

## **BAB VII**

### **DAFTAR PUSTAKA**

1. Barrett K, Barman S, Boitano S, Brooks H. Ganong's Review of Medical Physiology, Twenty-Third Edition. New York, USA: McGraw-Hill Professional Publishing; 2010. p. 229-240.
2. Sherwood L. Fisiologi Manusia Dari Sel ke Sistem (Human Physiology: From Cells to Systems. 6th ed. Jakarta: Penerbit Buku Kedokteran EGC; 2011. p. 145-198.
3. Guyton A. Buku Ajar Fisiologi Kedokteran: (Textbook of Medical Physiology). 7th ed. Jakarta: Penerbit Buku Kedokteran EGC; 1994. p. 401-414.
4. The National Sleep Foundation. National Sleep Foundation Recommends [Internet] New Sleep Times. Natl Sleep Found. 2015. [cited 10 October 2020]. Available from: <https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>
5. Adolescence: a period needing special attention - recognizing-adolescence [Internet]. Apps.who.int. 2014 [cited 13 October 2020]. Available from: <https://apps.who.int/adolescent/second-decade/section2/page1/recognizing-adolescence.html>
6. Respatiadi H, Tandra S. Fighting Unrecorded Alcohol: A Policy Priority For Bandung, West Java [Internet]. Repository.cips-indonesia.org. 2020 [cited 10 September 2020]. Available from: <https://repository.cips-indonesia.org/media/271872-fighting-unrecorded-alcohol-a-policy-pri-c2ab3c0e.pdf>

7. Respatiadi H, Tandra S. Underage and Unrecorded: Alcohol Consumption andits Health Risk for the Youth Case Study in Bandung, West Java [Internet]. Repository.cips-indonesia.org. 2020 [cited 11 September 2020]. Available from: <https://repository.cips-indonesia.org/media/270484-underage-and-unrecorded-alcohol-consumpt-66958ba3.pdf>
8. World Health Organization. Global Status Report: Alcohol and Young People [Internet]. Geneva: World Health Organization; 2001. Available from:  
[https://apps.who.int/iris/bitstream/handle/10665/66795/WHO\\_MSD\\_MSB\\_01.1.pdf?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/66795/WHO_MSD_MSB_01.1.pdf?sequence=1)
9. Singleton R, Wolfson A. Alcohol Consumption, Sleep, and Academic Performance Among College Students. [Internet]. J Stud Alcohol and Drugs. 2009;70:355-363. [cited 20 October 2020]. Available from: <https://pubmed.ncbi.nlm.nih.gov/19371486/>
10. van Schrojenstein Lantman M, Roth T, Roehrs T, Verster J. Alcohol Hangover, Sleep Quality, and Daytime Sleepiness. [Internet]. Sleep Vigilance. 2017;1:37-41. [cited 20 October 2020]. Available from: <https://link.springer.com/article/10.1007/s41782-017-0008-7>
11. Park S, Oh M, Lee B, Kim H, Lee W, Lee J et al. The Effects of Alcohol on Quality of Sleep.[Internet]. Korean J Fam Med. 2015;36:294.[cited 20 October 2020]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4666864/>
12. Valenzuela C. Alcohol and Neurotransmitter Interactions [Internet]. 21st ed. National Institute on Alcohol Abuse and Alcoholism; 1997 [cited 15 September 2020]. Available from: <https://pubs.niaaa.nih.gov/publications/arh21-2/144.pdf>

