

DAFTAR PUSTAKA

1. Htoo A, Talwar A, Feinsilver SH, Greenberg H. Smoking and sleep disorders. *Medical Clinics of North America*. 2004 Nov;88(6):1575–91.
2. Center for Disease Control and Prevention (CDC), Kementerian Kesehatan Republik Indonesia (Kemenkes RI), World Health Organization (WHO). GLOBAL ADULT TOBACCO SURVEY (GATS) Fact Sheet Indonesia . 2021.
3. Amelia R, Nasrul E, Basyar M. Hubungan Derajat Merokok Berdasarkan Indeks Brinkman dengan Kadar Hemoglobin. *Jurnal Kesehatan Andalas*. 2016 Sep 1;5(3).
4. Watson NF, Badr MS, Belenky G, Bliwise DL, Buxton OM, Buysse D, et al. Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep*. 2015 Jun 1;
5. United States Public Health Service Office of the Surgeon General. Reducing the health consequences of smoking : 25 years of progress : a report of the Surgeon General : executive summary [Internet]. 1989 [cited 2023 Mar 13]. Available from: <https://stacks.cdc.gov/view/cdc/13240>
6. CDC. Cigarette Smoking Among Youth [Internet]. 1989 [cited 2023 Mar 13]. Available from: <https://www.cdc.gov/mmwr/preview/mmwrhtml/00015458.htm>
7. Kementerian Kesehatan Republik Indonesia. Peringatan HTTS 2020 : Cegah Anak dan Remaja Indonesia dari “Bujukan” Rokok dan Penularan COVID-19 [Internet]. 2020 [cited 2023 Mar 13]. Available from: <https://www.kemkes.go.id/article/view/20053100002/peringatan-htts-2020cegah-anak-dan-remaja-indonesia-dari-bujukan-rokok-dan-penularan-covid-19.html>
8. Buysse DJ. Sleep health: can we define it? Does it matter? *Sleep*. 2014 Jan 1;37(1):9–17.
9. Chaput JP, Shiau J. Routinely assessing patients’ sleep health is time well spent. *Prev Med Rep*. 2019 Jun 1;14.
10. Chaput JP, Dutil C, Featherstone R, Ross R, Giangregorio L, Saunders TJ, et al. Sleep duration and health in adults: an overview of systematic reviews. *Appl Physiol Nutr Metab*. 2020 Oct 1;45(10):S218–31.
11. Asghari A, Kamrava SK, Rezaee Hemami M, Jalessi M, Yazdanifard P, Farhadi M, et al. Cigarette Smoking Habit and Subjective Quality of Sleep. *Scimetr*. 2015 Jan 25;3(1).

12. Ancoli-Israel S, Ayalon L, Salzman C. Sleep in the elderly: normal variations and common sleep disorders. *Harv Rev Psychiatry*. 2008 Sep;16(5):279–86.
13. Meurice J, Paquereau J, Underner M. Cigarette smoking and sleep disturbance [Internet]. PubMed. 2006 [cited 2023 Mar 13]. Available from: <https://pubmed.ncbi.nlm.nih.gov/16820750/>
14. Asghari A, Mohammadi F, Kamrava SK, Tavakoli S, Farhadi M. Severity of depression and anxiety in obstructive sleep apnea syndrome. *Eur Arch Otorhinolaryngol*. 2012 Dec;269(12):2549–53.
15. Hirshkowitz M, Whiton K, Albert SM, Alessi C, Bruni O, DonCarlos L, et al. National Sleep Foundation’s updated sleep duration recommendations: final report. *Sleep Health*. 2015 Dec 1;1(4):233–43.
16. Hirshkowitz M, Whiton K, Albert SM, Alessi C, Bruni O, DonCarlos L, et al. National Sleep Foundation’s sleep time duration recommendations: methodology and results summary. *Sleep Health*. 2015 Mar;1(1):40–3.
17. Antara H, Dengan M, Tidur K, Pelajar P, Supit IC, Langi FLFG, et al. HUBUNGAN ANTARA MEROKOK DENGAN KUALITAS TIDUR PADA PELAJAR. *KESMAS: Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*. 2018;7(5).
18. Čop-Blažić N, Zavoreo I. There is no healthy level of smoking. *Acta Clin Croat*. 2009;
19. Zhang L, Samet J, Caffo B, Punjabi NM. Cigarette Smoking and Nocturnal Sleep Architecture. *Am J Epidemiol*. 2006 Sep 15;164(6):529–37.
20. Hughes JR, Hatsukami DK, Pickens RW, Krahn D, Malin S, Luknic A. Effect of nicotine on the tobacco withdrawal syndrome. *Psychopharmacology (Berl)*. 1984 Apr;83(1):82–7.
21. Phillips B, Danner F. Cigarette smoking and sleep disturbance. PubMed. 1995;10;155(7):734-7.
22. PhD AN, Rhee JU, Haynes P, Chakravorty S, Patterson F, Killgore WDS, et al. Smoke at night and sleep worse? The associations between cigarette smoking with insomnia severity and sleep duration. *Sleep Health*. 2021 Apr 1;7(2):177–82.
23. Thomas M, Sing H, Belenky G, Holcomb H, Mayberg H, Dannals R, et al. Neural basis of alertness and cognitive performance impairments during sleepiness. I. Effects of 24 h

