

DAFTAR PUSTAKA

1. Crivello A, Barsocchi P, Girolami M, Palumbo F. The Meaning of Sleep Quality: A Survey of Available Technologies. *IEEE Access*. 2019;4(1):1–17.
2. Nelson KL, Davis JE, Corbett CF. Sleep quality: An evolutionary concept analysis. *Nurs Forum*. 2022;57(1):144–51.
3. Anggraini D, Marfuah D, Puspasari S. Kualitas Tidur Pasien Kanker Payudara Yang Menjalani Kemoterapi. *J Ilmu Kesehatan Keperawatan*. 2020;16(2):91.
4. Gunawan MR. Faktor-faktor Yang Berhubungan Dengan Gangguan Pola Tidur Pada RSUD Dr . H . Abdul Moelok Provinsi Lampung. *J Kesehatan Holistik (The J Holist Heal*. 2016;10(4):1–4.
5. Pius ES, Herlina S. Faktor-Faktor Yang Berhubungan Dengan Kualitas Tidur Pada Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisis Di Rumah Sakit Tarakan Jakarta. *J Keperawatan Widya Gantari Indones*. 2019;3(1).
6. Reza RR, Berawi K, Karima N, Budiarto A. Fungsi Tidur dalam Manajemen Kesehatan. *Major |*. 2019;8(2):247–53.
7. Wesselius HM, Van Den Ende ES, Alsma J, Ter Maaten JC, Schuit SCE, Stassen PM, et al. Quality and quantity of sleep and factors associated with sleep disturbance in hospitalized patients. *JAMA Intern Med*. 2018 Sep 1;178(9):1165–71.
8. Cilingir D, Hintistan S, Ergene O. Factors affecting the sleep status of surgical

and medical patients at a University Hospital of Turkey. *J Pak Med Assoc.* 2016;66(12):1535–40.

9. Swann MC, Batty M, Hu G, Mitchell T, Box H, Starr A. Sleep disturbance in orthopaedic trauma patients. *J Orthop Trauma.* 2018;32(10):500–4.

10. Cheatle MD, Foster S, Pinkett A, Lesneski M, Qu D, Dhingra L. Assessing and Managing Sleep Disturbance in Patients with Chronic Pain. *Anesthesiol Clin.* 2016;34(2):379–93.

11. Ambarwati R. Tidur, Irama Sirkadian Dan Metabolisme Tubuh. *J Keperawatan.* 2017;10(1):42–6.

12. Dubose JR, Hadi K. Improving inpatient environments to support patient sleep. *Int J Qual Heal Care.* 2016;28(5):540–53.

13. Abdu Rahim Kamil ES. Symptoms Burden Dan Kualitas Tidur Pada Pasien Hemodialysis. *Indones J Nurs Sci Pract.* 2018;1(1):27–37.

14. Mouch CA, Baskin AS, Yearling R, Miller J, Dossett LA. Sleep Patterns and Quality Among Inpatients Recovering From Elective Surgery: A Mixed-Method Study. *J Surg Res.* 2020;254:268–74. <https://doi.org/10.1016/j.jss.2020.04.032>

15. Alfi WN, Yuliwar R. Hubungan Kualitas Tidur Dengan Tekanan Darah Pasien Hipertensi. *J Berk Epidemiol.* 2018;6(1):18.

16. Empitu MA, Kadariswantiningsih IN, Thaha M, Nugroho CW, Cahyaning Putri EA, El Hakim Z, et al. Determiner of poor sleep quality in chronic kidney disease patients links to elevated diastolic blood pressure, hs-CRP, and blood-count-based

