

## DAFTAR PUSTAKA

- Adawiyah, A., Djokosujono, K., Sanga, J., (2022). Sleep Quality and Affecting Factors Among Elderly Living in a Nursing Home in East Nusa Tenggara Indonesia. *Indonesian Journal of Public Health Nutrition*.
- Ahmadi, Z., & Omidvar, S. (2022). The Quality Of Sleep And Daytime Sleepiness And Their Association With Quality Of School Life And School Achievement Among Students. *Journal of Education and Health Promotion*, 11, 159.
- Alim, I. Z., Noorhana, S. W., & Sylvia, D. E. (2015). Uji Validitas dan Reliabilitas Instrumen Pittsburgh Sleep Quality Index Versi Bahasa Indonesia (Tesis). Diakses pada <https://lib.ui.ac.id/detail?id=20404062&lokasi=lokal>.
- Arikunto, S. (2013). *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: PT Rineka Cipta.
- Astria, Ni Kadek Risa & Arini, Ni Ketut Putri. (2021). Gambaran Kualitas Tidur Pada Lansia di Desa Adat Pecatu, Kecamatan Kuta Selatan, Kabupaten Badung Tahun 2016. *Journal Medika Udayana*.
- Aunjitsakul, W., Pitanupong, J., & Werachattawan, N. (2018). Sleep Quality Among Elderly People In Songkhla Province, Thailand: A Two-Stage Cluster Sampling Study. *Journal of the Medical Association of Thailand*, 101(1), 137–144.
- Badan Pusat Statistik Indonesia. (2020). Statistik Penduduk Lanjut Usia 2020. Subdirektorat Statistik Pendidikan dan Kesejahteraan Sosial: Jakarta
- Benly, A., Mansyari, R., Asma, W., Sartina, Husuni, W. Hastuti, A., Bahar N., Anggraini A., Sutriawati. (2022). Pelayanan Pemeriksaan Kesehatan Gratis Pada Lansia Di Wilayah Kerja Puskesmas Batalaiworu. *J-Abdi: Jurnal Pengabdian Kepada Masyarakat* 1(12).
- Budyawati, N., & Indrasari Utami, D. (2019). Proporsi Dan Karakteristik Kualitas Tidur Buruk Pada Guru-Guru Sekolah Menengah Atas Negeri Di Denpasar.

*E-Jurnal Medika Udayana, 8(3).*

Bollu, P. C., Manjamalai, S., Thakkar, M., & Sahota, P. (2018). Hypersomnia. *Missouri medicine, 115(1), 85–91.*

Carvalho, V. P., Barcelos, K. A., Oliveira, E. P., Marins, S. N., Rocha, I. B. S., Sousa, D. F. M., Moreira, B. C., Almeida, G. A., Carneiro, M. L. S., Silva, J. D. F., Freitas, M. A. V., Noll, M., & Mendonça, C. R. (2021). Poor Sleep Quality and Daytime Sleepiness in Health Professionals: Prevalence and Associated Factors. *International journal of environmental research and public health, 18(13), 6864.*

Chu, H. S., Oh, J. and Lee, K. (2022). The Relationship between Living Arrangements and Sleep Quality in Older Adults: Gender Differences, *International Journal of Environmental Research and Public Health, 19(7).*

Colten, H. R., & Altevogt, B. M. (2006). Sleep Disorders And Sleep Deprivation: An Unmet Public Health Problem. *National Academies Press (US).*

Dorsey, A., de Lecea, L., & Jennings, K. J. (2021). Neurobiological and Hormonal Mechanisms Regulating Women's Sleep. *Frontiers in neuroscience, 14.*

Ersu, R., & Proulx, F. (2020). Multiple Sleep Latency Test. *American journal of respiratory and critical care medicine, 201(5), P9–P10.*

Ernst, G., Mariani, J., Blanco, M., Finn, B., Salvado, A., & Borsini, E. (2019). Increase In The Frequency Of Obstructive Sleep Apnea In Elderly People. *Sleep science (Sao Paulo, Brazil), 12(3), 222–226*

Fabbri, M., Beracci, A., Martoni, M., Meneo, D., Tonetti, L., Natale, V (2021). Measuring Subjective Sleep Quality: A Review. *Int. J. Environ. Res. Public Health.*

