

DAFTAR PUSTAKA

1. Lynas K. The science of sleep. *Can Pharm J.* 1994;127(7):14–8.
2. Davies SK, Ang JE, Revell VL, Holmes B, Mann A, Robertson FP, et al. Effect of sleep deprivation on the human metabolome. *Proc Natl Acad Sci U S A.* 2014;111(29):10761–6.
3. Czeisler C, Winkelman J, Richardson G. Chapter 27. Sleep Disorders. In: Harrison's Principles of Internal Medicine. 2012. p. 1–20.
4. Nation Sleep Foundation. National Sleep Foundation Recommends New Sleep Times [Internet]. National Sleep Foundation. 2019 [cited 2020 Oct 31]. p. 1–4. Available from: <https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>
5. Nation Sleep Foundation. What is Good Quality Sleep? | Sleep Foundation [Internet]. National Sleep Foundation. [cited 2020 Oct 31]. Available from: <https://www.sleepfoundation.org/press-release/what-good-quality-sleep>
6. de Castro Corrêa C, Kazan de Oliveira F, Scherlon Pizzamiglio D, Veruska Paiva Ortolan E, Anna Theresa Weber S. Sleep quality in medical students: a comparison across the various phases of the medical course. *J Bras Pneumol* [Internet]. 2017;43(4):285–9. Available from: <http://dx.doi.org/10.1590/S1806-37562016000000178>
7. Zysburg L, Raz S. Emotional Intelligence. *J Chem Inf Model* [Internet]. 2014;53(1):1689–99. Available from: http://ir.obihiro.ac.jp/dspace/handle/10322/3933%0Ahttps://doi.org/10.1016/j.jag.2018.07.004%0Ahttp://dx.doi.org/10.1038/s41598-018-25369-w%0Ahttps://www.bertelsmann-stiftung.de/fileadmin/files/BSt/Publikationen/GrauePublikationen/MT_Globalization_Report_
8. Bejjani J. Emotional Intelligence: Use in Medical Education and Practice.

- McGill J Med [Internet]. 2009;12(2):4. Available from: www.cma.ca/leadership
9. Bradberry T, Greaves J. Emotional Intelligence 2.0. New York: Fireside; 2005. 185 p.
 10. Abdali N, Nobahar M, Ghorbani R. Evaluation of emotional intelligence, sleep quality, and fatigue among Iranian medical, nursing, and paramedical students: A cross-sectional study. *Qatar Med J* [Internet]. 2019;2019(3):15. Available from: <http://dx.doi.org/10.5339/qmj.2019.15>
 11. Rao WW, Li W, Qi H, Hong L, Chen C, Li CY, et al. Sleep quality in medical students: a comprehensive meta-analysis of observational studies. *Sleep Breath* [Internet]. 2020 Sep 1 [cited 2020 Nov 1];24(3):1151–65. Available from: <https://link.springer.com/article/10.1007/s11325-020-02020-5>
 12. Todres M, Tsimtsiou Z, Stephenson A, Jones R. The emotional intelligence of medical students: An exploratory cross-sectional study. *Med Teach* [Internet]. 2010;32(1):42–8. Available from: <https://doi.org/10.3109/01421590903199668>
 13. Ropper AH, Samuels MA, Klein JP, Prasad S. Physiology of Sleep and Sleep – Wake Mechanisms. In: *Principles of Neurology*. 2019. p. 1–37.
 14. NINDS. Brain Basics: Understanding Sleep | National Institute of Neurological Disorders and Stroke [Internet]. Nih. 2018 [cited 2020 Nov 1]. Available from: <https://www.ninds.nih.gov/Disorders/patient-caregiver-education/understanding-sleep>
 15. Barrett KE, Barman SM, Brooks HL, Yuan J. SLEEP – WAKE CYCLE : VARIATIONS IN EEG RHYTHMS. In: *Ganong's Review of Medical Physiology*, 26e. 2019. p. 1–4.
 16. MedlinePlus. Aging Changes Sleep [Internet]. NIH. 2014 [cited 2020 Nov 1]. Available from: <https://medlineplus.gov/ency/article/004018.htm>