- inflammatory predictors. *Indones Biomed J.* 2019;11(1):100–6.
17. Nurfitriany dkk. *Psikologi Umum*. 1st ed. Oktavianis RMS, editor. Padang: Global Eksekutif Teknologi; 2022. 1–155 p.
18. Sutanto AV, Fitriana Y. *Kebutuhan Dasar Manusia Teori dan Aplikasi dalam Praktik Keperawatan Profesional*. 1st ed. PUSTAKA BARU PERS; 2020. 1–314 p.
19. Hidayat Alimul A, Uliyah M. *Pengantar Kebutuhan Dasar Manusia*. 2nd ed. Jakarta Selatan: Salemba Medika; 2019. 1–144 p.
20. Nevid S J. *Tentang Kesadaran: Konsep dan Aplikasi Psikologi*. 1st ed. Yogyakarta: Nusa Media; 2021. 1–80 p.
21. Kohyama J. Which is more important for health: Sleep quantity or sleep quality?. *J Children.* 2021;8(7).
22. Ohayon M, Wickwire EM, Hirshkowitz M, Albert SM, Avidan A, Daly FJ, et al. National Sleep Foundation’s sleep quality recommendations: first report. *Sleep Heal.* 2017;3(1):6–19. <http://dx.doi.org/10.1016/j.sleh.2016.11.006>
23. Okun ML, Mancuso RA, Hobel CJ, Schetter CD, Coussons-Read M. Poor sleep quality increases symptoms of depression and anxiety in postpartum women. *J Behav Med.* 2018;41(5):703–10. <https://doi.org/10.1007/s10865-018-9950-7>
24. Alifiyanti D, Hermayanti Y, Setyorini D. Kualitas Tidur Pasien Kanker Payudara Berdasarkan Terapi yang Diberikan di RSUP DR. Hasan Sadikin Bandung. *J Pendidik Keperawatan Indones.* 2017;3(1):115–25.
25. Alim IZ. Uji Validitas Dan Reliabilitas Instrumen Pittsburgh Sleep Quality

Index Versi Bahasa Indonesia. Thesis. Jakarta: Universitas Indonesia; 2015. 1–135 p.

26. Wardiyana W. Pemberian Aromaterapi Lavender Sbgai Intervensi. *J Clinical Medicine*. 2022;9(2):222–35.

27. Chaput JP, Dutil C, Sampasa-Kanyinga H. Sleeping hours: What is the ideal number and how does age impact this? *Nat Sci Sleep*. 2018;10:421–30.

28. David L. Reed WPS. Measuring sleep efficiency: what should the denominator be? *J Clin Sleep Med*. 2016;12(2):263–6.

29. Purwanto AJ, Nurrachmah E, Nova PA, Basuki S. Intervensi Keperawatan “Peningkatan Tidur“ pada Pasien Gagal Jantung dengan Gangguan Tidur: Laporan Kasus. *J Keperawatan Silampari*. 2022 Apr 17;5(2):935–42. <https://journal.ipm2kpe.or.id/index.php/JKS/article/view/3469>

30. Rebecca C. Cox BOO. A systematic review of sleep disturbance in anxiety and related disorders. *J Anxiety Disord*. 2016;37(1):104–29.

31. Sudijanto DA, Arofiati F. Terapi Slow Stroke Back Massage terhadap Peningkatan Kualitas Tidur Pasien Chronic Kidney Disease (CKD) yang Menjalani Hemodialisis. *J Keperawatan Silampari*. 2022 Jun 30;5(2):1219–29. <https://journal.ipm2kpe.or.id/index.php/JKS/article/view/3451>

32. Seockhoon Chung, Soyoung Youn, Kikyung Yi, Boram Park SL. Sleeping pill administration time and patient subjective satisfaction. *J Clin Sleep Med*. 2016;12(1):57–62.

