

DAFTAR PUSTAKA

1. Nur Fauziyyah A, Rosenanda Sofiany I, Juli D. Pola Makan dan Kebiasaan Olahraga Remaja Abstrak [Internet]. Vol. 2, JPPKMI. 2021. Available from: <https://journal.unnes.ac.id/sju/index.php/jppkmi>; URL: <https://journal.unnes.ac.id/sju/index.php/jppkmi/article/view/51971>
2. Castellini CG, Castellini G, Trisolini F, Ricca V. Psychopathology of the present Psychopathology of eating disorders. Vol. 20, Journal of Psychopathology. 2014.
3. Julian M, Kurniawan F. KUALITAS TIDUR YANG BURUK AKIBAT GANGGUAN MAKAN PADA PELAJAR SEKOLAH MENENGAH DI JAKARTA POOR SLEEP QUALITY DUE TO EATING DISORDERS IN JUNIOR AND SENIOR HIGH SCHOOL STUDENTS IN JAKARTA. Vol. 19, Damianus Journal of Medicine. 2020.
4. Sejbuk M, Mirończuk-Chodakowska I, Witkowska AM. Sleep Quality: A Narrative Review on Nutrition, Stimulants, and Physical Activity as Important Factors. Nutrients. 2022 May 1;14(9).
5. Baranwal N, Yu PK, Siegel NS. Sleep physiology, pathophysiology, and sleep hygiene. Prog Cardiovasc Dis. 2023 Mar 1;77:59–69.
6. Khoirul W, Rohmah, Dyah Y, Santik P. 649 HIGEIA 4 (Special 3) (2020) HIGEIA JOURNAL OF PUBLIC HEALTH RESEARCH AND DEVELOPMENT Determinan Kualitas Tidur pada Santri di Pondok Pesantren Info Artikel. 2020; Available from: <http://journal.unnes.ac.id/sju/index.php/higeia>
7. Bahammam AS, Almushailhi K, Pandi-Perumal SR, Sharif MM. Intermittent fasting during Ramadan: does it affect sleep? J Sleep Res [Internet]. 2014 Feb [cited 2023 Nov 26];23(1):35–43. Available from: <https://pubmed.ncbi.nlm.nih.gov/23937329/>
8. Marques-Vidal P, Schaller R, Vollenweider P, Waeber G, Guessous I, Haba-Rubio J, et al. The association between objective sleep duration and diet. The CoLaus|HypnoLaus study. Clin Nutr ESPEN. 2022 Apr 1;48:313–20.
9. Garbarino S, Lanteri P, Bragazzi NL, Magnavita N, Scoditti E. Role of sleep deprivation in immune-related disease risk and outcomes. Vol. 4, Communications Biology. Nature Research; 2021.
10. Reddy S, Reddy V, Sharma S. Physiology, Circadian Rhythm. StatPearls [Internet]. 2023 May 1 [cited 2023 Nov 26]; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK519507/>
11. Potter GDM, Skene DJ, Arendt J, Cade JE, Grant PJ, Hardie LJ. Circadian rhythm and sleep disruption: Causes, metabolic consequences, and countermeasures. Vol. 37, Endocrine Reviews. Endocrine Society; 2016. p. 584–608.

