

DAFTAR PUSTAKA

- Adam, L 2019, 'Determinan Hipertensi Pada Lanjut Usia Determinants Of Hypertension In Elderly', *Jambura Health And Sport Journal*, Vol. 1, No. 2.
- Akbar, F Et Al. 2020, *Karakteristik Hipertensi Pada Lanjut Usia Di Desa Buku (Characteristics Of Hypertension In The Elderly)*.
- Al-Falah, Aa, Subagio, & Gading, Pw 2021, 'Hubungan Pengetahuan Dengan Tingkat Keparahan Jerawat (Acne Vulgaris) Pada Mahasiswa Program Studi Kedokteran Fakultas Kedokteran Dan Ilmu Kesehatan Universitas Jambi', *Journal Of Medical Studies*, Vol. 1, No. 2, Pp. 8–16.
- Ancoli-Israel, S Et Al. 2003, 'The Role Of Actigraphy In The Study Of Sleep And Circadian Rhythms', *Sleep*, Vol. 26, No. 3, Pp. 342–392.
- Assiddiqy, A 2020, 'Hubungan Kualitas Tidur Dengan Tekanan Darah Pada Lansia Di Posyandu Lansia Rw Ii Puskesmas Kedungkandang Kota Malang', *Jurnal Kesehatan Mesencephalon*, Vol. 6, No. 1, Pp. 62–68.
- Bollu, Pc & Gurung, P 2019, *Normal Sleep, Sleep Physiology, And Sleep Deprivation*, *Medscape*, Viewed 2 May 2023, <<https://emedicine.medscape.com/article/1188226-overview#a1>>.
- Carley, Dw & Farabi, Ss 2016, 'Physiology Of Sleep', *Diabetes Spectrum*, Vol. 29, No. 1, Pp. 5–9.
- Casagrande, M Et Al. 2022, 'Sleep Quality And Aging: A Systematic Review On Healthy Older People, Mild Cognitive Impairment And Alzheimer's Disease', *International Journal Of Environmental Research And Public Health*, Vol. 19, No. 14, P. 8457.
- Chaput, Jp, Dutil, C, & Sampasa-Kanyinga, H 2018, 'Sleeping Hours: What Is The Ideal Number And How Does Age Impact This?', *Nature And Science Of Sleep*, Vol. 10, Pp. 421–430.
- Fabbri, M Et Al. 2021, 'Measuring Subjective Sleep Quality: A Review', *International Journal Of Environmental Research And Public Health*, Vol. 18, No. 3, P. 1082.
- Falah, M 2019, 'Hubungan Jenis Kelamin Dengan Angka Kejadian Hipertensi Pada Masyarakat Di Kelurahan Tamansari Kota Tasikmalaya', *Jurnal Keperawatan & Kebidanan Stikes Mitra Kencana Tasikmalaya*, Vol. 3, No. 1, Pp. 85–94.
- Faradilla, H, Adriani, L, & Nurliah 2020, 'Hubungan Kualitas Tidur Dengan Tekanan Darah Pada Lansia Hipertensi', *Darussalam Indonesian Journal Of Nursing And Midwifery*, Vol. 2, No. 1, Pp. 68–75, <<http://jurnal.sdl.ac.id/index.php/dij/>>.
- Guasti, L & Gaudio, G 2023, *Hypertension In Older Adults*, *European Society Of Cardiology*, Viewed 2 May 2023,

