## **BAB VIII**

## DAFTAR PUSTAKA

- 1. Colten HR, Altevogt BM. Sleep disorders and sleep deprivation: an unmet public health problem [Internet]. Washington, DC: Institute of Medicine; 2006.
- 2. Azad MC, Fraser K, Rumana N, Abdullah AF, Shahana N, Hanly PJ, et al. Sleep Disturbances among Medical Students: A Global Perspective. Journal of Clinical Sleep Medicine [Internet]. 2015;
- 3. Brick CA, Seely DL, Palermo TM. Association between sleep hygiene and sleep quality in medical students.Behav Sleep Med. 2010;8:113–21
- 4. Hershner S, Chervin R. Causes and consequences of sleepiness among college students. Nature and Science of Sleep [Internet]. 2014Jun23 [cited 2017Aug20].
- 5. National Sleep Foundation. Sleep in America: Technology Use and Sleep. Arlington, VA: National Sleep Foundation; 2011. [Accessed August 19, 2017].
- 6. Taylor DJ, Bramoweth AD. Patterns and consequences of inadequate sleep in college students: substance use and motor vehicle accidents. J Adolesc Health. 2010;46(6):610–612
- 7. Glisky EL. Changes in Cognitive Function in Human Aging. In: Riddle DR, editor. Brain Aging: Models, Methods, and Mechanisms. Boca Raton (FL): CRC Press/Taylor & Francis; 2007. Chapter 1.
- 8. Carskadon MA, Dement WC. Normal human sleep: An overview. Philadelphia: Elsevier Saunders; 2005. pp. 13–23.
- 9. Loomis AL, Harvey EN, Hobart GA. Cerebral states during sleep as studied by human brain potentials. Journal of Experimental Psychology. 1937;21(2):127–144
- 10. Dement W, Kleitman N. Cyclic variations in EEG during sleep and their relation to eye movements, body motility, and dreaming. Electroencephalography and Clinical Neurophysiology: Supplement. 1957a;9(4):673–690.
- 11. Lim LL, Schaefer NF. Sleep Disorders [Internet]. Sleep Disorders. [cited 2017Aug19].
- 12. The Characteristics of Sleep [Internet]. The Characteristics of Sleep | Healthy Sleep. [cited 2017Aug19].
- 13. Schupp M, Hanning CD. Physiology of sleep. Continuing Education in Anaesthesia, Critical Care & Pain. 2003Jan;3(3):69–73.

- 14. Sherwood L. Human physiology: from cells to systems. Ninth. Boston, Mass: Cengage Learing; 2015.
- 15. Hall JE, Guyton AC. Textbook of medical physiology. Thirtheenth. Philadelphia, PA: Saunders; 2016.
- 16. What is Good Quality Sleep? [Internet]. National Sleep Foundation. [cited 2017Sep1].
- 17. Nishiyama T, Mizuno T, Kojima M, Suzuki S, Kitajima T, Ando KB, et al. Criterion validity of the Pittsburgh Sleep Quality Index and Epworth Sleepiness Scale for the diagnosis of sleep disorders. Sleep Medicine. 2014;15(4):422–3
- 18. Zuurbier LA, Luik AI, Leening MJ, Hofman A, Freak-Poli R, Franco OH, et al. Associations of Heart Failure with Sleep Quality: The Rotterdam Study. Journal of Clinical Sleep Medicine [Internet]. 2015 [cited 2017Sep1];
- 19. Alsaggaf M, Wali S, Merdad R, Merdad L. Sleep quantity, quality, and insomnia symptoms of medical students during clinical years. Relationship with stress and academic performance. Saudi Medical Journal. 2016Jan;37(2):173–82.
- 20. Shilo L, Sabbah H, Hadari R, Kovatz S, Weinberg U, Dolev S, et al. The effects of coffee consumption on sleep and melatonin secretion. Sleep Medicine. 2002;3(3):271–3
- 21. Chiu N-T, Lee B-F, Yeh TL, Chen PS, Lee IH, Chen KC, et al. Relationship Between Striatal Dopamine Transporter Availability and Sleep Quality in Healthy Adults. Molecular Imaging and Biology. 2010;13(6):1267–71
- 22. Liu J-T, Lee I-H, Wang C-H, Chen K-C, Lee C-I, Yang Y-K. Cigarette smoking might impair memory and sleep quality. Journal of the Formosan Medical Association. 2013;112(5):287–90.
- 23. 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
- 24. Attention [Internet]. Cereboost Attention. [cited 2017Sep3].
- 25. Frith C, Dolan R. The role of the prefrontal cortex in higher cognitive functions. Cognitive Brain Research. 1996;5(1-2):175–81
- 26. Alim IZ. Uji validitas dan reliabilitas instrumen pittsburgh sleep quality index versi Bahasa Indonesia = Test validity and reliability of the instrument pittsburgh sleep quality index Indonesia language version. 2013;20404062.