12. Khan S, Nabi G, Yao L, Siddique R, Sajjad W, Kumar S, et al. Health risks associated with genetic alterations in internal clock system by external factors. Vol. 14, International Journal of Biological Sciences. Iivyspring International Publisher; 2018. p. 791–8.
13. McHill AW, Hull JT, Wang W, Czeisler CA, Klerman EB. Chronic sleep curtailment, even without extended (>16-h) wakefulness, degrades human vigilance performance. Proc Natl Acad Sci U S A [Internet]. 2018 Jun 5 [cited 2023 Nov 26];115(23):6070–5. Available from: [/pmc/articles/PMC6003377/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6003377/)
14. Kadir S. POLA MAKAN DAN KEJADIAN HIPERTENSI EATING PATTERN AND EVPERTENSION EVENTS Sunarto Kadir. Jambura Health and Sport Journal. 2019;1(2).
15. Balasundaram P, Santhanam P. Eating Disorders. StatPearls [Internet]. 2023 Jun 26 [cited 2023 Nov 26]; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK567717/>
16. Moore CA, Bokor BR. Anorexia Nervosa. StatPearls [Internet]. 2023 Aug 28 [cited 2023 Nov 26]; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK459148/>
17. Stice E, Nathan Marti C, Rohde P. Prevalence, Incidence, Impairment, and Course of the Proposed DSM-5 Eating Disorder Diagnoses in an 8-Year Prospective Community Study of Young Women. J Abnorm Psychol [Internet]. 2013 [cited 2023 Nov 26];122(2):445. Available from: [/pmc/articles/PMC3980846/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3980846/)
18. Jain A, Yilanli M. Bulimia Nervosa. StatPearls [Internet]. 2023 Jul 31 [cited 2023 Nov 26]; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK562178/>
19. Salman EJ, Kabir R. Night Eating Syndrome. StatPearls [Internet]. 2022 Sep 14 [cited 2023 Nov 26]; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK585047/>
20. McCuen-Wurst C, Ruggieri M, Allison KC. Disordered eating and obesity: associations between binge eating-disorder, night-eating syndrome, and weight-related co-morbidities. Ann N Y Acad Sci [Internet]. 2018 [cited 2023 Nov 26];1411(1):96. Available from: [/pmc/articles/PMC5788730/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5788730/)
21. Beccuti G, Pannain S. Sleep and obesity. Curr Opin Clin Nutr Metab Care [Internet]. 2011 Jul [cited 2023 Nov 26];14(4):402. Available from: [/pmc/articles/PMC3632337/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3632337/)
22. Motivala SJ, Tomiyama AJ, Ziegler M, Khandrika S, Irwin MR. Nocturnal levels of ghrelin and leptin and sleep in chronic insomnia. Psychoneuroendocrinology [Internet]. 2009 May [cited 2023 Nov 26];34(4):540. Available from: [/pmc/articles/PMC2725023/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2725023/)
23. Baglioni C, Nanovska S, Regen W, Spiegelhalder K, Feige B, Nissen C, et al. SLEEP AND MENTAL DISORDERS: A META-ANALYSIS OF POLYSOMNOGRAPHIC

- RESEARCH. Psychol Bull [Internet]. 2016 Sep 1 [cited 2023 Nov 26];142(9):969. Available from: /pmc/articles/PMC5110386/
24. Koinis-Mitchell D, Craig T, Esteban CA, Klein RB. Sleep and allergic disease: A summary of the literature and future directions for research. J Allergy Clin Immunol [Internet]. 2013 [cited 2023 Nov 27];130(6):1275. Available from: /pmc/articles/PMC3576835/
 25. Lader M. Sleep and Anxiety Disorders. In: Synopsis of Sleep Medicine. Apple Academic Press; 2016. p. 201–12.
 26. Guan Q, Wang Z, Cao J, Dong Y, Chen Y. Mechanisms of melatonin in obesity: A review. Vol. 23, International Journal of Molecular Sciences. MDPI; 2022.
 27. Hepburn M, Bollu PC, French B, Sahota P. Sleep Medicine: Stroke and Sleep. Mo Med [Internet]. 2018 Nov 1 [cited 2023 Nov 27];115(6):527. Available from: /pmc/articles/PMC6312177/
 28. Haddad R, Denys P, Arlandis S, Giannantoni A, Del Popolo G, Panicker JN, et al. Nocturia and Nocturnal Polyuria in Neurological Patients: From Epidemiology to Treatment. A Systematic Review of the Literature. Eur Urol Focus [Internet]. 2020 Sep 15 [cited 2023 Nov 27];6(5):922–34. Available from: <http://www.eurofocus.europeanurology.com/article/S2405456920300638/fulltext>
 29. Alanazi EM, Alanazi AMM, Albuhairy AH, Alanazi AAA. Sleep Hygiene Practices and Its Impact on Mental Health and Functional Performance Among Adults in Tabuk City: A Cross-Sectional Study. Cureus [Internet]. 2023 Mar 16 [cited 2023 Nov 27];15(3). Available from: /pmc/articles/PMC10105495/
 30. Figueiro MG, White RD. Health consequences of shift work and implications for structural design. Journal of Perinatology. 2013;33:S17–23.
 31. Strohmaier S, Devore EE, Zhang Y, Schernhammer ES. A Review of Data of Findings on Night Shift Work and the Development of DM and CVD Events: a Synthesis of the Proposed Molecular Mechanisms. Curr Diab Rep. 2018 Dec 1;18(12).
 32. Colrain IM, Nicholas CL, Baker FC. Alcohol and the Sleeping Brain. Handb Clin Neurol [Internet]. 2014 [cited 2023 Nov 27];125:415. Available from: /pmc/articles/PMC5821259/
 33. Reichert CF, Deboer T, Landolt HP. Adenosine, caffeine, and sleep–wake regulation: state of the science and perspectives. J Sleep Res [Internet]. 2022 Aug 1 [cited 2023 Nov 27];31(4). Available from: /pmc/articles/PMC9541543/
 34. Roehrs TA, Roth T. Sleep Disturbance in Substance Use Disorders. Psychiatr Clin North Am [Internet]. 2015 Dec 1 [cited 2023 Nov 27];38(4):793. Available from: /pmc/articles/PMC4660250/