Fitri, L., Amalia, R., Juanita, J. (2022). Hubungan Jenis Kelamin Dengan Kualitas Tidur Lansia. *Jurnal Ilmiah Mahasiswa Fakultas Keperawatan, V(4)*

- Guyton & Hall. (2016). Buku Ajar Fisiologi Kedokteran Ed 13. Singapore: Elsevier
- Gusmao, T., Wiyono, J., & Ardiyani, V. M. (2018). Hubungan Kualitas Tidur Dengan Kecerdasan Emosional Pada Lansia Di Posyandu Lansia Permadi Tlogosuryo Malang. *Nursing News: Jurnal Ilmiah Keperawatan*, 3(1).
- Handayani, L., Rahayu, U., & Platini, H. (2020). Kualitas Tidur Pasien Gagal Jantung. *Journal Medika Cendikia*, 7(1), 35-39.
- Harisa, A., Syahrul, Yodang, Abady, R., Bas, A.G., (2022). Analysis of Factors Affecting Sleep Quality in Elderly Patients with Chronic Disease. *Jurnal Kesehatan Vokasional*, 7(1).
- Hasibuan, R. K. and Hasna, J. A. (2021) 'Gambaran Kualitas Tidur pada Lansia dan Faktor-Faktor yang Mempengaruhinya di Kecamatan Kayangan, Kabupaten Lombok Utara, Nusa Tenggara Barat', *Jurnal Kedokteran dan Kesehatan*, 17(2), p. 187.
- Hindriyastuti, S., & Zuliana, I. (2018). Hubungan Tingkat Stres Dengan Kualitas Tidur Lansia Di Rw 1 Desa Sambung Kabupaten Kudus. *JKM (Jurnal Kesehatan Masyarakat) Cendekia Utama*, 6(1), 91.
- Hu, Y., Visser, M., & Kaiser, S. (2020). Perceived Stress and Sleep Quality in Midlife and Later: Controlling for Genetic and Environmental Influences. *Behavioral sleep medicine journal*, 18(4), 537–549.
- Jiang, Y., Jiang, T., Xu, L. T., & Ding, L. (2022). Relationship Of Depression And Sleep Quality, Diseases And General Characteristics. *World journal of psychiatry*, 12(5), 722–738.
- Kemenkes RI (2022). *Infodatin Lansia Berdaya, Bangsa Sejahtera*. Jakarta: Pusat Data dan Informasi Kementerian Kesehatan RI.
- Keenan, S. A., Hirshkowitz, M., & Casseres, H. (2013). Monitoring and Staging Human Sleep. *Encyclopedia of Sleep*, 71–79.

- Khosravi, A., Emamian, M. H., Hashemi, H., & Fotouhi, A. (2021). Components Of Pittsburgh Sleep Quality Index In Iranian Adult Population: An Item Response Theory Model. *Sleep Medicine Journal*.
- Knodel J, Teerawichitchainan B, Prachuabmoh V, Pothisiri W. (2015). The Situation Of Thailand's Older Population An Update Based On The 2014 Survey Of Older Persons In Thailand.
- Kumar & Ratep. (2022). Kualitas Tidur Pada Geriatri Di Panti Jompo Tresna Wana Seraya, Denpasar, Bali. *Intisari Sains Medis*.
- Kutlu, M. G., & Gould, T. J. (2015). Nicotine Modulation Of Fear Memories And Anxiety: Implications For Learning And Anxiety Disorders. *Biochemical pharmacology*, 97(4), 498–511.
- Kovalska, P., Dostalova, S., Machova, H. Nytrova, P., Horvat, E., Sonka, K. (2020). Rare Case of Late-Onset Narcolepsy Type 1. *Karger*.
- Larasati, A., & Boy, E. (2019). The Impact of Physical Activity in Elderly. *Jurnal Unismus*, 6(2).
- Li, H., Liu, Y., Xing, L., Yang, X., Xu, J., Ren, Q., Su, K. P., Lu, Y., & Wang, F. (2020). Association of Cigarette Smoking with Sleep Disturbance and Neurotransmitters in Cerebrospinal Fluid. *Nature and science of sleep*, 12, 801–808.
- Li, N. et al. (2020). Sleep quality among Chinese elderly people: A population-based study. *Gerontology and Geriatrics*, 87, p. 103968.
- Li, J., Vitiello, M. V., & Gooneratne, N. S. (2018). Sleep in Normal Aging. *Sleep medicine clinics*, 13(1), 1–11.
- Mander, B. A., Winer, J. R., & Walker, M. P. (2017). Sleep and Human Aging. *Neuron*, 94(1), 19–36.
- Mendonca, S. S. Mostafa, F. Morgado-Dias, A. G. Ravelo-García and T. Penzel.