33. Lin CH, Hsu NW, Chen HC, Chou P. The Concomitant Pattern of Association Between Subjective Global Sleep Quality and Daytime Dysfunction in Hypnotic-Treated Older Adults: The Yilan Study, Taiwan. *National Sci Sleep*. 2022;14(April):567–79.
34. Fabbri M, Beracci A, Martoni M, Meneo D, Tonetti L, Natale V. Measuring subjective sleep quality: A review. *Int J Environ Res Public Health*. 2021;18(3):1–57.
35. Stewart NH, Arora VM. Sleep in Hospitalized Older Adults. *Sleep Med Clin*. 2022;17(2):223–32. <https://doi.org/10.1016/j.jsmc.2022.02.002>
36. Hurai, M.Y.; Safitri KH. A. Kolerasi antara faktor-faktor yang berhubungan dengan kualitas tidur pada penderita kanker di Rumah Singgah Kanker. *J Keperawatan Wiyata*. 2020;1(1).
37. Chattu VK, Manzar MD, Kumary S, Burman D, Spence DW, Pandi-Perumal SR. The global problem of insufficient sleep and its serious public health implications. *Healthc*. 2019;7(1):1–16.
38. Malhotra P. Sleep, its Attributes, Deprivation & Hygiene: A Recapitulation. *Natl J Community Med*. 2019;10(12):678–83.
39. Apriliani KM, Soetjipto D. Sleep Disorders in Late-Life Depression. *J Psikiatri Surabaya*. 2020;9(1):1.
40. Holka-pokorska J, Wichniak A. Sleep Disorders. *Psychiatry Sex Med*. 2021;1(1):291–307.

41. Cho J wook, Duffy FJ. Sleep, sleep disorders, and sexual dysfunction. *World J Men?s Heal.* 2019;37(3):261–75.
42. Paudel ML, Taylor BC, Vo TN, Kats AM, Schousboe JT, Lui LY, et al. Sleep disturbances and risk of hospitalization and inpatient days among older women. *Sleep.* 2017;20(10):1–8.
43. Namora Lumongga Lubis. *Depresi Tinjauan Psikologi.* 2nd ed. Jeffry, editor. Jakarta: Kencana; 2016. 210 p.
https://www.google.co.id/books/edition/Depresi_Tinjauan_Psikologis/p_pDDwAAQBAJ?hl=id&gbpv=1&dq=depresi&printsec=frontcover
44. Inggriane Puspita Dewi. Kualitas Tidur Pasien Gagal Jantung Dan Penanganannya. *J Keperawatan Komprehensif.* 2017;3(1):18–24.
45. Filzah Az-zahrah Putri A, I Putu Sudayasa NE. Hubungan Tingkat Kecemasan dengan Kualitas Tidur pada Pasien Gangguan Cemas (Ansietas). *Jurnah Ilm Obs.* 2021;13(4):145–52. <https://stikes-nhm.e-journal.id/OBJ/index%0AArticle>
46. Aulia Rahman AKP. Hubungan Kecemasan dengan Gangguan Tidur pada Pasien yang akan Menjalani Operasi. *J Ilmu Keperawatan Indones.* 2020;1(1):1–11. <http://jurnal.umitra.ac.id/index.php/jikpi/article/view/190/94>
47. Bashir A. Hubungan Nyeri dan Kecemasan dengan Pola Istirahat Tidur Pasien Post Operasi di Ruang Bedah Rumah Sakit Umum Tengku Chik Ditiro Sigli. *Serambi Saintia J Sains dan Apl.* 2020;8(1):15–22.
48. Manzar MD, BaHammam AS, Hameed UA, Spence DW, Pandi-Perumal SR,

Moscovitch A, et al. Dimensionality of the Pittsburgh Sleep Quality Index: A systematic review. *Health Qual Life Outcomes*. 2018;16(1):9–11.

49. Hillman DR. Sleep Loss in the Hospitalized Patient and Its Influence on Recovery from Illness and Operation. *Anesth Analg*. 2021;132(5):1314–20.

50. Liu H, Chen A. Roles of sleep deprivation in cardiovascular dysfunctions. *Life Sci*. 2019;219(253):231–7. <https://doi.org/10.1016/j.lfs.2019.01.006>

51. P Minsun, P Nemeth LH. Sleep is essential to health: An American Academy of Sleep Medicine position statement. *J Clin Sleep Med*. 2021;17(10):2115–9.

52. Palmer K, Mitolo M, Burgio F, Meneghello F, Venneri A. Sleep disturbance in mild cognitive impairment and association with cognitive functioning. A case-control study. *Front Aging Neurosci*. 2018;10(November):1–8.