- of sleep deprivation on waking human regional brain activity. *J Sleep Res.* 2000;9(4):335–52.
24. Baglioni C, Spiegelhalder K, Lombardo C, Riemann D. Sleep and emotions: a focus on insomnia. *Sleep Med Rev.* 2010 Aug;14(4):227–38.
 25. Schubert C, Cruickshanks K, Dalton D, Klein B, Klein R, Nondahl D. Prevalence of sleep problems and quality of life in an older population. *Sleep.* 2002;(8):48–52.
 26. Liu X, Chen H, Bo QG, Fan F, Jia CX. Poor sleep quality and nightmares are associated with non-suicidal self-injury in adolescents. *Eur Child Adolesc Psychiatry.* 2017 Mar 1;26(3):271–9.
 27. Phillips B, Danner F. Cigarette smoking and sleep disturbance. *Arch Intern Med.* 1995;155(7):734–7.
 28. Bellatorre A, Choi K, Lewin D, Haynie D, Simons-Morton B. Relationships Between Smoking and Sleep Problems in Black and White Adolescents. *Sleep.* 2017 Jan 1;40(1).
 29. Mcnamara JPH, Wang J, Holiday DB, Warren JY, Paradoa M, Balkhi AM, et al. Sleep disturbances associated with cigarette smoking. *Psychol Health Med.* 2014 Jul 4;19(4):410–9.
 30. Cohrs S, Rodenbeck A, Riemann D, Szagun B, Jaehne A, Brinkmeyer J, et al. Impaired sleep quality and sleep duration in smokers—results from the German Multicenter Study on Nicotine Dependence. *Addiction biology.* 2014;19(3):486–96.
 31. Liao Y, Xie L, Chen X, Kelly BC, Qi C, Pan C, et al. Sleep quality in cigarette smokers and nonsmokers: Findings from the general population in central China. *BMC Public Health.* 2019 Jun 24;19(1):1–9.
 32. PhD AN, Rhee JU, Haynes P, Chakravorty S, Patterson F, Killgore WDS, et al. Smoke at night and sleep worse? The associations between cigarette smoking with insomnia severity and sleep duration. *Sleep Health.* 2021 Apr 1;7(2):177–82.
 33. Cohrs S, Rodenbeck A, Riemann D, Szagun B, Jaehne A, Brinkmeyer J, et al. Impaired sleep quality and sleep duration in smokers—results from the German Multicenter Study on Nicotine Dependence. *Addiction Biology.* 2014 May 1;19(3):486–96.
 34. Newman AB, Enright PL, Manolio TA, Haponik EF, Wahl PW. Sleep disturbance, psychosocial correlates, and cardiovascular disease in 5201 older adults: the Cardiovascular Health Study. *J Am Geriatr Soc.* 1997;45(1):1–7.

35. Kim K, Uchiyama M, Okawa M, Doi Y, Oida T, Minowa M, et al. Lifestyles and sleep disorders among the Japanese adult population. *Psychiatry Clin Neurosci*. 1999 Apr;53(2):269–70.
36. Riedel BW, Durrence HH, Lichstein KL, Taylor DJ, Bush AJ. The relation between smoking and sleep: the influence of smoking level, health, and psychological variables. *Behavioral sleep medicine*. 2004;2(1):63–78.
37. Bellatorre A, Choi K, Lewin D, Haynie D, Simons-Morton B. Relationships Between Smoking and Sleep Problems in Black and White Adolescents. *Sleep*. 2017 Jan 1;40(1).
38. Kabrita CS, Hajjar-Muça TA, Duffy JF. Predictors of poor sleep quality among Lebanese university students: association between evening typology, lifestyle behaviors, and sleep habits. *Nat Sci Sleep*. 2014;6:11.
39. Peters EN, Fucito LM, Novosad C, Toll BA, O'Malley SS. Effect of Night Smoking, Sleep Disturbance, and Their Co-Occurrence on Smoking Outcomes. *Psychol Addict Behav*. 2011 Jun;25(2):312.
40. Zhou X, Nonnemaker J, Sherrill B, Gilsenan AW, Coste F, West R. Attempts to quit smoking and relapse: factors associated with success or failure from the ATTEMPT cohort study. *Addictive behaviors*. 2009 Apr;34(4):365–73.
41. Asghari A, Kamrava SK, Rezaee Hemami M, Jalessi M, Yazdanifard P, Farhadi M, et al. Cigarette Smoking Habit and Subjective Quality of Sleep. *Scimetr*. 2015 Jan 25;3(1).
42. Spadola CE, Guo N, Johnson DA, Sofer T, Bertisch SM, Jackson CL, et al. Evening intake of alcohol, caffeine, and nicotine: night-to-night associations with sleep duration and continuity among African Americans in the Jackson Heart Sleep Study. *Sleep*. 2019 Oct 21;42(11).
43. Mezick E. Sleep Fragmentation. *Encyclopedia of Behavioral Medicine*. 2013;1810–1.
44. Iacovides S, George K, Kamerman P, Baker FC. Sleep Fragmentation Hypersensitizes Healthy Young Women to Deep and Superficial Experimental Pain. *Journal of Pain*. 2017 Jul 1;18(7):844–54.
45. St-Onge MP, Grandner MA, Brown D, Conroy MB, Jean-Louis G, Coons M, et al. Sleep Duration and Quality: Impact on Lifestyle Behaviors and Cardiometabolic Health: A Scientific Statement From the American Heart Association. *Circulation*. 2016 Nov 1;134(18):e367–86.

46. West R. Tobacco smoking: Health impact, prevalence, correlates and interventions. *Psychol Health*. 2017 Aug 3;32(8):1018–36.
47. Adams TN, Morris J. Smoking. *The Lancet* [Internet]. 2023 May 22 [cited 2023 Jun 15];127(3277):1177. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK537066/>
48. Mishra S, Mishra MB. Tobacco: Its historical, cultural, oral, and periodontal health association. *J Int Soc Prev Community Dent*. 2013 Jan 1;3(1):12.
49. Mishra S, Mishra M. Tobacco: Its historical, cultural, oral, and periodontal health association. *J Int Soc Prev Community Dent*. 2013;3(1):12.
50. Goodman J. *Tobacco in History: The Cultures of Dependence*. Routledge; 2005.
51. Qureshi B. *Transcultural medicine: Dealing with patients from different cultures*. Springer Science & Business Media; 2012.
52. Von Ah D, Ebert S, Ngamvitroj A, Park N, Kang DH. Factors Related to Cigarette Smoking Initiation and Use among College Students. *Tob Induc Dis*. 2005;3(1):27.
53. Spear HJ, Kulbok PA. Adolescent health behaviors and related factors: a review. *Public Health Nurs*. 2001;18(2):82–93.
54. Joung M, Han M, Park J, Ryu S. Association between Family and Friend Smoking Status and Adolescent Smoking Behavior and E-Cigarette Use in Korea. *Int J Environ Res Public Health*. 2016 Nov 25;13(12):1183.
55. Perez-Paramo YX, Lazarus P. Pharmacogenetics factors influencing smoking cessation success; the importance of nicotine metabolism. *Expert Opin Drug Metab Toxicol*. 2021 Mar;17(3):333–49.
56. Amelia R, Nasrul E, Basyar M. Hubungan Derajat Merokok Berdasarkan Indeks Brinkman dengan Kadar Hemoglobin. *Jurnal Kesehatan Andalas*. 2016 Sep 1;5(3).
57. Do EK, Prom-Wormley EC, Eaves LJ, Silberg JL, Miles DR, Maes HH. Genetic and Environmental Influences on Smoking Behavior across Adolescence and Young Adulthood in the Virginia Twin Study of Adolescent Behavioral Development and the Transitions to Substance Abuse Follow-Up. *Twin Res Hum Genet*. 2015 Feb;18(1):43–51.
58. Quaak M, van Schayck CP, Knaapen AM, van Schooten FJ. Genetic variation as a predictor of smoking cessation success. A promising preventive and intervention tool for chronic respiratory diseases? *European Respiratory Journal*. 2009 Mar 1;33(3):468–80.