- (2019). A Review of Approaches for Sleep Quality Analysis. *IEEE Access*, vol. 7.
- Miletinova, E., & Buskova, J. (2021). Functions of Sleep. *Physiological research*, 70(2), 177–182.
- Miner, B., Gill, T. M., Yaggi, H. K., Redeker, N. S., Van Ness, P. H., Han, L., & Vaz Fragoso, C. A. (2019). The Epidemiology of Patient-Reported Hypersomnia in Persons With Advanced Age. *Journal of the American Geriatrics Society*, 67(12), 2545–2552.
- Neves de Jesus, S., & Nuno Viseu, J. (2015). Sleep quality and stress: a literature review. *Advanced Research in Health, Education, and Social Sciences*.
- Notoatmodjo, S. (2012). *Metodologi Penelitian Kesehatan*. Jakarta: Rhineka Cipta.
- O'callaghan, Frances Muurlink, Olav Reid, Natasha. (2018). Effects Of Caffeine On Sleep Quality And Daytime Functioning. *Risk Management and Healthcare Policy*, 11, 263-271
- Patel AK, Reddy V, Shumway KR, et al. (2022). Physiology, Sleep Stages. *Treasure Island (FL): StatPearls*.
- Patel, D., Steinberg, J., & Patel, P. (2018). Insomnia In The Elderly: A Review. *Journal Of Clinical Sleep Medicine. American Academy of Sleep Medicine*, 14(6), 1017–1024.
- Perski, O., Theodoraki, M., Cox, S., Kock, L., Shahab, L., & Brown, J. (2022). Associations Between Smoking To Relieve Stress, Motivation To Stop And Quit Attempts Across The Social Spectrum: A Population Survey In England. *PLoS ONE*, 17(5 May), 1–13.
- Quan, S. A., Li, Y. C., Li, W. J., Li, Y., Jeong, J. Y., & Kim, D. H. (2016). Gender Differences in Sleep Disturbance among Elderly Koreans: Hallym Aging Study. *Journal of Korean medical science*, 31(11).

- Rahmani, J. A., & Rosidin, U. (2020). Gambaran Kualitas Tidur Lansia di Satuan Pelayanan Rehabilitasi Sosial Lanjut Usia Kabupaten Garut. *Jurnal Keperawatan BSI*, VIII(1), 143–153.
- Ramar, K., Malhotra, R. K., Carden, K. A., Martin, J. L., Abbasi-Feinberg, F., Aurora, R. N., Kapur, V. K., Olson, E. J., Rosen, C. L., Rowley, J. A., Shelgikar, A. V., & Trotti, L. M. (2021). Sleep Is Essential To Health: An American Academy Of Sleep Medicine Position Statement. *Journal of Clinical Sleep Medicine*, 17(10), 2115–2119.
- Reichert, C. F., Deboer, T., & Landolt, H. P. (2022). Adenosine, caffeine, and sleep-wake regulation: state of the science and perspectives. *Journal of sleep research*, 31(4), e13597.
- Reza, R. R., Berawi, K., Karima, N., & Budiarto, A. (2019). Fungsi Tidur dalam Manajemen Kesehatan. *Medical Journal of Lampung University*, 8(2), 247–253.
- Santhi, M., & Mukunthan, A. (2013). A Detailed Study of Different Stages of Sleep and Its Disorders-Medical Physics. *International Journal of Innovative Research in Science, Engineering and Technology (An ISO, 3297(10))*, 2319–8753. [www.ijirset.com](http://www.ijirset.com)
- Sari, P. M., Hasymi, Y., & Yuseva, M. (2018). Gambaran Kualitas Tidur Pada Pasien Gagal Jantung di Ruang ICCU RSUD dr. M. Yunus Bengkulu Tahun 2018 Putri Mayang Sari, Yusran Hasymi, Marti Yuseva. *Jurnal Vokasi Keperawatan*, 2(1), 1–10.
- Sejbuk, M., Mirończuk-Chodakowska, I., Witkowska A. (2022). Sleep Quality: A Narrative Review on Nutrition, Stimulants, and Physical Activity as Important Factors. *Nutrients*, 14, 1912.
- Setyonaluri, D & Aninditya, F (2019). *Kajian Sektor Kesehatan: Transisi Demografi dan Epidemiologi: Permintaan Pelayanan Kesehatan di Indonesia*. Jakarta: Badan Perencanaan Pembangunan Nasional (Bappenas).

