

DAFTAR PUSTAKA

1. Becker, NB. et al. Sleep quality and stress : a literature review. *Adv. Res. Heal. Educ. Soc. Sci. Towar. a better Pract.* 2015; 53–61.
2. Purwanto, S. Mengatasi insomnia dengan terapi relaksasi. *J. Kesehatan.* 2008;1: 141–148.
3. Sherwood, L. *Fisiologi Manusia dari Sel ke Sistem.* Jakarta: EGC; 2014
4. Perry, P. &. buku ajar fundamental keperawatan. *The Journal of adolescent health : official publication of the Society for Adolescent Medicine* 39, 2005.
5. Harvey AG, Stinson K, Whitaker KL, Moskovitz D, Virk H. *The Subjective Meaning of Sleep Quality: A Comparison of Individuals with and without Insomnia.* 2008.
6. Almojali, A. I., Almalki, S. A., Alothman, A. S., Masuadi, E. M. & Alaqeel, M. K. The prevalence and association of stress with sleep quality among medical students. *J. Epidemiol. Glob. Health* 7, 2017; 169–174.
7. Ayala, E. El, Berry, R., Winseman, J. S. & Mason, H. R. A Cross-Sectional Snapshot of Sleep Quality and Quantity Among US Medical Students. 41, 664–668
8. James BO, Omoaregba JO. Prevalence and correlates of poor sleep quality among medical students at a Nigerian university. 2011; 1–5.
9. Mesquita G, R. R. Stress and sleep quality in high school brazilian adolescents. *An Acad Bras Cienc.* 2010; 545–51.
10. Ahrberga KM., Dreslera S, A, N., L, S. & Genzel. The interaction between sleep quality and academic performance. 2012; 1618–1622.
11. Guyton AC and Hall Buku Ajar Fisiologi Kedokteran. Indonesia: Elsevier; 2011
12. Abdulghani, H. M., Alkanhal, A. A., Mahmoud, E. S., Ponnampuruma, G. G. & Alfari, E. A. Stress and Its Effects on Medical Students : A Cross-sectional Study at a College of Medicine in Saudi Arabia. 2011; 29, 516–522.
13. Navas P, syah. Stress among Medical Students. *Kerala Medical Journal* 2012.

14. Heinen, I., Bullinger, M. & Kocalevent, R. D. Perceived stress in first year medical students - associations with personal resources and emotional distress. *BMC Med. Educ.* 2017; 17, 1–14.
15. Corrêa, C. de C., Oliveira, F. K. de, Pizzamiglio, D. S., Ortolan, E. V. P. & Weber, S. A. T. Sleep quality in medical students: a comparison across the various phases of the medical course. *J. Bras. Pneumol.* 2017; 43, 285–289.
16. Hypothalamus. [Cited 2019 September 18] Available at: neuroanatomy.wisc.edu.
17. Crosman A, Neary, D. *Neuroanatomy Buku Ajar Ilustrasi Berwarna*. 2016.
18. Understanding the stress response. [Cited 2019 Agustus 27]
19. Malau, R. 2017. *Gambaran Sleep Hygiene Lansia di Panti Wreda Elim dan Wisma Harapan Asri, Semarang*. [Cited 2019 September 17]. Available from <http://eprints.undip.ac.id/55072>
20. Ratajczak AA, Kupsz J. Circadian Rhythms of Melatonin and Cortisol in Manifest Huntington's Disease and in Acute Cortical Ischemic Stroke. *J. Physiol. Pharmacol.* 2017; 539–546.
21. Klein, D. C. The Pineal Gland and Melatonin. in *Endocrinology: Adult and Pediatric* 312–322
22. Erlich, S. S. & Appuzo, M. The pineal gland: anatomy, physiology, and clinical significance. *Neurosurgery* 63, 321–341 (1985).
23. Nava Zisapel, P. . New perspectives on the role of melatonin in human sleep, circadian rhythms and their regulation. *Br. J. Pharmacol.* 175(16), 3190–3199 (2018).
24. Carley, D. & Farabi, S. *Physiology of Sleep*. 2016; 29(1): 5-9.
25. [www.neuroanatomy.wisc.edu/coursebook/neuro10\(2\).pdf](http://www.neuroanatomy.wisc.edu/coursebook/neuro10(2).pdf). [Cited 2019 Juni 26] Available at: [http://www.neuroanatomy.wisc.edu/coursebook/neuro10\(2\).pdf](http://www.neuroanatomy.wisc.edu/coursebook/neuro10(2).pdf).
26. Chokroverty S. Overview of sleep & sleep disorders. *Med. J.* 126–140
27. Marlina. *Jurnal Ilmu Kesehatan dan Kebidanan: Faktor-faktor yang Mempengaruhi Tidur Pada Lanjut Usia Di Desa Meunasah Balek Kecamatan*

Meureudeu Kabupaten Pidie Jaya.

28. Putri SD. Hubungan Tingkat Stres pada Mahasiswa Semester VII di Fakultas Kedokteran Universitas Sumatera Utara Tahun 2016. (Universitas Sumatera Utara, 2016). [Cited 2018 Oktober 12]. Available from <http://repository.usu.ac.id/handle/123456789/66997>
29. Hannah G, et all. Sleep Patterns and Predictors of Disturbed Sleep in a Large Population of College Students. *J. Adolesc. Heal.* 2010; 124–132.
30. Rafknowledge. *Insomnia & Gangguan Tidur Lainnya*. PT Elex Media Komputindo. 2004
31. Telzer EH, Fuligni A J, Lieberman MD, Galván, A. The Effects of Poor Quality Sleep on Brain Function and Risk Taking in Adolescence. *Neuroimage*. 2013; 275–283.
32. McKenna JT, McCarley RW. Function and Mechanisms of Sleep. *Neuroscience*. 2017; 67–104.
33. Shawna FP. 3 Types of Stress and Health Hazards. [Cited 2019 Agustus 4] Available at: <https://spacioustherapy.com/3-types-stress-health-hazards/>.
34. Global Organization for Stress.[Cited 2019 Juni 2019]] Available at: www.gostress.com.
35. American Psychological Association. Stress: The Different Kind of Stress. [Cited 2019 Juni 24] Available at: apa.org.
36. Overview of the DASS and its uses. [Cited 2019 Juni 26] Available at: <http://www2.psy.unsw.edu.au/dass/over.htm>.
37. A. I. Kozlov & Kozlova, M. A. Cortisol As a Marker of Stress. 2014; (40) 224–236.
38. Subiabre AD, Orellana JA, Fontaine CC, et all. Chronic Stress Decreases The Expression of Sympathetic Markers in The Pineal Gland and Increases Plasma Melatonin Concentration in Rats. *Neurochemistry*. 2006; 1279–1287.
39. Macchi MM, B. J. Human pineal physiology and functional significance of melatonin. *Front Neuroendocr*. 2004; 25(3-4), 177–95

40. Kholidah EN. Berpikir Positif untuk Menurunkan Stres Psikologis. Psikologi (39) 67–75
41. Brick, C., Seely, D. & Palermo, T. Association Between Sleep Hygiene and Sleep Quality in Medical Students.2010; 113–121.