- <[https://www.escardio.org/Councils/Council-For-Cardiology-Practice-\(Ccp\)/Cardiopractice/Hypertension-In-Older-Adults](https://www.escardio.org/Councils/Council-For-Cardiology-Practice-(Ccp)/Cardiopractice/Hypertension-In-Older-Adults)>.
- Harrison, Dg, Coffman, Tm, & Wilcox, Cs 2021, 'Pathophysiology Of Hypertension: The Mosaic Theory And Beyond', *Circulation Research*, Pp. 847–863.
- Hower, Im, Harper, Sa, & Buford, Tw 2018, 'Circadian Rhythms, Exercise, And Cardiovascular Health', *Journal Of Circadian Rhythms*, Vol. 16.
- Iqbal, Am & Jamal, Sf 2022, *Essential Hypertension, Statpearls*, Viewed 15 April 2023, <[Ncbi.Nlm.Nih.Gov/Books/Nbk539859/](https://www.ncbi.nlm.nih.gov/books/Nbk539859/)>.
- Jordan, J, Kurschat, C, & Reuter, H 2018, 'Arterial Hypertension-Diagnosis And Treatment', *Deutsches Arzteblatt International*, Vol. 115, No. 33–34, Pp. 557–558.
- Kario, K 2021, 'Home Blood Pressure Monitoring: Current Status And New Developments', *American Journal Of Hypertension*, Vol. 34, No. 8, Pp. 783–794.
- Kusumawaty, J, Hidayat, N, & Ginanjar, E 2016, 'Hubungan Jenis Kelamin Dengan Intensitas Hipertensi', *Mutiara Medika*, Vol. 16, No. 2, Pp. 46–51.
- Lo, K Et Al. 2018, 'Subjective Sleep Quality, Blood Pressure, And Hypertension: A Meta-Analysis', *Journal Of Clinical Hypertension*, Vol. 20, No. 3, Pp. 592–605.
- Makarem, N Et Al. 2021, 'Effect Of Sleep Disturbances On Blood Pressure', *Hypertension*, Vol. 77, No. 4, Pp. 1036–1046.
- Mandala, As, Esfandiari, F, & Anton, Kn 2020, 'Hubungan Tekanan Darah Terkontrol Dan Tidak Terkontrol Terhadap Kadar High Density Lipoprotein Pasien Hipertensi', *Jurnal Ilmiah Kesehatan Sandi Husada*, Vol. 11, No. 1, Pp. 379–386, <<https://akper-sandikarsa.e-journal.id/jiksh>>.
- Maulana, N 2021, 'Kualitas Tidur Berhubungan Dengan Tingkat Hipertensi Pada Lansia Penderita Hipertensi', *Jurnal Ilmiah Permas: Jurnal Ilmiah Stikes Kendal*, Vol. 11, No. 4.
- Meléndez-Fernández, Oh, Liu, Ja, & Nelson, Rj 2023, 'Circadian Rhythms Disrupted By Light At Night And Mistimed Food Intake Alter Hormonal Rhythms And Metabolism', *International Journal Of Molecular Sciences*, Vol. 24, No. 4, P. 3392.
- Melizza, N Et Al. 2020, 'Hubungan Kualitas Tidur Dengan Tekanan Darah Pada Pasien Hipertensi Di Wilayah Kerja Puskesmas Ciptomulyo', *Chmk Nursing Scientific Journal*, Vol. 4, No. 2.
- Mills, Kt, Stefanescu, A, & He, J 2020, 'The Global Epidemiology Of Hypertension', *Nature Reviews Nephrology*, Vol. 16, No. 4, Pp. 223–237.
- Oparil, S Et Al. 2018, 'Hypertension', *Nature Reviews Disease Primers*, Vol. 4.
- Orff, Hj Et Al. 2012, 'Polysomnographic Evaluation Of Sleep Quality And Quantitative Variables In Women As A Function Of Mood, Reproductive