13. Costardi J, Nampo R, Silva G, Ribeiro M, Stella H, Stella M et al. A Review on Alcohol: From the Central Action Mechanism to Chemical Dependency. Rev Assoc Méd Bras [Internet]. 2015 [cited 23 September 2020];61:381-387. Available from: [https://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S0104-42302015000400381](https://www.scielo.br/scielo.php?script=sci_arttext&pid=S0104-42302015000400381)
14. Cray M. CNS Pharmacology: IVMS-CNS Depressants II /Drugs of Abuse IV-Ethanol. [Internet]. Presentation presented at; 2013.[cited 20 October 2020] Available from: <https://www.slideshare.net/drimhotep/ivmscns-depressants-ii-drugs-of-abuse-ivethanol>
15. Vinson D, Manning B, Galliher J, Dickinson L, Pace W, Turner B. Alcohol and Sleep Problems in Primary Care Patients: A Report from the AAFP National Research Network. Ann Fam Med [Internet]. 2010 [cited 9 September 2020];8:484-492. Available from: <https://www.annfammed.org/content/8/6/484>
16. McCarley R. Neurobiology of REM and NREM sleep. [Internet]. Sleep Med. 2007;8:302-330. 17. [cited 20 October 2020]. Available from: <https://pubmed.ncbi.nlm.nih.gov/17468046/>
17. Aruguete M, Brant L, Chappell B, Dumper K, Lacombe A, Lazzara J et al. 4.3 Stages of Sleep - Psychology 2e | OpenStax [Internet]. Openstax.org. 2015 [cited 1 November 2020]. Available from: <https://openstax.org/books/psychology-2e/pages/4-3-stages-of-sleep>
18. Jawabri KH, Raja A. Physiology, Sleep Patterns. [Updated 2020 Jul 10]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK551680/>

19. Borbély A, Daan S, Wirz-Justice A, Deboer T. The Two-Process Model Of Sleep Regulation: A Reappraisal. [Internet]. *J Sleep Res.* 2016;25:131-143. [cited 20 October 2020]. Available from: <https://pubmed.ncbi.nlm.nih.gov/26762182/>
20. Easton A, Meerlo P, Bergmann B, Turek F. The Suprachiasmatic Nucleus Regulates Sleep Timing and Amount in Mice. [Internet]. *Sleep.* 2004;27:1307-1318. [cited 20 October 2020]. Available from: <https://pubmed.ncbi.nlm.nih.gov/15586783/>
21. Nunn C, Samson D, Krystal A. Shining evolutionary light on human sleep and sleep disorders. *Evol Med Public Health.* [Internet]. 2016 [cited 1 November 2020];2016:227-243. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4972941/>
22. Arendt J. Melatonin and the Pineal Gland: Influence on Mammalian Seasonal and Circadian Physiology. [Internet]. *Reviews of Reproduction.* 1998;3:13-22. [cited 20 October 2020]. Available from: [J. Melatonin and the Pineal Gland: Influence on Mammalian Seasonal and Circadian Physiology](#)
23. Grundy A, Sanchez M, Richardson H, Tranmer J, Borugian M, Graham C et al. Light Intensity Exposure, Sleep Duration, Physical Activity, and Biomarkers Of Melatonin Among Rotating Shift Nurses.[Internet]. *Chronobiol Int.* 2009;26:1443-1461. [cited 20 October 2020]. Available from: <https://pubmed.ncbi.nlm.nih.gov/19916841/>
24. Harrington Mary, Hoque S, Hall A, Golombek D, Biello S. Pituitary Adenylate Cyclase Activating Peptide Phase Shifts Circadian Rhythms in a Manner Similar to Light. [Internet]. *J Neurosci.* 1999;19:6637-6642.[cited 20 October 2020]. Available from: <https://www.jneurosci.org/content/19/15/6637>