59. Bush J. Understanding influences on smoking in Bangladeshi and Pakistani adults: community based, qualitative study. *BMJ*. 2003 May 3;326(7396):962–962.
60. for Disease Control Centers, Kementerian Kesehatan RI WHO. GLOBAL ADULT TOBACCO SURVEY Fact Sheet Indonesia 2021. GATS Objective. 2021;
61. Salsabila NN, Indraswari N, Sujatmiko B. GAMBARAN KEBIASAAN MEROKOK DI INDONESIA BERDASARKAN INDONESIA FAMILY LIFE SURVEY 5 (IFLS 5). *Jurnal Ekonomi Kesehatan Indonesia*. 2022 Jul 30;7(1):13–22.
62. RISKESDAS 2018. Kementerian Kesehatan RI. 2018;
63. Cunha-Oliveira T, Rego AC, Oliveira CR. Cellular and molecular mechanisms involved in the neurotoxicity of opioid and psychostimulant drugs. *Brain Res Rev*. 2008 Jun;58(1):192–208.
64. Perkins KA, Stitzer M, Lerman C. Medication screening for smoking cessation: a proposal for new methodologies. *Psychopharmacology (Berl)*. 2006 Feb;184(3–4):628–36.
65. Zhu PJ, Chiappinelli VA. Nicotine modulates evoked GABAergic transmission in the brain. *J Neurophysiol*. 1999;82(6):3041–5.
66. Prochaska JJ, Benowitz NL. Current advances in research in treatment and recovery: Nicotine addiction. *Sci Adv*. 2019 Oct 16;5(10).
67. Benowitz NL, Burbank AD. Cardiovascular Toxicity of Nicotine: Implications for Electronic Cigarette Use. *Trends Cardiovasc Med*. 2016 Aug 1;26(6):515.
68. Escobar-Chávez JJ, Domínguez-Delgado CL, Rodríguez-Cruz IM. Targeting nicotine addiction: The possibility of a therapeutic vaccine. *Drug Des Devel Ther*. 2011;5:211–24.
69. Ho TNT, Abraham N, Lewis RJ. Structure-Function of Neuronal Nicotinic Acetylcholine Receptor Inhibitors Derived From Natural Toxins. *Front Neurosci*. 2020;14:609005.
70. Unwin N. Nicotinic acetylcholine receptor and the structural basis of neuromuscular transmission: insights from Torpedo postsynaptic membranes. *Q Rev Biophys*. 2013 Nov;46(4):283–322.
71. Benowitz NL. Nicotine addiction. *N Engl J Med*. 2010 Jun 17;362(24):2295–303.
72. McKay BE, Placzek AN, Dani JA. Regulation of synaptic transmission and plasticity by neuronal nicotinic acetylcholine receptors. *Biochem Pharmacol*. 2007 Oct 15;74(8):1120–33.

73. Dani JA, Heinemann S. Molecular and cellular aspects of nicotine abuse. *Neuron*. 1996 May;16(5):905–8.
74. Quattrocki E, Baird A, Yurgelun-Todd D. Biological aspects of the link between smoking and depression. *Harv Rev Psychiatry*. 2000 Sep;8(3):99–110.
75. Xiao C, Zhou C yi, Jiang J hong, Yin C. Neural circuits and nicotinic acetylcholine receptors mediate the cholinergic regulation of midbrain dopaminergic neurons and nicotine dependence. *Acta Pharmacol Sin*. 2020 Jan 25;41(1):1–9.
76. Haass M, Kübler W. Nicotine and sympathetic neurotransmission. *Cardiovasc Drugs Ther*. 1997 Jan;10(6):657–65.
77. Lowery CL, Elliott C, Cooper A, Hadden C, Sonon RN, Azadi P, et al. Cigarette Smoking Associated Alterations in Serotonin/Adrenalin Signaling Pathways of Platelets. *J Am Heart Assoc*. 2017 May 18;6(5).
78. Heinemann SH, Hoshi T, Westerhausen M, Schiller A. Carbon monoxide – physiology, detection and controlled release. *Chem Commun (Camb)*. 2014 Apr 4;50(28):3644.
79. Blakely T, Bates M. Nicotine and tar in cigarette tobacco: a literature review to inform policy development. Ministry of Health.
80. Kuivenhoven M, Mason K. Arsenic Toxicity. *StatPearls*. 2022 Aug 3;
81. Liu C, Wright CG, McAdam KG, Taebunpakul S, Heroult J, Braybrook J, et al. Arsenic speciation in tobacco and cigarette smoke. *Beitrage zur Tabakforschung International/ Contributions to Tobacco Research*. 2012;25(2):375–80.
82. Chapter 6.1 Arsenic General description.
83. Kaden DA, Mandin C, Nielsen GD, Wolkoff P. Formaldehyde. 2010;
84. Weber-Tschopp A, Fischer T, Grandjean E. Reizwirkungen des Formaldehyds (HCHO) auf den Menschen. *Int Arch Occup Environ Health*. 1977 Dec;39(4):207–18.
85. Baker RR. The generation of formaldehyde in cigarettes—Overview and recent experiments. *Food and Chemical Toxicology*. 2006 Nov 1;44(11):1799–822.
86. Hahad O, Beutel M, Gilan DA, Michal M, Schulz A, Pfeiffer N, et al. The association of smoking and smoking cessation with prevalent and incident symptoms of depression, anxiety, and sleep disturbance in the general population. *J Affect Disord*. 2022 Sep 15;313:100–9.
87. Costa M, Esteves M. Cigarette Smoking and Sleep Disturbance. *Addict Disord Their Treat*. 2018;17(1):40–8.