35. Fitzgerald T, Vietri J. Residual Effects of Sleep Medications Are Commonly Reported and Associated with Impaired Patient-Reported Outcomes among Insomnia Patients in the United States. *Sleep Disord* [Internet]. 2015 [cited 2023 Nov 27];2015:1–9. Available from: [/pmc/articles/PMC4689974/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4689974/)
36. Halperin D. Environmental noise and sleep disturbances: A threat to health? *Sleep Science* [Internet]. 2014 [cited 2023 Nov 27];7(4):209. Available from: [/pmc/articles/PMC4608916/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4608916/)
37. Pittsburgh Sleep Quality Index (PSQI).
38. Bardone-Cone AM, Boyd CA. Psychometric Properties of Eating Disorder Instruments in Black and White Young Women: Internal Consistency, Temporal Stability, and Validity. *Psychol Assess* [Internet]. 2007 [cited 2023 Nov 27];19(3):356–62. Available from: <https://www.corc.uk.net/outcome-experience-measures/eating-disorder-examination-questionnaire-ede-q/>
39. 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* [Internet]. 1989 [cited 2023 Nov 27];28(2):193–213. Available from: <https://pubmed.ncbi.nlm.nih.gov/2748771/>
40. Wang L, Wu YX, Lin YQ, Wang L, Zeng ZN, Xie XL, et al. Reliability and validity of the Pittsburgh Sleep Quality Index among frontline COVID-19 health care workers using classical test theory and item response theory. *Journal of Clinical Sleep Medicine*. 2022 Feb 1;18(2):541–51.
41. Gideon N, Hawkes N, Mond J, Saunders R, Tchanturia K, Serpell L. Development and psychometric validation of the EDE-QS, a 12 item short form of the eating disorder examination questionnaire (EDE-Q). *PLoS One*. 2016 May 1;11(5).
42. Prnjak K, Mitchison D, Griffiths S, Mond J, Gideon N, Serpell L, et al. Further development of the 12-item EDE-QS: Identifying a cut-off for screening purposes. *BMC Psychiatry*. 2020 Apr 3;20(1).
43. Marpaung A. PENGARUH LINGKUNGAN URBAN DAN TINGKAT KEBISINGAN TERHADAP KUALITAS TIDUR PENDUDUK KOTA MEDAN. *Jurnal Ilmiah SIMANTEK*. 2022;
44. Ali AM, Alkhamees AA, Hori H, Kim Y, Kunugi H. The depression anxiety stress scale 21: Development and validation of the depression anxiety stress scale 8-item in psychiatric patients and the general public for easier mental health measurement in a post COVID-19 world. *Int J Environ Res Public Health*. 2021 Oct 1;18(19).
45. Uk Lim J, Lee JH, Kim JS, Il Y, Kim TH, Lim Y, et al. Comparison of World health Organization and Asia-Pacific body mass index classifications in COPD patients.

- International Journal of COPD [Internet]. 2017 [cited 2023 Dec 11];2017:12–2465. Available from: <http://dx.doi.org/10.2147/COPD.S141295>
46. Grant JA, Horner CC. Allergy. Encyclopedia of Respiratory Medicine, Four-Volume Set [Internet]. 2023 Jul 31 [cited 2023 Dec 1];65–72. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK545237/>
47. Zayed Y, Askari R. Respiratory Distress Syndrome. StatPearls [Internet]. 2023 Aug 8 [cited 2023 Dec 1]; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK538311/>