25. Cajochen C, Kräuchi K, Wirz-Justice A. Role of Melatonin in the Regulation of Human Circadian Rhythms and Sleep.[Internet]. *J Neuroendocrinol.* 2003;15:432-437. [cited 20 October 2020]. Available from: <https://pubmed.ncbi.nlm.nih.gov/12622846/>
26. Mitchell H, Weinshenker D. Good Night and Good Luck: Norepinephrine in Sleep Pharmacology. [Internet]. *Biochem Pharmacol.* 2010;79:801-809.[cited 20 October 2020]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2812689/>
27. Menet J, Pescatore S, Rosbash M. CLOCK:BMAL1 is a Pioneer-like Transcription Factor. *Genes & Development.* 2014;28:8-13.
28. Rudic R, McNamara P, Curtis A, Boston R, Panda S, Hogenesch J et al. BMAL1 and CLOCK, Two Essential Components of the Circadian Clock, Are Involved in Glucose Homeostasis. [Internet]. *PLoS Biology.* 2004;2:e377. [cited 20 October 2020]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC524471/>
29. Kwon I, Lee J, Chang S, Jung N, Lee B, Son G et al. BMAL1 Shuttling Controls Transactivation and Degradation of the CLOCK/BMAL1 Heterodimer.[Internet]. *Mol Cell Biol.* 2006;26:7318-7330. [cited 20 October 2020]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1592876/>
30. Mak L, Minuzzi L, MacQueen G, Hall G, Kennedy S, Milev R. The Default Mode Network in Healthy Individuals: A Systematic Review and Meta-Analysis [Internet]. *Brain Connect.* 2017;7:25-33. [cited 20 October 2020]. Available from: <https://pubmed.ncbi.nlm.nih.gov/27917679/>

31. Horovitz S, Braun A, Carr W, Picchioni D, Balkin T, Fukunaga M et al. Decoupling of the Brain's Default Mode Network During Deep Sleep. [Internet]. Proc Natl Acad Sciences U S A. 2009;106:11376-11381.[cited 20 October 2020]. Available from: <https://pubmed.ncbi.nlm.nih.gov/19549821/>
32. Gaus S, Strecker R, Tate B, Parker R, Saper C. Ventrolateral Preoptic Nucleus Contains Sleep-Active, Galaninergic Neurons in Multiple Mammalian Species. [Internet]. Neuroscience. 2002;115:285-294. [cited 20 October 2020]. Available from: <https://pubmed.ncbi.nlm.nih.gov/12401341/>
33. Cormier RE. Sleep Disturbances. In: Walker HK, Hall WD, Hurst JW, editors. Clinical Methods: The History, Physical, and Laboratory Examinations. 3rd edition. Boston: Butterworths; 1990. Chapter 77. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK401/>
34. Siddiqui A, Al-Musa H, Al-Amri H, Al-Qahtani A, Al-Shahrani M, Al-Qahtani M. Sleep Patterns and Predictors of Poor Sleep Quality among Medical Students in King Khalid University, Saudi Arabia. [Internet]. Malays J Med Sci. 2016;23:94-102. [cited 20 October 2020]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5181996/>
35. Setyowati A, Chung MH. Validity and Reliability of the Indonesian Version of the Pittsburgh Sleep Quality Index in Adolescents. Int J Nursing Pract [Internet]. 2020 [cited 2020Dec2]; Available from: <https://pubmed.ncbi.nlm.nih.gov/32632973/>
36. Alim IZ. Uji Validitas dan Reliabilitas Instrumen Pittsburgh Sleep Quality Index Versi Bahsa Indonesia = Test Validty and Reliability of the Instrument Pittsburgh Sleep Quality Index Indonesia Language Version [Internet] [thesis]. Universitas Indonesia Library. 2015 [cited 2020Dec2]. Available

from:

<http://lib.ui.ac.id/detail?id=20404062&lokasi=lokal#parentHorizontalTab5>

37. Perbandingan Kualitas Tidur Menggunakan Skala Pittsburgh Sleep Quality Index (Psqi) Pada Pasien Gangguan cemas yang Mendapat Terapi Benzodiazepin jangka Panjang dan Jangka Pendek [Internet]. Makassar; 2018 [cited 6 December 2020]. Available from: [http://digilib.unhas.ac.id/uploaded\\_files/temporary/DigitalCollection/YTk4Zjg5MmI4MWU1ZWZiMWVjODdiZGEwYmM4NmFlYWewOTM0NGE3ZA==.pdf](http://digilib.unhas.ac.id/uploaded_files/temporary/DigitalCollection/YTk4Zjg5MmI4MWU1ZWZiMWVjODdiZGEwYmM4NmFlYWewOTM0NGE3ZA==.pdf)
38. Mander B, Winer J, Walker M. Sleep and Human Aging. *Neuron* [Internet]. 2017 [cited 2 November 2020];94:19-36. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5810920/>
39. Nuttall F. Body Mass Index. *Nutr Today* [Internet]. 2015 [cited 2 November 2020];50:117-128. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4890841/>
40. Kristicevic T, Stefan L, Sporis G. The Associations between Sleep Duration and Sleep Quality with Body-Mass Index in a Large Sample of Young Adults. *Int J Environ Res Public Health* [Internet]. 2018 [cited 1 November 2020];15:758. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5923800/>
41. Markwald R, Melanson E, Smith M, Higgins J, Perreault L, Eckel R et al. Impact of Insufficient Sleep on Total Daily Energy Expenditure, Food Intake, and Weight Gain. *Proc Natl Acad Sci U S A* [Internet]. 2013 [cited 1 November 2020];110(14):5695-5700. Available from: <https://pubmed.ncbi.nlm.nih.gov/23479616/>

42. Fatima Y, Doi S, Najman J, Mamun A. Exploring Gender Difference in Sleep Quality of Young Adults: Findings from a Large Population Study. *Clin Med Res* [Internet]. 2016 [cited 2 November 2020];14:138-144. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5302457/>
43. Mallampalli M, Carter C. Exploring Sex and Gender Differences in Sleep Health: A Society for Women's Health Research Report. *J Womens Health (Larchmt)* [Internet]. 2014 [cited 29 October 2020];23:553-562. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4089020/>
44. Baker F, Lee K. Menstrual Cycle Effects on Sleep. *Sleep Med Clin* [Internet]. 2018 [cited 29 October 2020];13:283-294. Available from: <https://pubmed.ncbi.nlm.nih.gov/30098748/>
45. Nazik E, Eryilmaz G. Incidence of Pregnancy-related Discomforts and Management Approaches to Relieve them Among Pregnant Women. *J Clin Nurs* [Internet]. 2013 [cited 1 November 2020];23:1736-1750. Available from: <https://pubmed.ncbi.nlm.nih.gov/24028734/>
46. Pregnancy & Sleep: Tips, Sleep Positions, & Issues | Sleep Foundation [Internet]. Sleep Foundation. 2020 [cited 1 November 2020]. Available from: <https://www.sleepfoundation.org/pregnancy>
47. Cunningham F, Leveno K, Bloom S, Hauth J, Rouse D, Spong C. Williams Obstetrics (23rd Edition). New York, USA: McGraw-Hill Professional Publishing; 2010.
48. Tsigos C, Kyrou I, Kassi E, Chrousos G. Stress: Endocrine Physiology and Pathophysiology [Internet]. Ncbi.nlm.nih.gov. 2020 [cited 2 November 2020]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK278995/>

49. Buckley T, Schatzberg A. On the Interactions of the Hypothalamic-Pituitary-Adrenal (HPA) Axis and Sleep: Normal HPA Axis Activity and Circadian Rhythm, Exemplary Sleep Disorders. *J Clin Endocrinol Metab* [Internet]. 2005 [cited 7 November 2020];90:3106-3114. Available from: <https://pubmed.ncbi.nlm.nih.gov/15728214/>
50. Kim E, Dimsdale J. The Effect of Psychosocial Stress on Sleep: A Review of Polysomnographic Evidence. [Internet]. *Behav Sleep Med*. 2007;5:256-278.[cited 20 October 2020]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4266573/>
51. Alotaibi A, Alosaimi F, Alajlan A, Abdulrahman K. The Relationship Between Sleep Quality, Stress, and Academic Performance Among Medical Students. *J Family Community Med* [Internet]. 2020 [cited 3 November 2020];27. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6984036/>
52. Sehgal A, Mignot E. Genetics of Sleep and Sleep Disorders. *Cell* [Internet]. 2011 [cited 17 December 2020];146:194-207. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3153991/>
53. Bano M, Chiaromanni F, Corrias M, Turco M, De Rui M, Amodio P et al. The Influence of Environmental Factors on Sleep Quality in Hospitalized Medical Patients. *Front Neurol* [Internet]. 2014 [cited 2 November 2020];5. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4263101/>
54. Azmoon H, Dehghan H, Akbari J, Souri S. The Relationship between Thermal Comfort and Light Intensity with Sleep Quality and Eye Tiredness in Shift Work Nurses. *J Environ Public Health* [Internet]. 2013 [cited 9 October 2020];2013:1-5. Available from: <https://pubmed.ncbi.nlm.nih.gov/23476674/>