17. Krističević T, Štefan L, Sporiš G. The associations between sleep duration and sleep quality with body-mass index in a large sample of young adults. *Int J Environ Res Public Health* [Internet]. 2018;15(4):758. Available from: www.mdpi.com/journal/ijerph
18. Romero-Corral A, Caples SM, Lopez-Jimenez F, Somers VK. Interactions between obesity and obstructive sleep apnea: Implications for treatment. *Chest* [Internet]. 2010;137(3):711–9. Available from: <http://dx.doi.org/10.1378/chest.09-0360>
19. Division of Sleep Medicine HMS. External Factors that Influence Sleep | Healthy Sleep [Internet]. Division of Sleep Medicine, Harvard Medical School. 2007 [cited 2020 Nov 1]. Available from: <http://healthysleep.med.harvard.edu/healthy/science/how/external-factors/>
20. Buysse DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ. The Pittsburgh Sleep Quality Index: a new instrument for psychiatric practice and research. *Psychiatry Res.* 1989;28(2):193–213.
21. Malekar S, Mohanty RP. Factors affecting emotional intelligence: an empirical study for some school students in India. *Int J Manag Educ.* 2009;3(1):8–28.
22. UNY. Intelektual Quotient. 2009;11–37.
23. H G, M M, M S. Bradberry-Greaves' emotional intelligence test: preliminary norming-process. *J Thought Behav.* 2006;1(2):23–35.
24. SP D, GG B, JS S, JC G. Increasing task difficulty facilitates the cerebral compensatory response to total sleep deprivation. *Sleep.* 2004;27(3):445–51.
25. WD K, ET K-G, EL L, RA N, GH K, TJ B. Sleep deprivation reduces perceived emotional intelligence and constructive thinking skills. *Sleep Med.* 2008;9(5):517–26.
26. Thomas ML, Sing HC, Belenky G, Holcomb HH, Mayberg HS, Dannals RF,

- 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.
27. FA P, C SA, H DGT, N R. The association between self-rated health and health care utilization in retired. *Acta Med Port.* 2010;23(1):101–6.
 28. Halliwell C, Comeau W, Gibb R, Frost DO, Kolb B. Factors influencing frontal cortex development and recovery from early frontal injury. Vol. 12, *Developmental Neurorehabilitation*. 2009. p. 269–78.
 29. Goldstein AN, Walker MP. The role of sleep in emotional brain function. Vol. 10, *Annual Review of Clinical Psychology*. 2014. p. 679–708.
 30. Nabila FJ. Hubungan Kualitas Tidur dengan Kecerdasan Emosi pada Siswa SMA X. Univ Trisakti [Internet]. 2019; Available from: http://repository.trisakti.ac.id/usaktiana/index.php/home/detail/detail_koleksi/0/SKR/judul/00000000000000099573/0
 31. Heidari H. Association of Emotional Intelligence with Sleep Quality. 2019; Available from: https://www.researchgate.net/publication/334592910_Association_of_Emotional_Intelligence_with_Sleep_Quality
 32. Pérez-Fuentes MDC, Jurado MDMM, Márquez MDMS, Martín ABB, Linares JJG. Emotional effects of the duration, efficiency and subjective quality of sleep in healthcare personnel. *Int J Environ Res Public Health* [Internet]. 2019;16(19). Available from: www.mdpi.com/journal/ijerph
 33. Yamani N, Shahabi M, Haghani F. The relationship between emotional intelligence and job stress in the faculty of medicine in Isfahan University of Medical Sciences. Vol. 2, *J Adv Med Educ Prof.* 2014.
 34. Saghir Z, Syeda JN, Muhammad AS, Balla Abdalla TH. The Amygdala, Sleep Debt, Sleep Deprivation, and the Emotion of Anger: A Possible Connection? *Cureus.* 2018;10(7).

35. Triantafillou S, Saeb S, Lattie EG, Mohr DC, Kording KP. Relationship Between Sleep Quality and Mood: Ecological Momentary Assessment Study. JMIR Ment Heal [Internet]. 2019 Mar 27 [cited 2021 Apr 30];6(3):e12613. Available from: [/pmc/articles/PMC6456824/](https://PMC6456824/)