53. Cassidy-Eagle EL, Siebern A. Sleep and mild cognitive impairment. *Sleep Sci Pract*. 2017;1(15):1–5.

54. Matsuda R, Kohno T, Kohsaka S, Shiraishi Y, Katsumata Y, Hayashida K, et al. Psychological disturbances and their association with sleep disturbances in patients admitted for cardiovascular diseases. *PLoS One*. 2021;16(1):1–11. <http://dx.doi.org/10.1371/journal.pone.0244484>

55. Kim CE, Shin S, Lee HW, Lim J, Lee JK, Shin A, et al. Association between sleep duration and metabolic syndrome: A cross-sectional study. *BMC Public Health*. 2018;18(1):1–8.

56. Wei Z, Chen Y, Upender RP. Sleep Disturbance and Metabolic Dysfunction:

The Roles of Adipokines. *Int J Mol Sci.* 2022;23(3):1–13.

57. Tri Wahyuni, Nelwati R. Karakteristik Kualitas Tidur Pasien Esrd Yang Menjalani Hemodialisis. *J Keperawatan Silampari.* 2022;6(1):629–34.

58. Wahid Nur Alfi RY. Hubungan Kualitas Tidur Dengan Tekanan Darah Pasien Hipertensi Di Puskesmas Mojolangu Kota Malang. *J Berk Epidemiol.* 2018;6(1):25–36.

59. Cheraghi F, Shamsaei F, Fayyazi A, Molaeei yeganeh F RG. Comparison of the Quality of Sleep and Intensity of Headache between Migraine, Tension Headache, and Healthy Children. *Iran J Child Neurol.* 2018;12(4):45–54.

60. Liu XK, Xiao SY, Zhou L, Hu M, Zhou W, Liu HM. Sleep quality and covariates as predictors of pain intensity among the general population in rural China. *J Pain Res.* 2018;11(1):857–66.

61. Whibley D, Alkandari N, Kristensen K, Barnish M, Rzewuska M, Druce KL, et al. Sleep and Pain: A Systematic Review of Studies of Mediation. *Clin J Pain.* 2019;35(6):544–58.

62. Lin LY, Hung TC, Lai YH. Pain control and related factors in hospitalized patients. *Medicine (Baltimore).* 2021;100(30):e26768.

63. Waladani B, Setianingsih E, Sofiana J. Factors Affecting the Sleep Quality of Patients in the Intensive Care Unit. *Babali Nurs Res.* 2022 Nov 30;3(3):333–43. <https://babalinursingresearch.com/index.php/BNR/article/view/194>

64. Saputra O, Rohmah W. Gangguan Tidur Akibat Kebisingan Lingkungan Malam

Hari dan Pengaruhnya Terhadap Kesehatan Nocturnal Environment Noise Induced Sleep Disturbance and Its Effect on Health. *Majority*. 2016;5(3):183–7.

65. Van den Ende ES, Burger P, Keesenberg M, Merten H, Gemke RJJ, Nanayakkara PWB. Patient-nurse agreement on inpatient sleep and sleep disturbing factors. *Sleep Med X*. 2022;4(1). <https://doi.org/10.1016/j.sleepx.2022.100047>

66. Matsuda R, Kohno T, Kohsaka S, Fukuoka R, Maekawa Y, Sano M, et al. The prevalence of poor sleep quality and its association with depression and anxiety scores in patients admitted for cardiovascular disease: A cross-sectional designed study. *Int J Cardiol*. 2017;228:977–82. <http://dx.doi.org/10.1016/j.ijcard.2016.11.091>

67. Cai L, Wei L, Yao J, Qin Y, You Y, Xu L, et al. Impact of depression on the quality of sleep and immune functions in patients with coronary artery disease. *Gen Psychiatry*. 2022;35(6):1–7.