55. Halperin D. Environmental noise and sleep disturbances: A threat to health?. *Sleep Sci* [Internet]. 2014 [cited 2 November 2020];7:209-212. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4608916/>
56. Okamoto-Mizuno K, Mizuno K. Effects of thermal environment on sleep and circadian rhythm. *J Physiol Anthropol* [Internet]. 2012 [cited 8 November 2020];31. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3427038/>
57. Zheng G, Li K, Wang Y. The Effects of High-Temperature Weather on Human Sleep Quality and Appetite. *Int J Environ Res Public Health* [Internet]. 2019 [cited 9 November 2020];16:270. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6351950/>
58. Nena E, Katsaouni M, Steiropoulos P, Theodorou E, Constantinidis T, Tripsianis G. Effect of shift work on sleep, health, and quality of life of health-care workers. *Indian J Occup and Environ Med* [Internet]. 2018 [cited 8 November 2020];22:29. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5932908/>
59. Dai C, Qiu H, Huang Q, Hu P, Hong X, Tu J et al. <p>The effect of night shift on sleep quality and depressive symptoms among Chinese nurses</p>. *Neuropsychiatr Dis Treat* [Internet]. 2019 [cited 9 November 2020];Volume 15:435-440. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6369837/>
60. Blume C, Garbazza C, Spitschan M. Effects of Light on Human Circadian Rhythms, Sleep and Mood. *Somnologie (Berl)* [Internet]. 2019 [cited 8 November 2020];23:147-156. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6751071/>

61. How Noise Level Affects Sleep Satisfaction - Sleep Foundation [Internet]. Sleep Foundation. [cited 9 November 2020]. Available from: <https://www.sleepfoundation.org/articles/how-noise-can-affect-your-sleep-satisfaction>
62. Alcohol [Internet]. Who.int. [cited 3 October 2020]. Available from: [https://www.who.int/health-topics/alcohol#tab=tab\\_1](https://www.who.int/health-topics/alcohol#tab=tab_1)
63. Personal Habits and Indoor Combustions [Internet]. 2nd ed. Lyon: International Agency for Research on Cancer; 2012 [cited 8 November 2020]. Available from: [https://www.ncbi.nlm.nih.gov/books/NBK304391/pdf/Bookshelf\\_NBK304391.pdf](https://www.ncbi.nlm.nih.gov/books/NBK304391/pdf/Bookshelf_NBK304391.pdf)
64. Stein, M. and Friedmann, P., 2006. Disturbed Sleep and Its Relationship to Alcohol Use. Substance Abuse, [Internet]. [cited 29 December 2020] 26:1-13.. Available at: [https://www.tandfonline.com/doi/abs/10.1300/J465v26n01\\_01](https://www.tandfonline.com/doi/abs/10.1300/J465v26n01_01)
65. Content: Getting Alcohol to the Brain: Crossing the Blood-Brain-Barrier – The Alcohol Pharmacology Education Partnership [Internet]. Sites.duke.edu. [cited 12 November 2020]. Available from: <https://sites.duke.edu/apep/module-2-the-abcs-of-intoxication/content-getting-alcohol-to-the-brain-crossing-the-blood-brain-barrier/>
66. Banerjee N. Neurotransmitters in Alcoholism: A Review of Meurobiological and Genetic Studies. Indian J Hum Genet [Internet]. 2014 [cited 8 November 2020];20:20. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4065474/>

