleep pattern. Long-term suffering can result in somatic symptoms and the development of diseases. It can even induce diseases with a mental dimension. Insomnia causes indications of poor health. No systematic analysis of insomnia has been performed, however. The purpose of this study, therefore, was to describe the concept of insomnia. In accordance with Walker and Avant's (2005) methodology of concept analysis, this paper presents a review of the conceptual definitions, characteristics, antecedents and consequences, constructing examples, and empirical references of insomnia. The results indicate that: (1) Insomnia's defining attributes are recognized as an insufficient of quality and quantity for sleep for more than one month. (2) Antecedents of insomnia include changes in life habits, physiological demands caused by sleep time changes, and the experience of uncomfortable sensations. (3) Consequences of insomnia include a poor condition, with physical, psychological, social, and global dimensions. (4) There are many instruments that can be used to inspect insomnia, including questionnaires and tools for physiological measurement. Insomnia is a serious problem with various facets. An understanding of the concept of insomnia will help nurses to perceive this problem in caring for subjects.