- 27. Panentu D, Irfan M. Uji Validitas Dan Reliabilitas Butir Pemeriksaan Dengan Moteral Cognitive Assessment Versi Indonesia (MoCA- INA) Pada Insan Pasca Stroke Fase Recovery. J Fisioter [Internet]. 2013 [cited 2017 Sep 10];13(April):55–67.
- 28. Mervis CB, Robinson BF, Pani JR. Visuospatial construction. Am J Hum Genet [Internet]. Elsevier; 1999 Nov [cited 2017 Sep 10];65(5):1222–9.
- 29. Doran SM, Van Dongen HPA, Dinges DF. Sustained attention performance during sleep deprivation: Evidence of state instability. Archives of Italian Biology. 2001;139:253–267. [PubMed]
- 30. Alhola P, Polo-Kantola P. Sleep deprivation: Impact on cognitive performance [Internet]. Vol. 3, Neuropsychiatric Disease and Treatment. Dove Press; 2007 [cited 2017 Sep 10]. p. 553–67.
- 31. Ratcliff R, Van Dongen HPA. Sleep deprivation affects multiple distinct cognitive processes. Psychon Bull Rev [Internet]. NIH Public Access; 2009 Aug [cited 2017 Sep 10];16(4):742–51.
- 32. Akdag B, Telci EA, Cavlak U. Factors affecting cognitive function in older adults: A turkish sample. Int J Gerontol [Internet]. 2013 Sep [cited 2017 Sep 10];7(3):137–41.
- 33. Aston-Jones G, Bloom FE. Activity of norepinephrine-containing locus coeruleus neurons in behaving rats anticipates fluctuations in the sleep-waking cycle. J Neurosci [Internet]. 1981 Aug [cited 2017 Sep 21];1(8):876–86.
- 34. Franco-Perez J, Ballesteros-Zebadua P, Custodio V, Paz C. [Major neurotransmitters involved in the regulation of sleep-wake cycle]. Rev Invest Clin [Internet]. 2012;64(2):182–91.
- 35. Vazquez J, Baghdoyan HA. Basal forebrain acetylcholine release during REM sleep is significantly greater than during waking. Am J Physiol Regul Integr Comp Physiol [Internet]. 2001 Feb [cited 2017 Sep 21];280(2):R598–601.
- 36. Szymusiak R, McGinty D. Hypothalamic regulation of sleep and arousal. In: Annals of the New York Academy of Sciences [Internet]. 2008 [cited 2017 Sep 21]. p. 275–86.
- 37. Patrick Y, Lee A, Raha O, Pillai K, Gupta S, Sethi S, et al. Effects of sleep deprivation on cognitive and physical performance in university students. Sleep Biol Rhythms [Internet]. 2017 Jul 13 [cited 2017 Sep 23];15(3):217–25.
- 38. Nikic PM, Andric BR, Stojimirovic BB, Trbojevic-Stankovic J, Bukurimic Z. Habitual Coffee Consumption Enhances Attention and Vigilance in Hemodialysis Patients [Internet]. [cited 2017Oct9].

- 39. Moore AR, O'Keeffe ST. Drug-induced cognitive impairment in the elderly. [Internet]. Drugs & aging. U.S. National Library of Medicine; 1999 [cited 2017Oct9].
- 40. Tan JP, Li N, Gao J, Wang LN, Zhao YM, Yu BC, et al. Optimal cutoff scores for dementia and mild cognitive impairment of the montreal cognitive assessment among elderly and oldest-old Chinese population. J Alzheimer's Dis [Internet]. 2014 [cited 2017 Oct 22];43(4):1403–12.
- 41. Upadhayay N. Comparison of Cognitive Functions Between Male and Female Medical Students: A Pilot Study. Journal Of Clinical And Diagnostic Research. 2014;
- 42. Dixit A, Mittal T. Executive functions are not affected by 24 hours of sleep deprivation: A color-word stroop task study. Indian Journal of Psychological Medicine. 2015;37(2):165.
- 43. Xanidis N, Brignell CM. The association between the use of social network sites, sleep quality and cognitive function during the day. Computers in Human Behavior. 2016;55:121–6.