67. 2001. Alcohol Research & Health: The Journal Of The National Institute On Alcohol Abuse And Alcoholism. 25th ed. [ebook] Public Health Service, National Institutes of Health, pp.12-17. Available at: <<https://play.google.com/books/reader?id=HxyNpZQvDGcC&hl=en&pg=GBS.PA97>> [Accessed 30 December 2020].
68. Gonzales R, Jaworski J. Alcohol and Glutamate [Internet]. PubMed Central (PMC). 1997 [cited 1 November 2020]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6826830/#>
69. Fitzgerald P. Elevated Norepinephrine may be a Unifying Etiological Factor in the Abuse of a Broad Range of Substances: Alcohol, Nicotine, Marijuana, Heroin, Cocaine, and Caffeine. *Subst Abuse: Res Treat* [Internet]. 2013 [cited 2 November 2020];7:SART.S13019. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3798293/>
70. Haass-Koffler C, Swift R, Leggio L. Noradrenergic targets for the treatment of alcohol use disorder. *Psychopharmacology* [Internet]. 2018 [cited 2 November 2020];235:1625-1634. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5995154/>
71. Lovinger D. Serotonin's Role in Alcohol's Effects on the Brain [Internet]. PubMed Central (PMC). 1997 [cited 29 October 2020]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6826824/>
72. Zimatkin S, Anichtchik O. Alcohol-histamine interactions. *Alcohol Alcohol* [Internet]. 1999 [cited 2 November 2020];34:141-147. Available from: <https://pubmed.ncbi.nlm.nih.gov/10344773/>
73. Danel T, Touitou Y. Alcohol Consumption Does Not Affect Melatonin Circadian Synchronization In Healthy Men. *Alcohol Alcohol* [Internet].

- 2006 [cited 3 November 2020];41:386-390. Available from: <https://pubmed.ncbi.nlm.nih.gov/16679342/>
74. Vengeliene V, Noori H, Spanagel R. Activation of Melatonin Receptors Reduces Relapse-Like Alcohol Consumption. *Neuropsychopharmacology* [Internet]. 2015 [cited 3 November 2020];40:2897-2906. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4864625/>
75. Colrain I, Nicholas C, Baker F. Alcohol and the Sleeping Brain. *Handb Clin Neurol* [Internet]. 2014 [cited 3 November 2020];:415-431. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5821259/>
76. International Alcohol Screen [Internet]. Auditscreen.org. [cited 5 December 2020]. Available from: <https://auditscreen.org/about/background/>
77. Scoring the AUDIT [Internet]. Auditscreen.org. [cited 6 December 2020]. Available from: <https://auditscreen.org/about/scoring-audit/>
78. Ritonga D. Bab 1-3-2 [Internet]. 2020 [cited 6 December 2020]. Available from: <https://www.scribd.com/doc/264392567/Bab-1-3-2-pdf>
79. Seth P, Glenshaw M, Sabatier J, Adams R, Du Preez V, DeLuca N et al. AUDIT, AUDIT-C, and AUDIT-3: Drinking Patterns and Screening for Harmful, Hazardous and Dependent Drinking in Katutura, Namibia. *PLOS One* [Internet]. 2015 [cited 4 October 2020];10:e0120850. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4370519/>
80. Kang J, Cheng S. Effects of an irregular bedtime schedule on sleep quality, daytime sleepiness, and fatigue among university students in Taiwan. *BMC Public Health* [Internet]. 2009 [cited 8 December 2020];9(248). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2718885/>

81. Cleveland Clinic. 2010. *Sleeping & Psychiatric Disorders*. [online] Available at: <<https://my.clevelandclinic.org/health/articles/13271-sleep--psychiatric-disorders>> [Accessed 29 December 2021].

