

DAFTAR PUSTAKA

- Adams R.D., Victor M. 1993. Sleep and its abnormalities in *Principles of neurology*. New York : McGraw-Hill, Inc. p336
- Berne R.M., Levy M.N., Koeppen B.M., Stanton B.A. 1998. Higher functions of the nervous system in *Physiology*. Missouri : Mosby Inc. p 257
- Brzezinski A. 1997. *Melatonin in humans*. <http://www.content.nejm.org>, 5 februari 2004
- Colorado State University. 2003. *The pineal gland and melatonin*. <http://www.arbl.cvmbs.colostate.edu>, 5 februari 2004
- Dubocovich M. 2003. *Margarita Dubocovich*. <http://www.pharm.northwestern.edu>, 7 februari 2004
- Edhiwan Prasetya, Jahja Teguh Widjaja. 2004. Pemeriksaan keadaan umum dalam *Buku panduan diagnosis fisik di klinik*. Bandung : FK UKM. p 20
- Fox S.I. 1999. Pineal gland in *Human Physiology*. 6th ed. New York : McGraw-Hill Book Company Hall Inc. p 314
- Ganong W.F. 1999. Mekanisme sadar, tidur dan aktivitas listrik otak dalam *Buku ajar fisiologi kedokteran*. Jakarta : EGC. p 196
- Guyton and Hall. 1997. Aktivitas otak-tidur; gelombang otak; epilepsy; psikosis dalam *Buku ajar fisiologi kedokteran*. Jakarta : EGC. p 945-948
- Halber D. 1999. *Small dose of melatonin may be all that's needed for better sleep, MIT researcher finds*. <http://web.mit.edu/newsoffice/nr/1999/melatonin.html>, 5 februari 2004
- Herbert V., Kava R. 1995. *The miracle of melatonin*. <http://www.asch.org>, 9 februari 2004
- Houssay B.A. 1955. Sleep in *Human physiology*. 2nd ed. London : McGraw-Hill Book Company Inc. p 1113-1114.

Howard J.M. 1995. *Sleep, melatonin, DHEA, AIDS and sudden infant death syndrome.* <http://www.anthropogeny.com/sleep%20and%20SIDS.htm>, 25 mei 2004

_____ 1997. *Testosterone and sleep : support for sleep theory.* <http://www.anthropogeny.com/testosterone%20and%20sleep.htm>, 25 mei 2004

Martini F. 2001. Consciousness in *Fundamentals of anatomy and physiology*. 2nd ed. New Jersey : Prentice Hall Inc. p 490-492

National Sleep Foundation. 1997. *Melatonin : the fact.* <http://www.sleepfoundation.org>, 10 februari 2004

Rusdi Maslim. 2001. Obat anti-insomnia dalam *Penggunaan klinis obat psikotropik (psychotropic medication)*. Edisi ketiga. Jakarta. p 43

Sheerwood L. 2001. Brain stem in *Human Physiology from cells to system*. 4th ed. Sydney : Brooks/cole. P 148-149, 161

Silverthorn D.U. 2001. Brain function in *Human physiology : an integrated approach*. 2nd ed. New Jersey : Prentice Hall

Tan Hoan Tjay, Kirana Rahardja. 1997. Sedativa dan hipnotika dalam *Obat-obat penting: khasiat, penggunaan dan efek-sampingnya*. Jakarta : Depkes. p 358-359

U.S Department of Health and Human Services. 2002. *Insomnia.* <http://www.4woman.gov/faq/insomnia.pdf>, 7 februari 2004

Vander A.J., Sherman J.H., Luciano D.S. 1990. Consciousness and behavior in *Human physiology : the mechanisms of body function*. 5th ed. New York : McGraw-Hill Publishing Company. p 706-709

West J.B., 1985. Higher neural functions dalam Best and Taylor editors : *Physiological basis of medical practice*. 11th ed. Baltimore : William & Wilkins

World Wide Labs. 2003. *Melatonin.com.* <http://www.melatonin.com>, 5 februari 2004