

DAFTAR PUSTAKA

1. Knutson KL, Ryden AM, Mander BA, Van Cauter E. Role of sleep duration and quality in the risk and severity of type 2 diabetes mellitus. *Arch Intern Med.* 2006;166(16):1768–74. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/16983057>
2. Pretl M, Lattová Z, Polák AP, Westlake K. Metabolic disorders and sleep. *Cas Lek Cesk.* 2019;158(5):185–92. Available from: <https://pubmed.ncbi.nlm.nih.gov/31703530/>
3. Lader M, Cardwell C, Shine P, Scott N. Caffeine withdrawal symptoms and rate of metabolism. *J Psychopharmacol.* 1996;10(2):110–8.
4. Sajadi-Ernazarova KR, Anderson J, Dhakal A, Hamilton RJ. Caffeine Withdrawal Treasure Island (FL): StatPearls Publishing; 2022 [cited 2025 Jun 10]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK430790/>
5. Jeszka-Skowron M, Zgoła-Grześkowiak A, Grześkowiak T. Analytical methods applied for the characterization and the determination of bioactive compounds in coffee. *European Food Research and Technology.* 2014 Oct 16;240(1):19–31.
6. Harvard School Of Public Health. Caffeine [Internet]. The Nutrition Source. Harvard; 2020. Available from: <https://www.hsph.harvard.edu/nutritionsource/caffeine/>
7. the institute for scientific information on coffee I. Compounds in coffee [Internet]. www.coffeeandhealth.org. 2023. Available from: <https://www.coffeeandhealth.org/coffee-and-caffeine/compounds-in-coffee>
8. Saud S, Salamatullah AM. Relationship between the Chemical Composition and the Biological Functions of Coffee. *Molecules.* 2021 Dec 16;26(24):7634.
9. Nuhu AA. Bioactive Micronutrients in Coffee: Recent Analytical Approaches for Characterization and Quantification. *ISRN Nutrition.* 2014;2014(PMC4045301):1–13.

10. Ren Y, Wang C, Xu J, Wang S. Cafestol and Kahweol: A Review on Their Bioactivities and Pharmacological Properties. *International Journal of Molecular Sciences* [Internet]. 2019 Aug 30;20(17). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6747192/>
11. Saud S, Salamatullah AM. Relationship between the Chemical Composition and the Biological Functions of Coffee. *Molecules*. 2021 Dec 16;26(24):7634.
12. PubChem. Caffeine [Internet]. Nih.gov. PubChem; 2019. Available from: <https://pubchem.ncbi.nlm.nih.gov/compound/caffeine>
13. Willson C. The clinical toxicology of caffeine: A review and case study. *Toxicology Reports* [Internet]. 2018;5(PMC6247400):1140–52. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6247400/>
14. WebMD. Caffeine: Uses, Side Effects, Interactions, Dosage, and Warning [Internet]. Webmd.com. 2017. Available from: <https://www.webmd.com/vitamins/ai/ingredientmono-979/caffeine>
15. Stohs S, Ratamess N. Effects of p-synephrine in combination with caffeine: a review. *Nutrition and Dietary Supplements*. 2017 Sep;Volume 9(38392):87–96.
16. EFSA. What is caffeine? [Internet]. 2015. Available from: https://www.efsa.europa.eu/sites/default/files/corporate_publications/files/efsaexplainscaffeine150527.pdf
17. EFSA. What is caffeine? [Internet]. 2015. Available from: https://www.efsa.europa.eu/sites/default/files/corporate_publications/files/efsaexplainscaffeine150527.pdf
18. Nierenbergpublished C. 10 Interesting Facts About Caffeine [Internet]. livescience.com. 2016. Available from: <https://www.livescience.com/56603-interesting-facts-about-caffeine.html>
19. Brinkman JE, Sharma S. Physiology of Sleep [Internet]. PubMed. Treasure Island (FL): StatPearls Publishing; 2023. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK482512/>

