

BAB IX

DAFTAR PUSTAKA

1. Carskadon MA, Dement WC. Normal Human Sleep: An Overview. *Principles and Practice of Sleep Medicine*. 2005;13–23.
2. Kleitman N. *Sleep and Wakefulness*. Chicago: University of Chicago Press; 1987.
3. Borb AA, Achermann P. Sleep Homeostasis and Models of Sleep Regulation. *Journal of Biological Rhythms*. 1999;14(6):559–70.
4. Bathla M, Goyal A, Anjum S, Bhusri L, Singh A, Gupta P. Assessment of quality of sleep and its association with body mass index among medical consultants working in a medical college in northern India. *Indian Journal of Psychiatry*. 2020;62(3):306.
5. Sleep Quantity vs. Sleep Quality [Internet]. *Sleep.org*. 2020 [cited 2020 September 24]. Available from: <https://www.sleep.org/sleep-quantity-different-sleep-quality/>
6. Harvey AG, Stinson K, Whitaker KL, Moskovitz D, Virk H. The Subjective Meaning of Sleep Quality: A Comparison of Individuals with and without Insomnia. *Sleep*. 2008;31(3):383–93.
7. Screen Time [Internet]. Merriam-Webster. Merriam-Webster; [cited 2020 September 24]. Available from: [https://www.merriam-webster.com/dictionary/screen time](https://www.merriam-webster.com/dictionary/screen%20time)
8. To grow up healthy, children need to sit less and play more [Internet]. World Health Organization. World Health Organization; [cited 2020 September 24]. Available from: <https://www.who.int/news/item/24-04-2019-to-grow-up-healthy-children-need-to-sit-less-and-play-more>
9. Ramirez ER, Norman GJ, Rosenberg DE, Kerr J, Saelens BE, Durant N, et al. Adolescent Screen Time and Rules to Limit Screen Time in the Home. *Journal of Adolescent Health*. 2011;48(4):379–85.
10. Ma C, Zhou L, Xu W, Ma S, Wang Y. Associations of physical activity and screen time with suboptimal health status and sleep quality among Chinese college freshmen: A cross-sectional study. *Plos One*. 2020;15(9).
11. Christensen MA, Bettencourt L, Kaye L, Moturu ST, Nguyen KT, Olgin JE, et al. Direct Measurements of Smartphone Screen-Time: Relationships with Demographics and Sleep. *Plos One*. 2016;11(11).
12. Cain N, Gradisar M. Electronic media use and sleep in school-aged children and adolescents: A review. *Sleep Medicine*. 2010;11(8):735–42.
13. Ningrum DMA. Hubungan *Screen Time* dengan Indeks Massa Tubuh pada Mahasiswa Fakultas Ekonomi dan Bisnis Universitas Muhammadiyah Surakarta. 2018
14. Liu S, Wing YK, Hao Y, Li W, Zhang J, Zhang B. The associations of long-time mobile phone use with sleep disturbances and mental distress in technical college students: a prospective cohort study. *Sleep*. 2018;42(2).

15. Xu F, Adams SK, Cohen SA, Earp JE, Greaney ML. Relationship between Physical Activity, Screen Time, and Sleep Quantity and Quality in US Adolescents Aged 16–19. *International Journal of Environmental Research and Public Health*. 2019;16(9):1524.
16. Screen-time does not disrupt children's sleep, new study finds [Internet]. University of Oxford. [cited 2020 October 22]. Available from: <https://www.ox.ac.uk/news/2018-11-05-screen-time-does-not-disrupt-childrens-sleep-new-study-finds>
17. Yolanda AA, Wuryanto MA, Kusariana N, Saraswati LD. Hubungan Aktivitas Fisik, Screen Based Activity dan Sleep Hygien dengan Kualitas Tidur pada Remaja Usia 15-18 Tahun (Studi pada Siswa di SMA Negeri 1 Ungaran. 2019;7(1):123–7.
18. Sulistiyani C. Beberapa Faktor Yang Berhubungan Dengan Kualitas Tidur Pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Diponegoro Semarang. UNDIP-IR. UNDIP Website; 2013. Available from: <http://eprints.undip.ac.id/38526/>
19. Pratama AR. Investigating Daily Mobile Device Use Among University Students in Indonesia. *IOP Conference Series: Materials Science and Engineering*. 2018;325:012004.
20. Gupta T, Swami MK, Nebhinani N. Risk of digital addiction among children and adolescents during COVID-19 pandemic: Concerns, caution, and way out. *Journal of Indian Association for Child & Adolescent Mental Health*. 2020;16(3):199–208.
<http://ezproxy.library.uph.edu:2069/login.aspx?direct=true&db=a9h&AN=144742414&site=ehost-live>
21. Atmadja, W., Fisiologi tidur. *Jurnal Kedokteran Maranatha*, 2010, 1.2: pp. 36-39.
22. Purves D, Augustine GJ, Fitzpatrick D. Physiological Changes in Sleep States. In: *Neuroscience* 2nd edition. Sinauer Associates, Inc.; 2001.
23. Colten HR. Sleep Physiology. Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem. U.S. National Library of Medicine; 1970.
24. Carley DW, Farabi SS. Physiology of Sleep. *Diabetes Spectrum*. 2016;29(1):5–9.
25. Brinkman JE. *Physiology of Sleep*: Treasure Island (FL): StatPearls Publishing; 2020. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK482512/>
26. Borbély AA, Daan S, Wirz-Justice A, Deboer T. The two-process model of sleep regulation: A reappraisal. *J Sleep Res*. 2016;
27. What Are Sleep Disorders? [cited 2020 November 3]. Available from: <https://www.psychiatry.org/patients-families/sleep-disorders/what-are-sleep-disorders>
28. Spira AP, Beaudreau SA, Stone KL, Kezirian EJ, Lui L-Y, Redline S, et al. Reliability and Validity of the Pittsburgh Sleep Quality Index and the Epworth Sleepiness Scale in Older Men. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. 2011;67A(4):433–9.

