

## DAFTAR PUSTAKA

1. Sadock B, Sadock V, Ruiz P. Synopsis of Psychiatry. 11<sup>th</sup> ed. Philadelphia: Lippincott Williams & Wilkins; 2015. p.512-521.
2. Kemenkes. PERMENKES No. 5 Tahun 2014 Tentang Panduan Praktik Klinis Bagi Dokter di Fasilitas Pelayanan Kesehatan Primer. 2014. p.275-7.
3. Chawla, J. Insomnia. 2018. [Cited: 18th April 2018]. Available at: <https://emedicine.medscape.com/article/1187829-overview>.
4. MIMS. Diazepam. 2018. [Cited: 20th April 2018]. Available at: <https://www.mims.com/indonesia/drug/info/diazepam?mtype=generic>.
5. Koulivand P H, Ghadiri M K, Gorji A. Lavender and the Nervous System. Evidence-Based Complementary and Alternative Medicine. 2013; 681304:1-6.
6. Hall J E. Guyton dan Hall Buku Ajar Fisiologi Kedokteran. 12<sup>th</sup> ed. Jakarta: Elsevier; 2014. p.711-723.
7. Sherwood L. Fisiologi manusia: dari sel ke sistem. 8<sup>th</sup> ed. Jakarta: EGC; 2014. p.152-182.
8. Tortora G J, Derrickson B. Principles of Anatomy & Physiology. 13<sup>th</sup> ed. United States of America: John Wiley & Sons, Inc; 2012. p.527-555.
9. López V, Nielsen B, Solas M, Ramírez M J, Jäger A K. Exploring Pharmacological Mechanisms of Lavender ( *Lavandula angustifolia* ) Essential Oil on Central Nervous System Targets. Front Pharmacol. 2017; 280(8):1-7.
10. Aoshima H, Hamamoto K. Potentiation Of GABAA Receptors Expressed in *Xenopus* Oocytes by Perfume And Phytoncid. Biosci Biotech Bioch. 1999; 63(4):643-748.
11. Jacob L S. NMS ( National Medical Series for Independent Study). 4<sup>th</sup> ed. United States of America. Williams & Wilkins; 1996. p.143-5.
12. Moore K L, II A F D, Agur A M R. Clinically Oriented Anatomy. 7<sup>th</sup> ed. Philadelphia: Lippincott Williams & Wilkins; 2014. p.878-880.
13. Sadock B, Sadock V. Kaplan dan Sadock Buku Ajar Psikiatri Klinis. 2th ed. Jakarta: EGC; 2010. p.337-351.
14. Sadock B, Sadock V, Ruiz P. Comprehensive Textbook of Psychiatry. 10<sup>th</sup> ed. Philadelphia: Lippincott Williams & Wilkins; 2017. p.5329-537.
15. Smith M T, Wegener S T. Measures of Sleep: The Insomnia Severity Index, Medical Outcomes Study (MOS) Sleep Scale, Pittsburgh Sleep Diary (PSD), and Pittsburgh Sleep Quality Index (PSQI). 2003. [Cited: 18th April 2018]. Available at: <https://onlinelibrary.wiley.com/doi/full/10.1002/art.11409>.

16. Aromatherapy (Essential Oils). [Cited: 28th October 2018]. Available at: <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0024879/>.
17. Wikipedia. Lavandula. 2018. [Cited: 28th October 2018]. Available at: <https://en.wikipedia.org/wiki/Lavandula>.
18. Lavandula angustifolia. [Cited: 28th October 2018]. Available at: [https://www.itis.gov/servlet/SingleRpt/SingleRpt?search\\_topic=TSN&search\\_value=503344#null](https://www.itis.gov/servlet/SingleRpt/SingleRpt?search_topic=TSN&search_value=503344#null).
19. Health W K. Lavender. 2018. [Cited: 28th October 2018]. Available at: <https://www.drugs.com/npp/lavender.html#ref47>.
20. Sigma-Aldrich. Lavender (Lavandula angustifolia). [Cited: 28th October 2018]. Available at: <https://www.sigmaaldrich.com/life-science/nutrition-research/learning-center/plant-profiler/lavandula-angustifolia.html>.
21. Alim I Z. Uji Validitas dan Reliabilitas Instrumen Pittsburgh Sleep Quality Index Versi Bahasa Indonesia. Jakarta: Fakultas Kedokteran Indonesia; 2015.
22. Laura D de, Misrawati, Woferst R. Efektifitas Aromaterapi Lavender Terhadap Kualitas Tidur Ibu Postpartum. JOM. 2015; 2(2):1024-9.
23. Kurnia A D, Wardhani V, Rusca K T. Aromaterapi Bunga Lavender Memperbaiki Kualitas Tidur pada Lansia. Jurnal Kedokteran Brawijaya. 2009; 2(XXV):83-5.