20. Gildner TE, Liebert MA, Kowal P, Chatterji S, Snodgrass JJ. Associations between Sleep Duration, Sleep Quality, and Cognitive Test Performance among Older Adults from Six Middle Income Countries: Results from the Study on Global Ageing and Adult Health (SAGE). *Journal of Clinical Sleep Medicine* [Internet]. 2014 Jun 15;10(6). Available from: <http://jcsn.aasm.org/ViewAbstract.aspx?pid=29504>
21. Priyanka A. Abhang, Suresh C. Mehrotra. Brain Waves - an overview | ScienceDirect Topics [Internet]. www.sciencedirect.com. 2016. Available from: <https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/brain-waves>
22. Reichert CF, Deboer T, Landolt H. Adenosine, caffeine, and sleep–wake regulation: state of the science and perspectives. *Journal of Sleep Research*. 2022 May 16;31(4).
23. Bjorvatn B, Pallesen S. A practical approach to circadian rhythm sleep disorders. *Sleep Medicine Reviews*. 2009 Feb;13(1):47–60.
24. Deboer T. Sleep homeostasis and the circadian clock: Do the circadian pacemaker and the sleep homeostat influence each other's functioning? *Neurobiology of Sleep and Circadian Rhythms*. 2018 Jun;5(2451-9944):68–77.
25. Cheng J, Huang X, Yao Jen Liang, Xue T, Wang L, Bao J. Plasticity of Light-induced Concurrent Glutamatergic and GABAergic Quantal Events in the Suprachiasmatic Nucleus. *Journal of Biological Rhythms*. 2018 Feb 1;33(1):65–75.
26. Cheng J, Wu F, Zhang M, Ding D, Fan S, Chen G, et al. The Interaction Between the Ventrolateral Preoptic Nucleus and the Tuberomammillary Nucleus in Regulating the Sleep-Wakefulness Cycle. 2020 Dec 14 [cited 2023 Nov 28];9. Available from: https://www.frontiersin.org/articles/10.3389/fnins.2020.615854/full?trk=public_post_main-feed-card_feed-article-content

27. Michael H. Hastings APP. The Suprachiasmatic Nucleus [Internet]. Cell Press. Current Biology Magazine; 2016. Available from: [https://www.cell.com/current-biology/pdf/S0960-9822\(18\)30843-1.pdf](https://www.cell.com/current-biology/pdf/S0960-9822(18)30843-1.pdf)
28. Welsh DK, Takahashi JS, Kay SA. Suprachiasmatic Nucleus: Cell Autonomy and Network Properties. Annual Review of Physiology. 2010 Mar 17;72(1):551–77.
29. McCarley RW. Neurobiology of REM and NREM sleep. Sleep Medicine. 2007 Jun;8(4):302–30.
30. Patel AK, Araujo JF. Physiology, Sleep Stages [Internet]. Nih.gov. StatPearls Publishing; 2018. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK526132/>
31. Colten HR, Altevogt BM. Sleep Physiology [Internet]. Nih.gov. National Academies Press (US); 2015. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK19956/>
32. Cherry K. The 4 Stages of Sleep (NREM and REM Sleep Cycles) [Internet]. Verywell Health. Verywellhealth; 2007. Available from: <https://www.verywellhealth.com/the-four-stages-of-sleep-2795920>
33. Danielle Pacheco, Dr. Abhinav Singh. What Happens During NREM Sleep? [Internet]. Sleep Foundation. 2022. Available from: <https://www.sleepfoundation.org/stages-of-sleep/nrem-sleep#>
34. Brown RE, Basheer R, McKenna JT, Strecker RE, McCarley RW. Control of Sleep and Wakefulness. Physiological Reviews. 2012 Jul;92(3):1087–187.
35. Krueger JM, Frank MG, Wisor JP, Roy S. Sleep function: Toward elucidating an enigma. Sleep Medicine Reviews. 2016 Aug;28(PMC4769986):46–54.
36. Colten HR, Altevogt BM. Sleep Physiology [Internet]. Nih.gov. National Academies Press (US); 2015. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK19956/>
37. 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 Jan 15;11(1). Available from: <http://jcsm.aasm.org/viewabstract.aspx?pid=29835>
38. Valenzuela CF. Alcohol and Neurotransmitter Interactions. Alcohol Health and Research World [Internet]. 1997;21(2):144–8. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6826822/>
39. Benowitz NL. Pharmacology of Nicotine: Addiction, Smoking-Induced Disease, and Therapeutics. Annual Review of Pharmacology and Toxicology [Internet]. 2010 Sep 27;49(1):57–71. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2946180/>
40. Park LT, Matthews JD, Stern TA, Maytal G. Evaluation and Treatment of Poor Sleep. The Primary Care Companion to The Journal of Clinical Psychiatry. 2007 Jun 15;09(03):224–9.
41. Suni E, Dimitriu A. Mental health and sleep [Internet]. Sleep Foundation. 2020. Available from: <https://www.sleepfoundation.org/mental-health>
42. Ribeiro JA, Sebastião AM. Caffeine and adenosine. Journal of Alzheimer's disease: JAD [Internet]. 2010;20 Suppl 1(20):S3-15. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/20164566>
43. O'Callaghan F, Muurlink O, Reid N. Effects of caffeine on sleep quality and daytime functioning. Risk Management and Healthcare Policy [Internet]. 2018 Dec;Volume 11(1):263–71. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6292246/>
44. Drake C, Roehrs T, Shambroom J, Roth T. Caffeine Effects on Sleep Taken 0, 3, or 6 Hours before Going to Bed. Journal of Clinical Sleep Medicine. 2013 Nov 15;09(11).
45. Domaszewski P. Gender Differences in the Frequency of Positive and Negative Effects after Acute Caffeine Consumption. Nutrients. 2023 Mar 7;15(6):1318.
46. Weibel J, Lin Y-S, Landolt H-P, Kistler J, Rehm S, Rentsch KM, et al. The impact of daily caffeine intake on nighttime sleep-in young adult men. Scientific Reports. 2021 Feb 25;11(1). doi:10.1038/s41598-021-84088-x