29. Buysse DJ, Hall ML, Strollo PJ, Kamarck TW, Owens J, Lee L, et al. Relationships between the Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), and clinical/polysomnographic measures in a community sample. *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*. American Academy of Sleep Medicine; 2008. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2603534/>
30. Mander BA, Winer JR, Walker MP. *Sleep and Human Aging*. U.S. National Library of Medicine; 2017. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5810920/>
31. Fatima Y, Doi SA, Najman JM, Mamun AA. Exploring Gender Difference in Sleep Quality of Young Adults: Findings from a Large Population Study. *Clinical Medicine & Research*. 2016;14(3-4):138–44.
32. Nowakowski S, Meers J, Heimbach E. Sleep and Women's Health. *Sleep Medicine Research*. 2013;4(1):1–22.
33. Touitou Y, Reinberg A, Touitou D. Association between light at night, melatonin secretion, sleep deprivation, and the internal clock: Health impacts and mechanisms of circadian disruption. *Life Sciences*. 2017;173:94–106.
34. Okamoto-Mizuno K, Mizuno K. Effects of thermal environment on sleep and circadian rhythm. *Journal of Physiological Anthropology*. 2012;31(1).
35. Zheng G, Li K, Wang Y. The Effects of High-Temperature Weather on Human Sleep Quality and Appetite. *International Journal of Environmental Research and Public Health*. 2019;16(2):270.
36. Feldman MD, Christensen JF, Satterfield JM, Laponis R. *Sleep Disorders*. In: *Behavioral medicine: a guide for clinical practice*. New York: McGraw-Hill Education; 2020.
37. Wallace DD, Boynton MH, Lytle LA. Multilevel analysis exploring the links between stress, depression, and sleep problems among two-year college students. *Journal of American College Health*. 2017 April 65(3):187–96.
38. Lund HG, Reider BD, Whiting AB, et al. Sleep patterns and predictors of disturbed sleep in a large population of college students. *J Adolesc Health*. 2010;46:124–132.
39. Tosini G, Ferguson I, Tsubota K. Effects of blue light on the circadian system and eye physiology. 2016 January 24;22:61–72.
40. Amalina S, Sitaresmi MN, Gamayanti IL. Hubungan Penggunaan Media Elektronik dan Gangguan Tidur. *Sari Pediatri*. 2016;17(4):273.
41. Hale L, Kirschen GW, Lebourgeois MK, Gradisar M, Garrison MM, Montgomery-Downs H, et al. Youth Screen Media Habits and Sleep. *Child and Adolescent Psychiatric Clinics of North America*. 2018;27(2):229–45.
42. Silva AOD, Luciano Machado Ferreira Tenório De Oliveira, Santos MAMD, Tassitano RM. Tempo De Tela, Percepção Da Qualidade De Sono E Episódios De Parassonia Em Adolescentes. *Revista Brasileira de Medicina do Esporte*. 2017;23(5):375–9.

43. Setiawan E. Kamus Besar Bahasa Indonesia (KBBI) [Internet]. Arti kata umur - Kamus Besar Bahasa Indonesia (KBBI) Online. [cited 2020 November 3]. Available from: <https://kbbi.web.id/umur>
44. Fakih M. Analisis gender dan transformasi sosial. Yogyakarta: Insist Press; 2008.
45. Diagnostic and statistical manual of mental disorders: DSM-5. Arlington, VA: American Psychiatric Association; 2017.
46. Sadock BJ. Synopsis of psychiatry. London: Lippincott Williams & Wilkins; 2010.
47. Caffeine: How much is too much? [Internet]. 2020 [cited 2020 December 1]. Available from: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678>
48. Baifeng Chen, Fei Liu, Shushu Ding, Xia Ying, Lele Wang, Yufeng Wen. Gender differences in factors associated with smartphone addiction: a cross-sectional study among medical college students. BMC Psychiatry 2017 Oct 10;17:1–9. Available from: <http://ezproxy.library.uph.edu:2069/login.aspx?direct=true&db=a9h&AN=125594478&site=ehost-live>
49. Kim Y, Umeda M, Lochbaum M, Sloan RA. Examining the day-to-day bidirectional associations between physical activity, sedentary behavior, screen time, and sleep health during school days in adolescents. PLoS ONE. 2020 Sep 3 15(9):1–18. Available from: <http://ezproxy.library.uph.edu:2069/login.aspx?direct=true&db=a9h&AN=145476118&site=ehost-live>
50. Alfaya MA, Alsamghan A, Alsaleem SA, Alshahrani MA, Alfaya FA, Alqahtani YSO, et al. Mobile Phone Addiction and its Relationship to Sleep Quality among the General Population in Abha City, Saudi Arabia. Middle East Journal of Family Medicine. 2021; 19(3):82–92. Available from: <http://ezproxy.library.uph.edu:2069/login.aspx?direct=true&db=a9h&AN=148965212&site=ehost-live>
51. Ducharme J. Don't Believe Everything You've Heard About Blue Light. TIME Magazine [Internet]. 2020 Mar 2 [cited 2021 Jul 21];195(7/8):20. Available from: <http://ezproxy.library.uph.edu:2069/login.aspx?direct=true&db=a9h&AN=141838285&site=ehost-live>
52. Rey-López JP, Ruiz JR, Ortega FB, Verloigne M, Vicente-Rodriguez G, Gracia-Marco L, et al. Reliability and validity of a screen time-based sedentary behaviour questionnaire for adolescents: The HELENA study. European Journal of Public Health. 2011;22(3):373–7.