88. Münzel T, Hahad O, Kuntic M, Keaney JF, Deanfield JE, Daiber A. Effects of tobacco cigarettes, e-cigarettes, and waterpipe smoking on endothelial function and clinical outcomes. *Eur Heart J*. 2020 Nov 1;41(41):4057–70.
89. Janssen EPCJ, Köhler S, Geraets AFJ, Stehouwer CDA, Schaper NC, Sep SJS, et al. Low-grade inflammation and endothelial dysfunction predict four-year risk and course of depressive symptoms: The Maastricht study. *Brain Behav Immun*. 2021 Oct 1;97:61–7.
90. Zandy M, Chang V, Rao DP, Do MT. Original quantitative research - Tobacco smoke exposure and sleep: estimating the association of urinary cotinine with sleep quality. *Health Promot Chronic Dis Prev Can*. 2020 Mar 1;40(3):70.
91. Hasyimi AA. UBUNGAN ANTARA KEBIASAAN MEROKOK DENGAN DAYA TAHAN KARDIORESPIRASI PADA MAHASISWA PEROKOK DI PROGRAM STUDI ILMU KEPERAWATAN UNIVERSITAS MUHAMMADIYAH MALANG. University of Muhammadiyah Malang. 2018.
92. Instrument: Fagerstrom Test for Nicotine Dependence (FTND) | NIDA CTN Common Data Elements [Internet]. [cited 2023 May 28]. Available from: <https://cde.nida.nih.gov/instrument/d7c0b0f5-b865-e4de-e040-bb89ad43202b>
93. HEATHERTON TF, KOZLOWSKI LT, FRECKER RC, FAGERSTROM KO. The Fagerstrom Test for Nicotine Dependence: a revision of the Fagerstrom Tolerance Questionnaire. *Addiction*. 1991 Sep;86(9):1119–27.
94. Pomerleau CS, Majchrzak MJ, Pomerleau OF. Nicotine dependence and the Fagerström Tolerance Questionnaire: a brief review. *J Subst Abuse*. 1989;1(4):471–7.
95. Zielinski MR, McKenna JT, McCarley RW. Functions and Mechanisms of Sleep. *AIMS Neurosci*. 2016;3(1):67.
96. Panel CC, Watson NF, Badr MS, Belenky G, Bliwise DL, Buxton OM, et al. Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. *Journal of Clinical Sleep Medicine*. 2015 Jun 15;11(06):591–2.
97. El Shakankiry HM. Sleep physiology and sleep disorders in childhood. *Nat Sci Sleep*. 2011;3:101.

98. Kasper D, Fauci A, Hauser S, Longo D, Jameson J. Harrison's principles of internal medicine, 19e. In 2015.
99. Saper CB, Scammell TE, Lu J. Hypothalamic regulation of sleep and circadian rhythms. *Nature* 2005 437:7063. 2005 Oct 26;437(7063):1257–63.
100. Turek, Fred. Regulation of sleep and circadian rhythms. Informa Health Care. 1999;
101. Maria B. Current management in child neurology. In 2009.
102. Saper CB, Scammell TE, Lu J. Hypothalamic regulation of sleep and circadian rhythms. *Nature* 2005 437:7063. 2005 Oct 26;437(7063):1257–63.
103. Davis KF, Parker KP, Montgomery GL. Sleep in infants and young children - Part one: Normal sleep. *Journal of Pediatric Health Care*. 2004;18(2):65–71.
104. Patel AK, Reddy V, Shumway KR, Araujo JF. Physiology, Sleep Stages. *StatPearls*. 2022 Sep 7;
105. Malik J, Lo YL, Wu HT. Sleep-wake classification via quantifying heart rate variability by convolutional neural network. *Physiol Meas*. 2018 Aug 20;39(8).
106. Feinberg I, Floyd TC. Systematic trends across the night in human sleep cycles. *Psychophysiology*. 1979;16(3):283–91.
107. Hilditch CJ, McHill AW. Sleep inertia: current insights. *Nat Sci Sleep*. 2019;11:155.
108. Della Monica C, Johnsen S, Atzori G, Groeger JA, Dijk DJ. Rapid eye movement sleep, sleep continuity and slow wave sleep as predictors of cognition, mood, and subjective sleep quality in healthy men and women, aged 20-84 years. *Front Psychiatry*. 2018;9:255.
109. Nelson KL, Davis JE, Corbett CF. Sleep quality: An evolutionary concept analysis. *Nurs Forum (Auckl)*. 2022 Jan 1;57(1):144–51.
110. Desjardins S, Lapierre S, Hudon C, Desgagné A. Factors involved in sleep efficiency: a population-based study of community-dwelling elderly persons. *Sleep*. 2019 May 1;42(5).
111. Caporale A, Lee H, Lei H, Rao H, Langham MC, Detre JA, et al. Cerebral metabolic rate of oxygen during transition from wakefulness to sleep measured with high temporal resolution OxFLOW MRI with concurrent EEG. *J Cereb Blood Flow Metab*. 2021 Apr 1;41(4):780–92.
112. Kline C. Sleep Duration. *Encyclopedia of Behavioral Medicine*. 2013;1808–10.

113. Hirshkowitz M, Whiton K, Albert SM, Alessi C, Bruni O, DonCarlos L, et al. National Sleep Foundation's sleep time duration recommendations: methodology and results summary. *Sleep Health*. 2015 Mar 1;1(1):40–3.
114. Spadola CE, Guo N, Johnson DA, Sofer T, Bertisch SM, Jackson CL, et al. Evening intake of alcohol, caffeine, and nicotine: night-to-night associations with sleep duration and continuity among African Americans in the Jackson Heart Sleep Study. *Sleep*. 2019 Nov 1;42(11).
115. Jackson CL, Redline S, Emmons KM. Sleep as a potential fundamental contributor to disparities in cardiovascular health. *Annu Rev Public Health*. 2015 Mar 18;36:417–40.
116. Addison C, Jenkins B, White M, LaVigne DA. Sleep duration and mortality risk. *Sleep*. 2014 Aug 1;37(8):1279–80.
117. Irish LA, Kline CE, Gunn HE, Buysse DJ, Hall MH. The role of sleep hygiene in promoting public health: A review of empirical evidence. *Sleep Med Rev*. 2015 Aug 1;22:23–36.
118. Daghlas I, Dashti HS, Lane J, Aragam KG, Rutter MK, Saxena R, et al. Sleep Duration and Myocardial Infarction. *J Am Coll Cardiol*. 2019 Sep 9;74(10):1304.
119. Wang C, Bangdiwala SI, Rangarajan S, Lear SA, AlHabib KF, Mohan V, et al. Association of estimated sleep duration and naps with mortality and cardiovascular events: a study of 116 632 people from 21 countries. *Eur Heart J*. 2019 May 1;40(20):1620–9.
120. Paruthi S, Brooks LJ, D'Ambrosio C, Hall WA, Kotagal S, Lloyd RM, et al. Consensus Statement of the American Academy of Sleep Medicine on the Recommended Amount of Sleep for Healthy Children: Methodology and Discussion. *J Clin Sleep Med*. 2016 Nov 15;12(11):1549–61.
121. Paruthi S, Brooks LJ, D'Ambrosio C, Hall WA, Kotagal S, Lloyd RM, et al. Consensus Statement of the American Academy of Sleep Medicine on the Recommended Amount of Sleep for Healthy Children: Methodology and Discussion. *J Clin Sleep Med*. 2016 Nov 15;12(11):1549–61.
122. Consensus Conference Panel, Watson NF, Badr MS, Belenky G, Bliwise DL, Buxton OM, et al. Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus

- Statement of the American Academy of Sleep Medicine and Sleep Research Society. *J Clin Sleep Med*. 2015 Jun 15;11(6):591–2.
123. Walia HK, Mehra R. Practical aspects of actigraphy and approaches in clinical and research domains. *Handb Clin Neurol*. 2019 Jan 1;160:371–9.
 124. Wakefulness After Sleep Onset (WASO) | Sleep Foundation [Internet]. [cited 2023 Mar 22]. Available from: <https://www.sleepfoundation.org/sleep-studies/wakefulness-after-sleep-onset>
 125. Sheffler ZM, Reddy V, Pillarisetty LS. Physiology, Neurotransmitters. *StatPearls*. 2022 May 8; 126. Rizo J. Mechanism of neurotransmitter release coming into focus. *Protein Sci*. 2018 Aug 1;27(8):1364.
 127. Ursin R. Serotonin and sleep. *Sleep Med Rev*. 2002;6(1):55–67.
 128. Siegel JM. The Neurotransmitters of Sleep. *J Clin Psychiatry*. 2004;65(Suppl 16):4.
 129. Radwan B, Liu H, Chaudhury D. The role of dopamine in mood disorders and the associated changes in circadian rhythms and sleep-wake cycle. *Brain Res*. 2019 Jun 15;1713:42–51.
 130. Fernandez-Chiappe F, Hermann-Luibl C, Peteranderl A, Reinhard N, Senthilan PR, Hieke M, et al. Dopamine Signaling in Wake-Promoting Clock Neurons Is Not Required for the Normal Regulation of Sleep in *Drosophila*. *J Neurosci*. 2020 Dec 9;40(50):9617–33.
 131. John J, Wu MF, Boehmer LN, Siegel JM. Cataplexy-Active Neurons in the Hypothalamus: Implications for the Role of Histamine in Sleep and Waking Behavior. *Neuron*. 2004 May 5;42(4):619.
 132. Wu MF, Gulyani SA, Yau E, Mignot E, Phan B, Siegel JM. LOCUS COERULEUS NEURONS: CESSATION OF ACTIVITY DURING CATAPLEXY. *Neuroscience*. 1999 Jul;91(4):1389.
 133. Wu MF, John J, Boehmer LN, Yau D, Nguyen GB, Siegel JM. Activity of dorsal raphe cells across the sleep–waking cycle and during cataplexy in narcoleptic dogs. *J Physiol*. 2004 Jan 1;554(Pt 1):202.
 134. Portas CM, Bjorvatn B, Ursin R. Serotonin and the sleep/wake cycle: special emphasis on microdialysis studies. *Prog Neurobiol*. 2000 Jan;60(1):13–35.

135. Monti JM. Serotonin control of sleep-wake behavior. *Sleep Med Rev.* 2011 Aug;15(4):269–81.
136. Sheffler ZM, Reddy V, Pillarisetty LS. Physiology, Neurotransmitters. *StatPearls.* 2022 May 8;
137. Lin JS, Sakai K, Jouvet M. Evidence for histaminergic arousal mechanisms in the hypothalamus of cat. *Neuropharmacology.* 1988;27(2):111–22.
138. Lin JS, Sakai K, Jouvet M. Hypothalamo-preoptic histaminergic projections in sleep-wake control in the cat. *Eur J Neurosci.* 1994;6(4):618–25.
139. Lai YY, Kodama T, Siegel JM. Changes in Monoamine Release in the Ventral Horn and Hypoglossal Nucleus Linked to Pontine Inhibition of Muscle Tone: An In Vivo Microdialysis Study. *The Journal of Neuroscience.* 2001 Sep 9;21(18):7384.
140. Siegel JM, Nienhuis R, Fahringer HM, Paul R, Shiromani P, Dement WC, et al. Neuronal Activity in Narcolepsy: Identification of Cataplexy-Related Cells in the Medial Medulla. *Science.* 1991 May 5;252(5010):1315.
141. Sam C, Bordoni B. Physiology, Acetylcholine. *StatPearls.* 2022 Apr 14;
142. Pal D, Mashour GA. Consciousness, Anesthesia, and Acetylcholine. *Anesthesiology.* 2021 Apr 1;134(4):515–7.
143. Becchetti A, Amadeo A. Why we forget our dreams: Acetylcholine and norepinephrine in wakefulness and REM sleep. *Behavioral and Brain Sciences.* 2016;39:e202.
144. Passani MB, Panula P, Lin JS. Histamine in the brain. *Front Syst Neurosci.* 2014 Apr 28;8(APR).
145. Saper CB, Chou TC, Scammell TE. The sleep switch: hypothalamic control of sleep and wakefulness. *Trends Neurosci.* 2001 Dec 1;24(12):726–31.
146. Hepsomali P, Groeger JA, Nishihira J, Scholey A. Effects of Oral Gamma-Aminobutyric Acid (GABA) Administration on Stress and Sleep in Humans: A Systematic Review. *Front Neurosci.* 2020 Sep 17;14:923.
147. Gottesmann C. GABA mechanisms and sleep. *Neuroscience.* 2002 May 10;111(2):231–9.
148. Lupp PH, Peyron C, Fort P. Not a single but multiple populations of GABAergic neurons control sleep. *Sleep Med Rev.* 2017 Apr 1;32:85–94.
149. DeWoskin D, Myung J, Belle MDC, Piggins HD, Takumi T, Forger DB. Distinct roles for GABA across multiple timescales in mammalian circadian timekeeping. *Proc Natl Acad Sci U S A.* 2015 Jul 21;112(29):E3911–9.

