

20260209 權蟹足腫逾 30 年睡眠不足 仁愛長庚跨科合作治療助好眠
總計 46 篇新聞媒體刊載報導，歡迎轉傳，謝謝！

製表人:管理部/湯智斌

- 1.20260210 自由時報/健康醫療/B8 全國版
- 3.20260210 台灣新生報/長青保健/11 全國版
- 4.20260210 民時新聞報/中部新聞/2
- 5.20260210 台中日報
- 6.20260209 大里人聊天室
- 7.自由健康網（即時新聞）：<https://health.ltn.com.tw/article/breakingnews/5337783>
- 8.自由健康網：<https://health.ltn.com.tw/article/paper/1743323>
- 9.台灣新生報：<https://www.tssdnews.com.tw/?FID=12&CID=854723>
- 10.台灣電報：<https://enn.tw/686415/>
- 11.好醫師新聞網：https://www.5678news.com/news_details.php?n=202602091213054330
- 12.HOT 熱訊生活新聞網：<https://hotmessage.co/archives/192394>
- 13.鴨鴨新聞：<https://yayanews.com.tw/10029/>
- 14.台灣好新聞：
<https://www.taiwanhot.net/news/focus/1127717/%E7%BD%B9%E8%9F%B9%E8%B6%B3%E8%85%AB%E9%80%BE30%E5%B9%B4%E7%9D%A1%E7%9C%A0%E4%B8%8D%E8%B6%B3+%E4%BB%81%E6%84%9B%E9%95%B7%E5%BA%9A%E8%B7%A8%E7%A7%91%E5%90%88%E4%BD%9C%E6%B2%BB%E7%99%82%E5%8A%A9%E5%A5%BD%E7%9C%A0/94/%E5%8F%B0%E4%B8%AD>
- 15.觀傳媒：<https://www.watchmedia01.com/archives/488280>
- 16.優活搶先報：<https://www.facebook.com/share/p/17XsTenEyG/>
- 17.台中日報：<https://tc-news.shop2000.com.tw/news/480584>
- 18.互傳媒：<https://hoomedia.com.tw/2026/02/09/123654/>
- 19.真晨報電子網：<https://5550555.com/web/story.html?s=329082>
- 20.元丰傳媒：<https://www.yuanfengmedia.tw/detail.php?type=latest&id=52262>
- 21.民時新聞：
<https://macrocosm.tw/%e8%9f%b9%e8%b6%b3%e8%85%ab30%e5%b9%b4%e7%9d%a1%e7%9c%a0%e4%b8%8d%e8%b6%b3-%e4%bb%81%e6%84%9b%e9%95%b7%e5%ba%9a%e5%8a%a9%e5%a5%bd%e7%9c%a0/>
- 22.全國廣播：
<https://www.mradio.com.tw/home/m-news/ContentView/5d6a1b32-2810-456a-95d3-b8c989c5b417/false/m-news>
- 23.優活健康網：<https://www.uho.com.tw/article-68843.html>

24. 台灣時報:

<https://www.taiwantimes.com.tw/app-container/app-content/new/new-content-detail?blogId=blog-336d78ed-713d-4f24-bbdc-4c5246e417e3¤tCategory=101>

25. Yahoo!新聞/自由時報:

<https://tw.news.yahoo.com/5%E6%97%AC%E5%A5%B3%E7%BD%B9%E8%9F%B9%E8%B6%B3%E8%85%AB30%E5%B9%B4%E9%9B%A3%E5%85%A5%E7%9D%A1-%E6%94%BE%E7%99%82-%E9%A1%9E%E5%9B%BA%E9%86%87%E6%B2%BB%E7%99%82%E5%8A%A9%E5%A5%BD%E7%9C%A0-074647121.html>

26. Yahoo!新聞/好醫師新聞網:

<https://tw.news.yahoo.com/30%E5%A4%9A%E5%B9%B4%E8%9F%B9%E8%B6%B3%E8%85%AB%E9%95%B7%E6%BB%BF%E4%B8%8A%E5%8D%8A%E8%BA%AB-%E5%A4%9A%E6%A8%A3%E7%99%82%E6%B3%95%E7%B5%82%E5%8F%AF%E5%AE%89%E7%9C%A0-041525681.html>

27. Yahoo!新聞/全國廣播:

<https://tw.news.yahoo.com/%E7%BD%B9%E8%9F%B9%E8%B6%B3%E8%85%AB%E9%80%BE30%E5%B9%B4%E7%9D%A1%E7%9C%A0%E4%B8%8D%E8%B6%B3-%E5%A4%A7%E9%87%8C%E4%BB%81%E6%84%9B%E9%86%AB%E9%99%A2%E8%B7%A8%E7%A7%91%E5%90%88%E4%BD%9C%E6%B2%BB%E7%99%82%E5%8A%A9%E5%A5%BD%E7%9C%A0-073901733.html>

