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## DAFTAR SINGKATAN

|            |  |
|------------|--|
| <          | Lebih Kecil  |
| >          | Lebih Besar  |
| ≤          | Lebih Kecil Sama Dengan                                      |
| ≥          | Lebih Besar Sama Dengan                                      |
| α          | Alpha  |
| β          | Beta   |
| γ          | Gamma  |
| CBGTC Loop | <i>Cortico-Basal Ganglia-Thalamo-Cotical Loop</i>            |
| CHPA       | <i>Cortical-Hypothalamic-Pituitary-Adrenal Cortical Axis</i> |
| COVID-19   | <i>Corona Virus Disease</i>                                  |
| CRF        | <i>corticotropin-releasing-factor</i>                        |
| CRH        | <i>corticotropin-releasing-hormone</i>                       |
| DASS       | <i>Depression Anxiety Stress Scales</i>                      |
| EEG        | <i>Electroencephalogram</i>                                  |
| EDS        | <i>Excessive Daytime Sleepiness</i>                          |
| ESS        | <i>Epworth Sleeping Scale</i>                                |
| FK UPH     | Fakultas Kedokteran Universitas Pelita Harapan               |
| GABA       | <i>Gamma-Aminobutyric Acid</i>                               |
| GR         | Glucocorticoid Receptor                                      |
| HPA Axis   | <i>Hypothalamic-Pituitary-Adrenal Axis</i>                   |
| IH         | <i>Idiopathic hypersomnia</i>                                |
| IK         | Interval Kepercayaan   |
| ipRGC      | <i>Intrinsically Photosensitive Retinal Ganglion Cell</i>    |
| NE         | <i>Norepinephrine</i>  |
| NREM       | <i>Non Rapid Eye Movement</i>                                |
| OSA        | <i>Obstructive Sleep Apnea</i>                               |
| PC         | <i>Personal Computer</i>                                     |
| PSQI       | <i>Pittsburgh Sleep Quality Index</i>                        |
| REM        | <i>Rapid Eye Movement</i>                                    |
| RHT        | <i>Retinohypothalamic Tract</i>                              |

## DAFTAR SINGKATAN

|      |  |
|------|--|
| SCN  | <i>suprachiasmatic nucleus</i>                     |
| SPSS | <i>Statistical Package for the Social Sciences</i> |
| SSP  | Sistem Saraf Pusat                                 |
| SWS  | <i>Slow Wave Sleep</i>                             |
| VLPO | <i>Ventrolateral Preoptic Nucleus</i>              |
| WASO | <i>Wake After Sleep Onset</i>                      |
| WHO  | <i>World Health Organization</i>                   |