150. Lee JG, Woo YS, Park SW, Seog DH, Seo MK, Bahk WM. The Neuroprotective Effects of Melatonin: Possible Role in the Pathophysiology of Neuropsychiatric Disease. *Brain Sci.* 2019 Oct 1;9(10).
151. Liu YJ, Chen J, Li X, Zhou X, Hu YM, Chu SF, et al. Research progress on adenosine in central nervous system diseases. *CNS Neurosci Ther.* 2019;25(9):899–910.
152. Liu YJ, Chen J, Li X, Zhou X, Hu YM, Chu SF, et al. Research progress on adenosine in central nervous system diseases. *CNS Neurosci Ther.* 2019;25(9):899–910.
153. Bjorness TE, Dale N, Mettlach G, Sonneborn A, Sahin B, Fienberg AA, et al. An AdenosineMediated Glial-Neuronal Circuit for Homeostatic Sleep. *Journal of Neuroscience.* 2016 Mar 30;36(13):3709–21.
154. Urry E, Landolt HP. Adenosine, caffeine, and performance: from cognitive neuroscience of sleep to sleep pharmacogenetics. *Curr Top Behav Neurosci.* 2015;25:331–66.
155. Matricciani L, Paquet C, Galland B, Short M, Olds T. Children’s sleep and health: A metareview. *Sleep Med Rev.* 2019 Aug 1;46:136–50.
156. Bruce ES, Lunt L, McDonagh JE. Sleep in adolescents and young adults. *Clinical Medicine.* 2017 Oct 1;17(5):424.
157. Hillman DR, Lack LC. Public health implications of sleep loss: the community burden. *Medical Journal of Australia.* 2013 Jan 1;199(8):S7–10.
158. Philip P, Chaufton C, Orriols L, Lagarde E, Amoros E, Laumon B, et al. Complaints of Poor Sleep and Risk of Traffic Accidents: A Population-Based Case-Control Study. *PLoS One.* 2014 Dec 10;9(12):e114102.
159. Czeisler CA, Wickwire EM, Barger LK, Dement WC, Gamble K, Hartenbaum N, et al. Sleepdeprived motor vehicle operators are unfit to drive: a multidisciplinary expert consensus statement on drowsy driving. *Sleep Health.* 2016 Jun 1;2(2):94–9.
160. Luyster FS, Strollo PJ, Zee PC, Walsh JK. Sleep: A Health Imperative. *Sleep.* 2012 Jun 1;35(6):727–34.
161. Watson NF, Badr MS, Belenky G, Bliwise DL, Buxton OM, Buysse D, et al. Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society on the Recommended Amount of Sleep for a Healthy Adult: Methodology and Discussion. *Journal of Clinical Sleep Medicine.* 2015;11(8):931–52.

162. Li H, Liu Y, Xing L, Yang X, Xu J, Ren Q, et al. Association of cigarette smoking with sleep disturbance and neurotransmitters in cerebrospinal fluid. *Nat Sci Sleep*. 2020;12:801–8.
163. Murphy SE. Biochemistry of nicotine metabolism and its relevance to lung cancer. *J Biol Chem*. 2021;296.
164. Peterson DF, Coote JH, Gilbey MP, Futuro Neto HA. Differential pattern of sympathetic outflow during upper airway stimulation with smoke. *Am J Physiol*. 1983;245(3).
165. Porchet HC, Benowitz NL, Sheiner LB, Copeland JR. Apparent tolerance to the acute effect of nicotine results in part from distribution kinetics. *Journal of Clinical Investigation*. 1987;80(5):1466.
166. Parati G, Esler M. The human sympathetic nervous system: its relevance in hypertension and heart failure. *Eur Heart J*. 2012 May;33(9):1058–66.
167. Siess W, Lorenz R, Roth P, Weber PC. Plasma catecholamines, platelet aggregation and associated thromboxane formation after physical exercise, smoking or norepinephrine infusion. *Circulation*. 1982;66(1):44–8.
168. Brenner B, Harney JT, Ahmed BA, Jeffus BC, Unal R, Mehta JL, et al. Plasma serotonin levels and the platelet serotonin transporter. *J Neurochem*. 2007 Jul;102(1):206.
169. Lowery CL, Elliott C, Cooper A, Hadden C, Sonon RN, Azadi P, et al. Cigarette Smoking Associated Alterations in Serotonin/Adrenalin Signaling Pathways of Platelets. *Journal of the American Heart Association: Cardiovascular and Cerebrovascular Disease*. 2017 May 1;6(5).
170. Daniel J. Buysse MD. Chronic Insomnia. <https://doi.org/10.1176/appi.ajp.2008.08.01.0129>. 2008 Jun 1;165(6):678–86.
171. Jefferson CD, Drake CL, Scofield HM, Myers E, McClure T, Roehrs T, et al. Sleep Hygiene Practices in a Population-Based Sample of Insomniacs. *Sleep*. 2005 May 1;28(5):611–5.
172. Wetter DW, Young TB. The Relation Between Cigarette Smoking and Sleep Disturbance. *Prev Med (Baltim)*. 1994 May 1;23(3):328–34.
173. Brook DW, Rubenstone E, Zhang C, Brook JS. Trajectories of cigarette smoking in adulthood predict insomnia among women in late mid-life. *Sleep Med*. 2012 Oct 1;13(9):1130–7.

174. Wisor JP, Nishino S, Sora I, Uhl GH, Mignot E, Edgar DM. Dopaminergic Role in Stimulant-Induced Wakefulness. *Journal of Neuroscience*. 2001 Mar 1;21(5):1787–94.
175. Monti JM. The role of dorsal raphe nucleus serotonergic and non-serotonergic neurons, and of their receptors, in regulating waking and rapid eye movement (REM) sleep. *Sleep Med Rev*. 2010 Oct 1;14(5):319–27.
176. Monti JM, Monti D. The involvement of dopamine in the modulation of sleep and waking. *Sleep Med Rev*. 2007 Apr 1;11(2):113–33.
177. Monti JM. Serotonin control of sleep-wake behavior. *Sleep Med Rev*. 2011 Aug 1;15(4):269–81.
178. YILMAZ D, TANRIKULU F, DIKMEN Y. Research on Sleep Quality and the Factors Affecting the Sleep Quality of the Nursing Students. *Curr Health Sci J*. 2017;43(1):20.
179. Purnami CT, Sawitri DR. Instrumen “Perceive Stress Scale” Online. Suatu Alternatif Alat Pengukur Tingkat Stress Secara Mudah Dan Cepat. Seminar Nasional Pengabdian Kepada Masyarakat UNDIP 2020. 2020 Jun 12;1(1).
180. Cay M, Ucar C, Senol D, Cevirgen F, Ozbag D, Altay Z, et al. Effect of increase in cortisol level due to stress in healthy young individuals on dynamic and static balance scores. *North Clin Istanbul*. 2018;5(4):295.
181. SELYE H. The general adaptation syndrome and the diseases of adaptation. *J Clin Endocrinol Metab*. 1946 Feb 1;6:117–230.
182. Huether G, Doering S, Rüger U, Rütther E, Schüssler G. The stress-reaction process and the adaptive modification and reorganization of neuronal networks. *Psychiatry Res*. 1999 Jul 30;87(1):83–95.
183. Hirotsu C, Tufik S, Andersen ML. Interactions between sleep, stress, and metabolism: From physiological to pathological conditions. *Sleep Science*. 2015 Nov 1;8(3):143.
184. Seetho IW, Wilding JPH. Sleep-disordered breathing, type 2 diabetes and the metabolic syndrome. *Chron Respir Dis*. 2014 Nov 27;11(4):257–75.
185. Hackett RA, Dal Z, Steptoe A. The relationship between sleep problems and cortisol in people with type 2 diabetes. *Psychoneuroendocrinology*. 2020 Jul 1;117.
186. McEwen BS, Bowles NP, Gray JD, Hill MN, Hunter RG, Karatsoreos IN, et al. Mechanisms of stress in the brain. *Nat Neurosci*. 2015 Oct 28;18(10):1353–63.
187. Cohen S. PERCEIVED STRESS SCALE. 1994;

