

## DAFTAR PUSTAKA

1. Pollock a S, Durward BR, Rowe PJ, Paul JP. What is balance? Clin Rehabil. 2000;14(4):402–6.
2. Bougard C, Lepelley MC, Davenne D. The influences of time-of-day and sleep deprivation on postural control. Exp Brain Res. 2011;209(1):109–15.
3. Horak FB. Postural orientation and equilibrium: What do we need to know about neural control of balance to prevent falls? Age Ageing. 2006;35(SUPPL.2):7–11.
4. Umami R, Priyanto S. Hubungan kualitas tidur dengan fungsi kognitif dan tekanan darah pada lansia di desa pasuruhan kecamatan mertoyudan kabupaten magelang. 2013;1–8.
5. National Institute on Deafness and Other Communication. Balance Disorders. 2015; Available from: [http://www.nidcd.nih.gov/health/balance/pages/balance\\_disorders.aspx](http://www.nidcd.nih.gov/health/balance/pages/balance_disorders.aspx)
6. Sharma S, Kavuru M. Sleep and metabolism: An overview. Int J Endocrinol. 2010;2010.
7. Guyton AC, Hall JE. Textook of Medical Physiology-11th Edition.
8. Sarfriyanda J, Karim D, Dewi AP. Hubungan Antara Kualitas Tidur Dan Kuantitas Tidur Dengan Prestasi Belajar Mahasiswa. Jom. 2015;2(2).
9. Purwanto S. Mengatasi insomnia dengan terapi relaksasi. J Kesehat. 2008;1:141–8.
10. Patel M, Gomez S, Berg S, Almbladh P, Lindblad J, Petersen H, et al. Effects of 24-h and 36-h sleep deprivation on human postural control and adaptation. Exp Brain Res. 2008;185(2):165–73.
11. Balaban CD, Thayer JF. Neurological bases for balance ± anxiety links. 2001;15:53–79.
12. Nakano T, Araki K, Michimori A, Inbe H, Hagiwara H, Koyama E. Nineteen-hour variation of postural sway, alertness and rectal temperature during sleep deprivation. Psychiatry Clin Neurosci. 2001;55(3):277–8.
13. Fabbri M, Martoni M, Esposito MJ, Brighetti G, Natale V. Postural control after a night without sleep. Neuropsychologia. 2006;44(12):2520–5.
14. Greve J, Alonso A, Bordini ACPG, Camanho GL. Correlation between body mass index and postural balance. Clinics (Sao Paulo). 2007;62(6):717–20.
15. Gribble PA, Hertel J, Plisky P. Using the star excursion balance test to assess dynamic postural-control deficits and outcomes in lower extremity injury: A literature and systematic review. J Athl Train. 2012;47(3):339–57.
16. De Ridder R, Willems T, De Mits S, Vanrenterghem J, Roosen P. Foot orientation affects muscle activation levels of ankle stabilizers in a single-legged balance board protocol. Hum Mov Sci [Internet]. 2014;33(1):419–31. Available from: <http://dx.doi.org/10.1016/j.humov.2013.12.008>
17. Aspects P. Postural orientation and equilibrium : what do we need to know about neural control of balance to prevent falls ? 2006;7–11.
18. Myers JB, Lephart SM. The Role of the Sensorimotor System in the Athletic Shoulder. 2000;35(3):351–63.
19. Abrahamová D, Ka FHC. Age-Related Changes of Human Balance during

