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| **題名：** | Study on the Pulse Spectrum Change before Deep Sleep and its Possible Relation to EEG    http://tao.wordpedia.com/images/bt_alltxtdw.gif在熟睡前脈波變化之研究及其與腦波之可能關連 |
| **著者：** | [W. K. Wang](http://tao.wordpedia.com/result.aspx?auth=W.+K.+Wang)([王唯工](http://tao.wordpedia.com/result.aspx?auth=%e7%8e%8b%e5%94%af%e5%b7%a5)) ；[T. L. Hsu](http://tao.wordpedia.com/result.aspx?auth=T.+L.+Hsu)([徐則林](http://tao.wordpedia.com/result.aspx?auth=%e5%be%90%e5%89%87%e6%9e%97)) ；[Y. Chiang](http://tao.wordpedia.com/result.aspx?auth=Y.+Chiang)([蔣宜](http://tao.wordpedia.com/result.aspx?auth=%e8%94%a3%e5%ae%9c)) ；[Y. Y. Lin Wang](http://tao.wordpedia.com/result.aspx?auth=Y.+Y.+Lin+Wang)([王林玉英](http://tao.wordpedia.com/result.aspx?auth=%e7%8e%8b%e6%9e%97%e7%8e%89%e8%8b%b1)) |
| **出版地區：** | 台灣 |
| **出版城市：** | 台南市 |
| **學科：** | [醫學綜合](http://tao.wordpedia.com/browse.aspx?category_id=32&category_id_parent=4)  |
| **關鍵字：** | [脈波](http://tao.wordpedia.com/result.aspx?keyword=%e8%84%88%e6%b3%a2) ; [頻譜](http://tao.wordpedia.com/result.aspx?keyword=%e9%a0%bb%e8%ad%9c) ; [腦電波圖](http://tao.wordpedia.com/result.aspx?keyword=%e8%85%a6%e9%9b%bb%e6%b3%a2%e5%9c%96) ; [氣](http://tao.wordpedia.com/result.aspx?keyword=%e6%b0%a3) ; [Pulse](http://tao.wordpedia.com/result.aspx?keyword=Pulse) ; [Spectrum](http://tao.wordpedia.com/result.aspx?keyword=Spectrum) ; [EEG](http://tao.wordpedia.com/result.aspx?keyword=EEG) ; [Chi](http://tao.wordpedia.com/result.aspx?keyword=Chi)  |
| **刊名：** | [Chinese Journal of Medical and Biological Engineering](http://tao.wordpedia.com/intro.aspx?database_id=1&content_id=957) |
| **卷期：** | [12卷1期(1992.3)](http://tao.wordpedia.com/intro_3.aspx?database_id=1&content_id=957&volumn_id=115292)  |
| **頁碼：** | 107-115 |
| **語言：** | 英語 |
| **摘要：** | [中文摘要PDF](http://tao.wordpedia.com/show_pdf.ashx?sess=iufz3m45q34wsb55babmo155&file_name=JO00000975_12-1_107-115&file_type=q) ; [英文摘要PDF](http://tao.wordpedia.com/show_pdf.ashx?sess=iufz3m45q34wsb55babmo155&file_name=JO00000975_12-1_107-115&file_type=r)

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| 以 往之研究顯示，血液的分配，是由頻率來調變的，在受測試者躺下放鬆後，發現脈博頻譜會呈系統性變化，其中，高頻部份（通常高於心跳速率之第六諧頻）會增 加，而在第九諧頻附近有一或二個諧波會大幅增大，雖然不同的測試者間其細部頻譜變化型式相異，但對同一測試者做重覆測試則有類似的變化型態。同時對受測者 之腦波探討，計算腦波中睡眠紡錘波（頻率範圍12.4-14.6 Hz）之百分比。發現脈波頻譜的變化為腦波變化之必要條件。 |

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| Our previous studies have shown that the blood distribution can be frequency modulated. After the subject lied down and relaxed, a systematic change in the spectrum of pulse waves could be observed. The high frequency components (usually above the sixth harmonic of the heart beat) became enriched: Usually there were one or two large increments around the 9th harmonic. Although the detailed pattern was different for different subjects, the same pattern was repeated for the same subject. The brain wave of the subject was studied simultaneously. The percentage of sleeping spindles (12.4-14.6Hz) in the EEG (Electroencephalogram) was calculated. It was found that the change of pulse spectrum is a necessary condition for the change of brain wave. |

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