DAFTAR PUSTAKA

1. Neurobiology of Sleep. National Sleep Foundation. 2017 Available from: http://sleepdisorders.sleepfoundation.org/chapter-1-normal-sleep/neurobiology-of-sleep/
2. Alexandros N. Vgontzas, George Mastorakos, Edward O. Bixler, Anthony Kales PWG& GPC. Sleep deprivation effects on the activity of the hypothalamic-pituitary-adrenal and growth axes: potential clinical implications. in Clinical Endocrinology, Volume 51 Issue 2. p. 205.
3. Schwartz JRL, Roth T. Neurophysiology of Sleep and Wakefulness: Basic Science and Clinical Implications. Curr Neuropharmacol. 2008;6(4):367–78.
4. What is Sleep?. American Sleep Association. Available from: https://www.sleepassociation.org/patients-general-public/what-is-sleep/
5. Kryger M. Sleep-Wake Cycle: Its Physiology and Impact on Health. National Sleep Foundation.
6. Understanding Sleep Cycles: What Happens While You Sleep. National Sleep Foundation. Available from: https://sleep.org/articles/what-happens-during-sleep/
7. Colten HR and BMA. Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem. National Academies Press (US). 2006. p. Chapter 2.
8. Nehring B. Stages of Sleep and Sleep Cycles. Tuck Sleep. 2017.
9. The Science of Sleep. The Center For Sound Sleep. 2017. Available from: http://www.centerforsoundsleep.com/sleep-disorders/stages-of-sleep/
10. How Much Sleep Do We Really Need. National Sleep Foundation. 2017. Available from: https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need
11. Cappuccio FP, Cooper D, Delia L, Strazzullo P, Miller MA. Sleep duration predicts cardiovascular outcomes: A systematic review and meta-analysis of prospective studies. Vol. 32, European Heart Journal. 2011. p. 1484–92.

12. Doghramji K. Insomnia and Excessive Daytime Sleepiness (EDS). Merck and the Merck Manuals. 2014.
13. Trotti LM. Idiopathic Hypersomnia. The Hypersomnia Foundation. 2017.
14. Doghramji K. Narkolepsi. Merck and the Merck Manuals. 2014.
15. Gary H. Gibbons M. What Is Sleep Apnea? National Heart, Lung and Blood Institute. 2014.
16. Doghramji K. Circadian Rhythm Sleep Disorders. Merck and the Merck Manuals. 2014.
17. Doghramji K. Periodic Limb Movement Disorder (PLMD) and Restless Legs Syndrome (RLS). Merck and the Merck Manuals. 2014.
18. Schenck CHM. Sleep and Parasomnias. National Sleep Foundation.
19. Alkan Melikoglu M, Celik A. Does Neuropathic Pain Affect the Quality of Sleep? Eurasian J Med. 2017;49(1):40–3.
20. Shochat T. Impact of lifestyle and technology developments on sleep. Nat Sci Sleep. 2012;4:19–31.
21. Slameto. Belajar dan Faktor-Faktor yang Mempengaruhinya. Jakarta: Rineka Cipta; 2010.
22. Nilifda H, Nadjmir, Hardisman. Hubungan Kualitas Tidur dengan Prestasi Akademik Mahasiswa Program Studi Pendidikan Dokter Angkatan 2010 FK Universitas Andalas. J Kesehat Andalas. 2016;4(1):243–9.
23. Sherwood L. Fisiologi Manusia. 8th ed. Jakarta : EGC; 2007. 184-185 p.
24. Fenny, Supriatmo. Hubungan Kualitas Dan Kuantitas Tidur Dengan Prestasi Belajar Pada Mahasiswa Fakultas Kedokteran. J Pendidik Indones 2016;140(3):140–7.
25. Waliyanti E, Pratiwi W. Hubungan Derajat Insomnia dengan Konsentrasi Belajar Mahasiswa Program Studi Ilmu Keperawatan di Yogyakarta. Indones J Nurs Pract. 2017;1(2):9–15.
26. Lai P, Say Y, Tunku U, Rahman A, Science B, Universiti J, et al. Associated Factors of Sleep Quality and Behavior among Students of Two Tertiary Institutions in Northern Malaysia. 2013;68(3):195–202.
27. Eliasson AH, Lettieri CJ. Early to bed, early to rise! Sleep habits and

academic performance in college students. Sleep Breath. 2010;14(1):71–5.

28. Tessaro M, Navarro-Peternella FM. Sleeping effects in the quality of life of women with insomnia Repercussões da qualidade do sono na vida de mulheres com insônia. 2015;28(4):693–700.
29. Putri AD, Kebidanan A, Padang A, Akademik N. Hubungan kualitas tidur dengan nilai akademik mahasiswa akademi kebidanan alifah padang. 2017;1:22–6.
30. Sarfriyanda J', Karim D', Dewi AP. Hubungan Antara Kualitas Tidur Dan Kuantitas Tidur Dengan Prestasi Belajar Mahasiswa. J Online Mhs Bid Ilmu Keperawatan. 2015;2(2):1178–85.
31. Manurung PP, Supit S, Nancy J. Gambaran lama tidur terhadap prestasi belajar siswa. J e-Biomedik. 2013;1(1):543–9.
32. Astuti E, Belajar P. Hubungan Motivasi Belajar dengan Prestasi Belajar pada Mahasiswa S1 Keperawatan di STIKES William Booth Surabaya. 2013;(2002).
33. Efriana C. Faktor-Faktor Yang Berhubungan Dengan Program Studi Diploma Iii Kebidanan Stikes U ' Budiyah. 2012;1(2):12–8.
34. Safitri Daruyani, Yuciana Wilandari HY. Faktor-faktor yang mempengaruhi indeks prestasi mahasiswa fsm universitas diponegoro semaster pertama dengan motode regresi logistik biner. Pros Semin Nas Stat. 2013;185–93.
35. Riyani Y. Faktor-faktor yang Mempengaruhi Prestasi Belajar Mahasiswa. J EKSOS. 2012;8(1):19–25.
36. Prasadja A. Ayo bangun dengan bugar karena tidur yang benar. Jakarta: Penerbit Hikmah; 2009.
37. Ya'kub, Widodo D, Putri RSM. Gangguan Tidur Berhubungan Dengan Prestasi Belajar Pada Anak Sekolah Dasar Negeri 01 Sumber Sekar Kecamatan Dau Kabupaten Malang. Nurs News Vol. 2017;2(2):270–80.