47. Van der Linden M, Olthof MR, Wijnhoven HA. The association between caffeine consumption from coffee and tea and sleep health in male and female older adults: A cross-sectional study. *Nutrients*. 2023 Dec 30;16(1):131. doi:10.3390/nu16010131
48. Milasari, Pramono YS, Fitriani A. THE CORRELATION BETWEEN COFFEE CONSUMPTION AND SLEEP PATTERNS FOR ADOLESCENTS AGED 17-25 YEARS. *Journal of Nursing and Health Education*. 2022 Sept 30;2(1). doi:<https://journal.mbunivpress.or.id/index.php/jnhe/article/view/375>
49. Budiyaniti E, Wijaya MJ. Hubungan konsumsi Kafein Dengan gangguan tidur Pada Mahasiswa preklinik FKIK UAJ. *Damianus Journal of Medicine*. 2023 Dec 31;22(3):225–31. doi:10.25170/djm.v22i3.3610
50. Anggraini R. Hubungan depresi dengan terjadinya Gangguan Tidur Pada Mahasiswa program profesi Dokter fakultas Kedokteran universitas Pelita Harapan = relationship between depression and sleep disturbance in clinical students faculty of Medicine Pelita Harapan University [Internet]. 2018 [cited 2024 Dec 21]. Available from: <https://repository.uph.edu/7652/>
51. Mander BA, Winer JR, Walker MP. Sleep and human aging. *Neuron*. 2017 Apr;94(1):19–36. doi:10.1016/j.neuron.2017.02.004
52. Dzierzewski JM, Dautovich N, Ravyts S. Sleep and cognition in older adults. *Sleep Medicine Clinics*. 2018 Mar;13(1):93–106. doi:10.1016/j.jsmc.2017.09.009
53. Alahmary SA, Alduhaylib SA, Alkawii HA, Olwani MM, Shablan RA, Ayoub HM, et al. Relationship between added sugar intake and sleep quality among university students: A cross-sectional study. *American Journal of Lifestyle Medicine*. 2019 Aug 23;16(1):122–9. doi:10.1177/1559827619870476
54. Sihotang VA. HUBUNGAN KEBIASAAN MINUM KOPI DENGAN PENINGKATAN TEKANAN DARAH PADA MASYARAKAT DI DESA PONJIAN PEGAGAN JULU X SUMBUL KABUPATEN DAIRI

TAHUN

2019.

2019.

<https://repository1.stikeselisabethmedan.ac.id/s/home/item/1718>

55. Veronica Y, Heidy, Sudiyono N. The Correlation of Caffeine Levels Consumption with Sleep Quality Levels of Active Students. *Journal of Urban Health Research*. 2023;2(1):1-8.
56. Concerto C, Conti C, Muscatello MR, Signorelli MS, Zoccali R, Coira D, Aguglia E, Battaglia F. Sleep Quality, Perceived Stress, and Caffeinated Drinks Intake in Psychiatry Residents: A Cross-Sectional Study. *J Caffeine Res*. 2017 Mar 1;7(1):18-22. doi: 10.1089/jcr.2016.0014.