- Status, And Age', *Dialogues In Clinical Neuroscience*, Vol. 14, No. 4, Pp. 413–424.
- Reza, Rr Et Al. 2019, 'Fungsi Tidur Dalam Manajemen Kesehatan Sleep Function In Health Management', *Majority*, Vol. 8, No. 2, Pp. 247–253.
- Saxena, T, Ali, Ao, & Saxena, M 2018, 'Pathophysiology Of Essential Hypertension: An Update', *Expert Review Of Cardiovascular Therapy*, Vol. 16, No. 12, Pp. 879–887.
- Seprina, S, Herlina, H, & Bayhakki, B 2022, 'Hubungan Perilaku Cerdik Terhadap Pengontrolan Tekanan Darah Pada Lansia Hipertensi Di Masa Pandemi Covid-19', *Holistic Nursing And Health Science*, Vol. 5, No. 1, Pp. 66–73.
- Singh, S, Shankar, R, & Singh, Gp 2017, 'Prevalence And Associated Risk Factors Of Hypertension: A Cross-Sectional Study In Urban Varanasi', *International Journal Of Hypertension*, Vol. 2017.
- Soomro, Mansoor Et Al. 2019, 'A Study Of Stress Factors And Their Impact On Students' Academic Performance At University Level', *Grassroots*, Vol. 53, No. 1, Pp. 100–112.
- Strøm-Tejsen, P Et Al. 2016, 'The Effects Of Bedroom Air Quality On Sleep And Next-Day Performance', *Indoor Air*, Vol. 26, No. 5, Pp. 679–686.
- Sulistiyan, C 2012, 'Several Factors Related To Quality Of Sleep On The Students Of The Faculty Of Public Health University Of Diponegoro In Semarang', *Jurnal Kesehatan Masyarakat*, Vol. 1, No. 2, Pp. 280–292, <[Http://Ejournals1.Undip.Ac.Id/Index.Php/Jkm](http://ejournals1.undip.ac.id/index.php/jkm)>.
- Sun, X-H Et Al. 2020, 'Associations Of Sleep Quality And Sleep Duration With Frailty And Pre-Frailty In An Elderly Population Rugao Longevity And Ageing Study', *Bmc Geriatrics*, Vol. 20, No. 1, P. 9.
- Tim Riskesdas 2018 2019, *Laporan Riskesdas 2018 Nasional*.
- Tristianingsih, J & Handayani, S 2021, 'Determinan Kualitas Tidur Mahasiswa Kampus A Di Universitas Muhammadiyah Prof Dr Hamka', *Perilaku Dan Promosi Kesehatan: Indonesian Journal Of Health Promotion And Behavior*, Vol. 3, No. 2, P. 120.
- Unger, T Et Al. 2020, '2020 International Society Of Hypertension Global Hypertension Practice Guidelines', *Hypertension*, Vol. 75, No. 6, Pp. 1334–1357.
- Weber, Ma Et Al. 2014, 'Clinical Practice Guidelines For The Management Of Hypertension In The Community', *The Journal Of Clinical Hypertension*, Vol. 16, No. 1, Pp. 14–26.
- Whelton, Pk Et Al. 2018, '2017 Acc/Aha/Aapa/Abc/Acpm/AgS/Apha/Ash/Aspc/Nma/Pcna Guideline For The Prevention, Detection, Evaluation, And Management Of High Blood Pressure In Adults: Executive Summary: A Report Of The American

- College Of Cardiology/American Heart Association Task Force On Clinical Practice Guidelines', *Hypertension*, Vol. 71, No. 6, Pp. 1269–1324.
- Williams, B Et Al. 2018, '2018 Esc/Esh Guidelines For The Management Of Arterial Hypertension', *Journal Of Hypertension*, Vol. 36, No. 10, Pp. 1953–2041.
- Yang, J Et Al. 2020, 'A Review Of Advancement On Influencing Factors Of Acne: An Emphasis On Environment Characteristics', *Frontiers In Public Health*, Vol. 8, No. September, Pp. 1–16.
- Yilmaz, D, Tanrikulu, F, & Dikmen, Y 2017, 'Research On Sleep Quality And The Factors Affecting The Sleep Quality Of The Nursing Students.', *Current Health Sciences Journal*, Vol. 43, No. 1, Pp. 20–24, <[Http://Www.Ncbi.Nlm.Nih.Gov/Pubmed/30595850](http://www.ncbi.nlm.nih.gov/pubmed/30595850)>.
- Yunus, M, Aditya, Iwc, & Eksa, Dr 2021, 'Hubungan Usia Dan Jenis Kelamin Dengan Kejadian Hipertensi Di Puskesmas Haji Pemanggilan Kecamatan Anak Tuha Kab. Lampung Tengah', *Jurnal Ilmu Kedokteran Dan Kesehatan*, Vol. 8, No. 3, Pp. 229–239.
- Zhou, B Et Al. 2021, 'Worldwide Trends In Hypertension Prevalence And Progress In Treatment And Control From 1990 To 2019: A Pooled Analysis Of 1201 Population-Representative Studies With 104 Million Participants', *The Lancet*, Vol. 398, No. 10304, Pp. 957–980.