188. Sleeping Pills: Medications & Prescription Sleep Aids | Sleep Foundation [Internet]. [cited 2023 Apr 11]. Available from: <https://www.sleepfoundation.org/sleep-aids/sleeping-pills#references79568>
189. Lie JD, Tu KN, Shen DD, Wong BM. Pharmacological Treatment of Insomnia. *Pharmacy and Therapeutics*. 2015 Nov;40(11):759.
190. Malangu N. Drugs Inducing Insomnia as an Adverse Effect. In: *Can't Sleep? Issues of Being an Insomniac*. InTech; 2012.
191. Richardson GS. Managing insomnia in the primary care setting: raising the issues. *Sleep*. 2000 Feb 1;23 Suppl 1:S9-12; discussion S13-5.
192. Pagel JF, Parnes BL. Medications for the Treatment of Sleep Disorders. *Prim Care Companion CNS Disord*. 2001 Jun 1;3(3).
193. Pagel JF, Parnes BL. Medications for the Treatment of Sleep Disorders. *Prim Care Companion CNS Disord*. 2001 Jun 1;3(3).
194. Pagel JF, Parnes BL. Medications for the Treatment of Sleep Disorders. *Prim Care Companion CNS Disord*. 2001 Jun 1;3(3).
195. Suni E, Callender E. Sleeping Pills: Medications & Prescription Sleep Aids. *Sleep Foundation*. 2023.
196. Everitt H, Baldwin DS, Stuart B, Lipinska G, Mayers A, Malizia AL, et al. Antidepressants for insomnia in adults. *Cochrane Database of Systematic Reviews*. 2018 May 14;2018(5).
197. Asnis G, Thomas M, Henderson M. Pharmacotherapy Treatment Options for Insomnia: A Primer for Clinicians. *Int J Mol Sci*. 2015 Dec 30;17(1):50.
198. Houghton KT, Forrest A, Awad A, Atkinson LZ, Stockton S, Harrison PJ, et al. Biological rationale and potential clinical use of gabapentin and pregabalin in bipolar disorder, insomnia and anxiety: protocol for a systematic review and meta-analysis. *BMJ Open*. 2017 Mar 27;7(3):e013433.
199. Lanfranchi PA, Somers VK. Sleep-disordered breathing in heart failure: characteristics and implications. *Respir Physiol Neurobiol*. 2003 Jul;136(2-3):153-65.
200. Arnett DK, Blumenthal RS, Albert MA, Buroker AB, Goldberger ZD, Hahn EJ, et al. 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Circulation*. 2019 Sep 10;140(11).

201. Kostis JB, Rosen RC, Holzer BC, Randolph C, Taska LS, Miller MH. CNS side effects of centrally-active antihypertensive agents: A prospective, placebo-controlled study of sleep, mood state, and cognitive and sexual function in hypertensive males. *Psychopharmacology (Berl)*. 1990 Oct;102(2):163–70.
202. Kanno O, Clarenbach P. Effect of clonidine and yohimbine on sleep in man: Polygraphic study and EEG analysis by normalized slope descriptors. *Electroencephalogr Clin Neurophysiol*. 1985 Jun;60(6):478–84.
203. Issa FG. Effect of clonidine in obstructive sleep apnea. *Am Rev Respir Dis*. 1992 Feb;145(2 Pt 1):435–9.
204. Stavens CS, McGovern B, Garan H, Ruskin JN. Aggravation of electrically provoked ventricular tachycardia during treatment with propafenone. *Am Heart J*. 1985 Jul;110(1):24–9.
205. Rosen RC, Kostis JB. Biobehavioral sequelae associated with adrenergic-inhibiting antihypertensive agents: A critical review. *Health Psychology*. 1985;4(6):579–604.
206. Hilleman D, Miller MA, Parker R, Doering P, Pieper JA. Optimal management of amiodarone therapy: efficacy and side effects. *Pharmacotherapy*. 1998;18(6 Pt 2):138S-145S.
207. BENDER W, GREIL W, RÜTHER E, SCHNELLE K. Effects of the Beta-Adrenoceptor Blocking Agent Sotalol on CNS: Sleep, EEG, and Psychophysiological Parameters. *The Journal of Clinical Pharmacology*. 1979 Aug 9;19(8–9):505–12.
208. Cicolin A, Mangiardi L, Mutani R, Bucca C. Angiotensin-Converting Enzyme Inhibitors and Obstructive Sleep Apnea. *Mayo Clin Proc*. 2006 Jan;81(1):53–5.
209. Takada M, Fujimoto M, Yamazaki K, Takamoto M, Hosomi K. Association of Statin Use with Sleep Disturbances: Data Mining of a Spontaneous Reporting Database and a Prescription Database. *Drug Saf*. 2014 Jun 18;37(6):421–31.
210. Richardson GR, Sullivan JP, Lee RM, Roth T, Merlotti L, Roehrs T. Comparative effects of pravastatin and lovastatin on nighttime sleep and daytime performance. *Clin Cardiol*. 1992 Jun;15(6):426–32.
211. Vgontzas AN, Kales A, Bixler EO, Manfredi RL, Tyson KL. Effects of lovastatin and pravastatin on sleep efficiency and sleep stages. *Clin Pharmacol Ther*. 1991 Dec;50(6):730–7.