- Septiarini, I. G. A. V., Sendratari, L. P., & Maryati, T. (2019). Peran Dan Fungsi Panti Sosial Tresna Werdha Jara Mara Pati Buleleng, Bali Dalam Pemberian Layanan Kepada Lansia (Potensinya Sebagai Sumber Belajar Sosiologi SMA Kelas X). *Journal Pendidikan Sosiologi Universitas Pendidikan Ganesha*.
- Setiati S, Alwi I, Sudoyo AW, Stiyohadi B, Syam AF. (2014). *Buku Ajar Ilmu Penyakit Dalam*. Jilid I. Edisi VI. Jakarta: Interna Publishing
- Sherwood, Lauralee. (2018). *Fisiologi Manusia dari Sel Ke Sistem*. Edisi 9. Jakarta: EGC
- Simon, K. C., Nadel, L., & Payne, J. D. (2022). The Functions Of Sleep: A Cognitive Neuroscience Perspective. *Proceedings Of The National Academy Of Sciences Of The United States Of America Journal*, 119(44), e2201795119.
- Stephens, J. Robert, Gatchel. (2018). Sleep Quality in Older Adults: A Review of Associated Mechanisms. *Annals of Sleep Medicine* 1(1)
- Siyoto, S & Sodik, A. (2015). *Dasar Metodologi Penelitian*. Yogyakarta: Literasi Medis Publishing
- Sumarna, U., Rosidin, U., Nugraha, B. (2019). Hubungan Kualitas Tidur dengan Tekanan Darah Pada Pasien Prehipertensi Puskesmas Tarogong Garut. *Jurnal Keperawatan BSI*.
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Sumirta, I. N., & Laraswati, A. I. (2017). Faktor yang Menyebabkan Gangguan Tidur (Insomnia) pada Lansia. *Jurnal Gema Keperawatan*, 8(1), 20–30.
- Taillard, J., Gronfier, C., Bioulac, S., Philip, P., & Sagaspe, P. (2021). Sleep in Normal Aging, Homeostatic and Circadian Regulation and Vulnerability to Sleep Deprivation. *Brain sciences*, 11(8), 1003.
- Thichumpa, W., Howteerakul, N., Suwannapong, N., & Tantrakul, V. (2018). Sleep Quality And Associated Factors Among The Elderly Living In Rural Chiang

Rai, Northern Thailand. *Epidemiology and Health*, 40, e2018018.

Tsai, L. C., Chen, S. C., Chen, Y. C., & Lee, L. Y. (2022). The Impact of Physical Pain and Depression On Sleep Quality In Older Adults With Chronic Disease. *Journal of clinical nursing*, 31(9-10), 1389–1396.

Watson NF, Badr MS, Belenky G, Bliwise DL, Buxton OM, Buysse D, Dinges DF, Gangwisch J, Grandner MA, Kushida C, Malhotra RK, Martin JL, Patel SR, Quan SF, Tasali E. (2015). Recommended Amount of Sleep for A Healthy Adult. *Journal of Clinical Sleep Medicine*, 38(6), 843–844.

Wijayantha, I. Yudiana, P. Rasdini, I. Sukanti, I. (2018). Gambaran Upaya Dalam Memenuhi Kebutuhan Tidur Lansia Di Panti Sosial Tresna Werdha Jara Mara Pati Singaraja. *Jurnal Kesehatan Medika Udayana* 4 (2)

W. Rohmah, D.Yunita. (2020). Determinan kualitas tidur pada santri di pondok pesantren. *Higeia Journal of Public Health Research and Development*, 4(3), 649-659

Zhu, X., Hu, Z., Nie, Y., Zhu, T., Kaminga, A. C., Yu, Y., & Xu, H. (2020). The Prevalence Of Poor Sleep Quality And Associated Risk Factors Among Chinese Elderly Adults In Nursing Homes: A Cross-Sectional Study. *PLoS ONE*, 15(5), 1–16.