68. Kemenkes RI. Laporan Riskesdas 2018 Kementerian Kesehatan Republik Indonesia. Vol. 53, Laporan Nasional Riskesdas 2018. 2018. p. 154–65. [http://www.yankes.kemkes.go.id/assets/downloads/PMK No. 57 Tahun 2013 tentang PTRM.pdf](http://www.yankes.kemkes.go.id/assets/downloads/PMK_No_57_Tahun_2013_tentang_PTRM.pdf)

69. Bingga IA. Kaitan Kualitas Tidur Dengan Diabetes Melitus Tipe 2. *Med Hutama*. 2021;2(4):1047–52. <https://jurnalmedikahutama.com/index.php/JMH/article/view/214>

70. Hasanah U, Permatasari A, Karota E. Hubungan keluhan pernapasan dan faktor psikologis dengan kualitas tidur pasien penyakit paru. *J Ners Indones*.

2016;6(1):45–50.

71. Nugroho EGZ, Nugroho HA, Abdurrahman A, Faisal TI, Afdhal A, Rochana N. Faktor Lingkungan Yang Berkorelasi Dengan Kualitas Tidur Pasien Kritis Di Ruang Perawatan Intensif (Intensive Care Unit/Icu). *J Ilmu Keperawatan Med Bedah*. 2022;5(1):72–81.

72. Nurlitasari NO, Hudiyawati D, Kesehatan I, Surakarta UM. Pengaruh Paparan Cahaya Terang Terhadap Kondisi Fisiologis Pasien Yang Dirawat Di Ruang Icu. *J Ilmu Keperawatan Med Bedah*. 2021;4(1):42–53.

73. Jolfaei, Atefeh Ghanbari, Helia Karim, Razieh Salehian FK. Sleep disturbance in hospitalized medical patients: A review article. *Arch Venez Farmacol y Ter*. 2021;40(8):828–38.

74. Setyawan AB. Hubungan Tingkat Kecemasan Dengan Kualitas Tidur. *Ilm Sehat Bebaya*. 2017;1(2):110–6.

75. Syahza A. *Buku Metodologi Penelitian*, Edisi Revisi Tahun 2021. 2nd ed. Pekanbaru: UR Press; 2021. 1–101 p.

76. Hardani, Nur Hikmatul Auliya HA, Roushandy Asri Fardani, Jumari Ustiawaty, Evi Fatmi Utami, Sukmana DJ. *Buku Metode Penelitian Kualitatif & Kuantitatif*. 1st ed. Abadi H, editor. Vol. Vol. 1, *Jurnal Multidisiplin Madani (MUDIMA)*. Yogyakarta Telp/Faks: Pustaka Ilmu; 2020. 245 p.

77. Imas Masturoh NAT. *Metodologi Penelitian Kesehatan*. 1st ed. Priyati RY, editor. Kementerian Kesehatan RI. 2018. 307 p.

78. Afandi MR, Marpaung FR. Hubungan Antara Rasio Apoprotein B/Apoprotein A-I Dengan Nilai Homa-Ir (Homeostatic Model Assessment- Insulin Resistance) Pada Penderita Diabetes Melitus Tipe 2. *J Vocat Heal Stud.* 2019;3(2):78.
79. Kementerian Kesehatan RI. Pedoman Dan Standar Etik. 1st ed. Jakarta: Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan (LPB); 2021. 1–142 p.
80. Horsley-Silva JL, Umar SB, Vela MF, Griffing WL, Parish JM, Dibaise JK, et al. The impact of gastroesophageal reflux disease symptoms in scleroderma: Effects on sleep quality. *Dis Esophagus.* 2019;32(5):1–6.
81. Andri J, Panzilion P, Sutrisno T. Hubungan antara Nyeri Fraktur dengan Kualitas Tidur Pasien yang di Rawat Inap. *J Kesmas Asclepius.* 2019;1(1):55–64.
82. Stewart NH, Walters RW, Mokhlesi B, Lauderdale DS, Arora VM. Sleep in hospitalized patients with chronic obstructive pulmonary disease: an observational study. *J Clin Sleep Med.* 2020;16(10):1693–9.