212. Harrison R, Ashton C. Do cholesterol-lowering agents affect brain activity? A comparison of simvastatin, pravastatin, and placebo in healthy volunteers. *Br J Clin Pharmacol.* 1994 Mar;37(3):231–6.
213. Barth JD, Kruisbrink OA, Van Dijk AL. Inhibitors of hydroxymethylglutaryl coenzyme A reductase for treating hypercholesterolaemia. *BMJ.* 1990 Sep 29;301(6753):669–669.
214. Eckernäs SA, Roos BE, Kvidal P, Eriksson LO, Block GA, Neafus RP, et al. The effects of simvastatin and pravastatin on objective and subjective measures of nocturnal sleep: a comparison of two structurally different HMG CoA reductase inhibitors in patients with primary moderate hypercholesterolaemia. *Br J Clin Pharmacol.* 1993 Mar;35(3):284–9.
215. Carlsson CM, Papcke-Benson K, Carnes M, McBride PE, Stein JH. Health-Related Quality of Life and Long-Term Therapy with Pravastatin and Tocopherol (Vitamin E) in Older Adults. *Drugs Aging.* 2002;19(10):793–805.
216. Ericson-Neilsen W, Kaye AD. Steroids: pharmacology, complications, and practice delivery issues. *Ochsner J.* 2014;14(2):203–7.
217. Cole JL. Steroid-Induced Sleep Disturbance and Delirium: A Focused Review for Critically Ill Patients. *Fed Pract.* 2020 Jun;37(6):260–7.
218. Cole JL. Steroid-Induced Sleep Disturbance and Delirium: A Focused Review for Critically Ill Patients. *Federal Practitioner.* 2020 Jun 1;37(6):260.
219. Demisch L, Demisch K, Nickelsen T. Influence of dexamethasone on nocturnal melatonin production in healthy adult subjects. *J Pineal Res.* 1988;5(3):317–22.
220. Cole JL, Cole J. Steroid-Induced Sleep Disturbance and Delirium: A Focused Review for Critically Ill Patients. *Federal Practitioner.* 2020 Jun 1;37(6):260.
221. Idzikowski C, Shapiro CM. ABC of sleep disorders. Non-Psychotropic drugs and sleep. *BMJ : British Medical Journal.* 1993 Apr 4;306(6885):1118.
222. Kaplan J, Fredrickson PA, Renaux SA, O'Brien PC. Theophylline Effect on Sleep in Normal Subjects. *Chest.* 1993 Jan;103(1):193–5.
223. Culpepper L, Wingertzahn MA. Over-the-Counter Agents for the Treatment of Occasional Disturbed Sleep or Transient Insomnia: A Systematic Review of Efficacy and Safety. *Prim Care Companion CNS Disord.* 2015;17(6):401–11.
224. Richardson GS. Managing insomnia in the primary care setting: raising the issues. *Sleep.* 2000 Feb 1;23 Suppl 1:S9-12; discussion S13-5.
225. Derry CJ, Derry S, Moore RA. Caffeine as an analgesic adjuvant for acute pain in adults.

- Cochrane Database of Systematic Reviews. 2014 Dec 11;2019(5).
226. Grigg-Damberger MM, Ianakieva D. Poor Quality Control of Over-the-Counter Melatonin: What They Say Is Often Not What You Get. *Journal of Clinical Sleep Medicine*. 2017 Feb 15;13(02):163–5.
 227. Valerian. National Center for Complementary and Integrative Health.
 228. Zare A, Khaksar Z, Sobhani Z, Amini M. Analgesic Effect of Valerian Root and Turnip Extracts. *World J Plast Surg*. 2018 Jul 1;7(3):345–50.
 229. Journal SLEEP: Many Insomniacs Turn to Valerian and Melatonin to Help Them Sleep. American Academy of SLEEP MEDICINE (AASM).
 230. Benowitz NL, Burbank AD. Cardiovascular Toxicity of Nicotine: Implications for Electronic Cigarette Use. *Trends Cardiovasc Med*. 2016 Aug 1;26(6):515.
 231. Monti JM. Serotonin control of sleep-wake behavior. *Sleep Med Rev*. 2011 Aug 1;15(4):269–81.
 232. Pal D, Mashour GA. Consciousness, Anesthesia, and Acetylcholine. *Anesthesiology*. 2021 Apr 1;134(4):515–7.
 233. Paravati S, Rosani A, Warrington SJ. Physiology, Catecholamines. *StatPearls*. 2022 Oct 24;
 234. Patterson F, Grandner MA, Lozano A, Satti A, Ma G. Transitioning from adequate to inadequate sleep duration associated with higher smoking rate and greater nicotine dependence in a population sample. *Addictive behaviors*. 2018 Feb 1;77:47.
 235. Leone A, Landini L, Leone A. What is tobacco smoke? Sociocultural dimensions of the association with cardiovascular risk. *Curr Pharm Des*. 2010 Aug 6;16(23):2510–7.
 236. Instrument: Fagerstrom Test for Nicotine Dependence (FTND) | NIDA CTN Common Data Elements [Internet]. [cited 2023 May 27]. Available from: <https://cde.nida.nih.gov/instrument/d7c0b0f5-b865-e4de-e040-bb89ad43202b>
 237. HUBUNGAN ANTARA KEBIASAAN MEROKOK DENGAN DAYA TAHAN KARDIORESPIRASI PADA MAHASISWA PEROKOK DI PROGRAM STUDI ILMU KEPERAWATAN UNIVERSITAS MUHAMMADIYAH MALANG - UMM Institutional Repository [Internet]. [cited 2023 May 27]. Available from: <https://eprints.umm.ac.id/41003/>

238. Sleep Foundation. Sleep Dictionary: Definitions of Common Sleep Terms [Internet]. [cited 2023 Apr 9]. Available from: <https://www.sleepfoundation.org/how-sleep-works/sleep-dictionary>
239. Stress [Internet]. [cited 2023 May 12]. Available from: <https://www.who.int/newsroom/questions-and-answers/item/stress>
240. Cohen S, Kamarck T, Mermelstein R. A global measure of perceived stress. *J Health Soc Behav.* 1983;24(4):385–96.
241. Rafi S. Pengaruh Stres terhadap Kepuasan Hidup Dimediasi oleh Kebijaksanaan pada Dewasa Akhir Beretnis Melayu di Negara Singapura. 2015 Dec 30;