28. Yahoo!新聞/觀傳媒:

<https://tw.news.yahoo.com/%E5%88%BA%E7%97%9B%E6%84%9F%E7%9D%A1%E7%9C%A0%E4%B8%8D%E8%B6%B3-%E8%9F%B9%E8%B6%B3%E8%85%AB%E5%9B%B0%E6%93%BE30%E5%B9%B4-%E4%BB%81%E6%84%9B%E9%95%B7%E5%BA%9A%E8%B7%A8%E7%A7%91%E5%90%88%E4%BD%9C%E6%B2%BB%E7%99%82%E5%8A%A9%E5%A5%BD%E7%9C%A0-122321979.html>

29. Yahoo!新聞/優活健康網:

<https://tw.news.yahoo.com/%E8%9F%B9%E8%B6%B3%E8%85%AB%E6%98%AF%E4%BB%80%E9%BA%BC-%E9%86%AB%E7%A4%BA%E8%AD%A6-3%E6%83%85%E6%B3%81-%E6%81%90%E5%AE%B3%E7%9A%AE%E8%86%9A%E5%8F%8D%E8%A6%86%E7%99%BC%E7%82%8E%E6%84%9F%E6%9F%93-%E9%A6%96%E5%85%88%E5%88%A5%E7%86%AC%E5%A4%9C-073300286.html>

30. Yahoo!新聞/台灣新生報:

<https://tw.news.yahoo.com/%E5%A4%A7%E9%9D%A2%E7%A9%8D%E8%9F%B9%E8%B6%B3%E8%85%AB-%E6%8E%A1%E6%94%BE%E5%B0%84%E7%B7%9A%E4%BD%B5%E5%B1%80%E9%83%A8%E6%96%BD%E6%89%93%E9%A1%9E%E5%9B%BA%E9%86%87%E6%B2%BB%E7%99%82-%E7%8D%B2%E6%94%B9%E5%96%84-123124711.html>

31. Yahoo!新聞/互傳媒:

<https://tw.news.yahoo.com/%E7%BD%B9%E8%9F%B9%E8%B6%B3%E8%85%AB%E9%80%BE30%E5%B9%B4%E7%9D%A1%E7%9C%A0%E4%B8%8D%E8%B6%B3-%E4%BB%81%E6%84%9B%E9%95%B7%E5%BA%9A%E8%B7%A8%E7%A7%91%E5%90%88%E4%BD%9C%E6%B2%BB%E7%99%82%E5%8A%A9%E5%A5%BD%E7%9C%A0-012723994.html>

32.yam 新聞/互傳媒: <https://n.yam.com/Article/20260209806416>

33.yam 新聞/優活健康網: <https://n.yam.com/Article/20260209260608>

34.LIFE 生活網/台灣好新聞: <https://life.tw/?app=view&no=2944845>

35.PChome 新聞/互傳媒:

<https://news.pchome.com.tw/healthcare/hoomedia/20260209/index-77060044307468344012.html>

36.PChome 新聞/優活健康網:

<https://news.pchome.com.tw/healthcare/uho/20260209/index-17706223806330859012.html>

37.PChome 新聞/台灣好新聞:

<https://news.pchome.com.tw/healthcare/taiwanhot/20260209/index-77061122256258221012.html>

38.ow1 新聞/互傳媒: <https://news.owlting.com/articles/1262578>

39.ow1 新聞/好醫師新聞網: <https://news.owlting.com/articles/1262743>

40.ow1 新聞/台灣好新聞: <https://news.owlting.com/articles/1262762>

41.善思新聞網/台灣好新聞:

<https://tdn.today/posts/712412/%e7%bd%b9%e8%9f%b9%e8%b6%b3%e8%85%ab%e9%80%be30%e5%b9%b4%e7%9d%a1%e7%9c%a0%e4%b8%8d%e8%b6%b3%e3%80%80%e4%bb%81%e6%84%9b%e9%95%b7%e5%ba%9a%e8%b7%a8%e7%a7%91%e5%90%88%e4%bd%9c%e6%b2%bb%e7%99%82%e5%8a%a9/>

42.獨家報導/觀傳媒:

https://www.scooptw.com/local_news/439900/%E5%88%BA%E7%97%9B%E6%84%9F%E7%9D%A1%E7%9C%A0%E4%B8%8D%E8%B6%B3-%E8%9F%B9%E8%B6%B3%E8%85%AB%E5%9B%B0%E6%93%BE30%E5%B9%B4%E3%80%80%E4%BB%81%E6%84%9B%E9%95%B7%E5%BA%9A%E8%B7%A8%E7%A7%91%E5%90%88/

43.仁愛長庚合作聯盟醫院官網: <https://www.jah.org.tw/>

44.仁愛長庚合作聯盟醫院 FB: <https://www.facebook.com/jahfans/>

45.仁愛長庚合作聯盟醫院 IG: <https://www.instagram.com/jchhospital/>

46.仁愛長庚合作聯盟醫院 Threads: <https://www.threads.net/@jchhospital>