- Quiet Stance. 2008;8408:957–64.
20. Arezzo JC, Schaumburg HH, Spencer PS. Structure and Function of the Somatosensory System : A Neurotoxicological Perspective. 1982;44:23–30.
  21. Riemann BL, Lephart SM. The Sensorimotor System , Part I: The Stability. 2002;37(1):71–9.
  22. Riemann BL, Lephart SM. The Sensorimotor System , Part II: The Role. 2002;37(1):80–4.
  23. Robillard R, Prince F, Boissonneault M, Filipini D, Carrier J. Effects of increased homeostatic sleep pressure on postural control and their modulation by attentional resources. *Clin Neurophysiol.* 2011;122(9):1771–8.
  24. Kejonen P, Kauranen K, Vanharanta H. The Relationship Between Anthropometric Factors and Body-Balancing Movements in Postural Balance. 2003;17–22.
  25. Lahtinen U, Rintala P, Malin A. Physical performance of individuals with intellectual disability: A 30-year follow-up. *Adapt Phys Act [Internet].* 2007;24(2):125. Available from: <https://www.researchgate.net/profile/PaulRintala/publication/5927942-Physical-performance-of-individuals-with-intellectual-disability-a-30-year-follow-up/links/5469fe2d0cf2f5eb180770cd.pdf>
  26. Physiology S. Normal Sleep , Sleep Physiology , and Sleep Deprivation : General Principles. 2006;4–7.
  27. Alhola P, Polo-Kantola P. Sleep deprivation: Impact on cognitive performance. *Neuropsychiatr Dis Treat.* 2007;3(5):553–67.
  28. M Suzanne Stevens, MD, MS D-A. Normal Sleep, Sleep Physiology, and Sleep Deprivation. *Medscape.* 2015;
  29. People H. Sleep Deprivation in Adolescents and Young Adults. 2011;1–3.
  30. Rhythm C. highlighted topics. 2002;852–62.
  31. Duncan DT, Goedel WC, Mayer KH, Safren SA, Palamar JJ, Hagen D, et al. Poor sleep health and its association with mental health, substance use, and condomless anal intercourse among gay, bisexual, and other men who have sex with men. *Sleep Heal [Internet].* 2016;2(4):316–21. Available from: <http://dx.doi.org/10.1016/j.sleh.2016.07.003>
  32. Lu J, Ph D, Greco MA, Ph D. Sleep Circuitry and the Hypnotic Mechanism of GABA A Drugs. (LC).
  33. Arroyo-novoa CM, Lee KA. Sleep and delirium in ICU patients : a review of mechanisms and manifestations. 2009;781–95.
  34. Dijk D, Archer SN. Light , Sleep , and Circadian Rhythms : Together Again. 2009;7(6):7–10.
  35. Reid KJ, Baron KG, Lu B, Naylor E. in older adults with insomnia. 2011;11(9):934–40.
  36. Å AM. Environmental noise , sleep and health. 2007;135–42.
  37. Cauter E Van, Leproult R, Plat L. Age-Related Changes in Slow Wave Sleep and REM Sleep and Relationship With Growth Hormone and Cortisol Levels in Healthy Men. 2000;284(7).
  38. Knutsson A, Westerholm P, Theorell T, Alfredsson L, Kecklund G. Sleep disturbances , work stress and work hours A cross-sectional study.

- 2002;53:741–8.
39. Dickerson SS, Klingman KJ, Jungquist CR. Common meanings of good and bad sleep in a healthy population sample. *Sleep Heal* [Internet]. 2016;2(3):253–9. Available from: <http://dx.doi.org/10.1016/j.sleh.2016.06.004>
  40. Hershner SD, Chervin RD. Causes and consequences of sleepiness among college students. *Nat Sci Sleep*. 2014;6:73–84.
  41. Orzeł-Gryglewska J. Consequences of sleep deprivation. *Int J Occup Med Environ Health*. 2010;23(1):95–114.
  42. Saricaoğlu F, Akinci SB, Gözaçan A, Güner B, Rezakı M. The Effect of Day and Night Shift Working on the Attention and Anxiety Levels of Anesthesia Residents. 2005;16(2):1–6.
  43. Aguiar SA, Barela JA. Sleep deprivation affects sensorimotor coupling in postural control of young adults. *Neurosci Lett* [Internet]. 2014;574:47–52. Available from: <http://dx.doi.org/10.1016/j.neulet.2014.05.028>
  44. Gomez S, Patel M, Berg S, Magnusson M, Johansson R, Fransson PA. Effects of proprioceptive vibratory stimulation on body movement at 24 and 36 h of sleep deprivation. *Clin Neurophysiol*. 2008;119(3):617–25.

