

DAFTAR PUSTAKA

1. Mujiadi, Rachmah S. Buku Ajar Keperawatan. CV Jejak, anggota IKAPI. 2021.
2. Qasim M. Keperawatan Gerontik. Aceh: Yayasan Penerbit Muhammad Zaini; 2021.
3. Kholifah SN. Keperawatan Gerontik. Pertama. Kemenkes RI. Jakarta; 2016.
4. BPS. Statistik Penduduk Lanjut Usia 2021. Badan Pusat Statistik. Badan Pusat Statistik; 2021.
5. BPS. Profil lansia Jawa Tengah 2021. Badan Pusat Statistik; 2021. 1–67 p.
6. Nasrullah D. Buku Ajar Keperawatan Gerontik Edisi 1. 2016;283. Available from: <http://bppsdmk.kemkes.go.id/pusdiksdmk/wp-content/uploads/2017/08/Keperawatan-Gerontik-Komprehensif.pdf>
7. Scullin MK, Bliwise DL. Sleep, Cognition, and Normal Aging: Integrating a Half Century of Multidisciplinary Research. *Perspect Psychol Sci.* 2015;10(1):97–137.
8. Patel D, Steinberg J, Patel P. Insomnia in the elderly. *J Clin Sleep Med.* 2018;14(6):1017–24.
9. Brewster G, Riegel B, Gehrman PR. Insomnia in the older adult with cancer. *J Geriatr Oncol.* 2018;13(1):S14.
10. Richter, Kneginja, Kellner, Stefanie, Milosheva, Lenche, FRONHOFEN, Helmut. Treatment of insomnia in elderly patients. *J Reatt Ther Dev Divers.* 2020;2(2):129–38.
11. Suzuki K, Miyamoto M, Hirata K. Sleep disorders in the elderly: Diagnosis and management. *J Gen Fam Med.* 2017;18(2):61–71.
12. Reddy Mukku S, Harbishettar V, Sivakumar P. Insomnia in elderly: A neglected epidemic. *J Geriatr Ment Heal.* 2018;5(2):84.
13. Gambhir IS, Chakrabarti SS, Sharma AR, Saran DP. Insomnia in the elderly - A hospital-based study from North India. *J Clin Gerontol Geriatr.* 2014;5(4):117–21.
14. Bollu PC, Kaur H. Sleep Medicine: Insomnia and Sleep. *Mo Med.* 2019;116(1):68–75.
15. Pemayun TIA, Diniari NKS, Wahyuni AAS, Lesmana CBJ. Perbedaan

tingkat insomnia lansia yang tinggal di panti sosial tresna werdha dengan lansia yang tinggal dengan keluarga 1. 2022;11(12):27–31.

16. Rarasta M, Ar D, Nita S. Prevalensi Insomnia pada Usia Lanjut Warga Panti Werdha Dharma Bakti dan Tresna Werdha Teratai Palembang. *J Biomedik Indones*. 2018;4(2):1–7.
17. Rianjani E, Nugroho HA, Astuti R. Kejadian Insomnia Berdasarkan Karakteristik Dan Tingkat Kecemasan Pada Lansia Di Panti Wredha Pucang Gading Semarang. *J Keperawatan*. 2016;4(2):194–209.
18. Hidayat M. Identifikasi Sleep Hygiene Lansia di Panti Sosial Tresna Werda Budi Luhur Jambi. *J Akad Baiturrahim Jambi*. 2021;10(2):331.
19. Sayekti NP. W, Hendrati LY. Analisis Risiko Depresi, Tingkat Sleep Hygiene dan Penyakit Kronis Dengan Kejadian Insomnia Pada Lansia. *J Berk Epidemiol [Internet]*. 2018;3(2):181–93.
20. Jansson-Fröjmark M, Evander J, Alfnsson S. Are sleep hygiene practices related to the incidence, persistence and remission of insomnia? Findings from a prospective community study. *J Behav Med*. 2019;42(1):128–38.
21. Irish LA, Kline CE, Gunn HE, Buysse DJ, Hall MH. The role of sleep hygiene in promoting public health: A review of empirical evidence. *Sleep Med Rev [Internet]*. 2015;22:23–36. Available from: <http://dx.doi.org/10.1016/j.smrv.2014.10.001>
22. Suastari NMP, Bayu TPN, Aryana IGPS, Kusumawardhani RT. Hubungan antara Sikap Sleep Hygiene dengan Derajat Insomnia pada Lansia di Poliklinik Geriatri RSUP Sanglah. *E-Jurnal Med Udayana [Internet]*. 2014;3(9):1–18.
23. Dhari PW, Silvitasari I. Hubungan antara sleep hygiene dengan tingkat insomnia pada lansia di Kecamatan Jebres Kelurahan Gandekan RW 05 Surakarta. *Nusantara Hasana Journal*. 2022;1(11):22–32.
24. Novita Tyas. Perbedaan Kejadian Insomnia Pada Lansia Yang Tinggal Di Panti Wredha Dengan Yang Tinggal Bersama Keluarga. *Keperawatan*. 2018;43(March):1–9.
25. Nazaruddin, Aros CYP, Purnama, Purnamasar A, Anjarwati N. Faktor-Faktor Yang Berhubungan Dengan Kejadian Quality Of Sleep Pada Lansia Selama Pandemi Covid-19. *Nurs Insid Community Vol*. 2021;Volume 3 N:89–97.
26. Rahmah IZ, Retnaningsih D, Apriana R. Hubungan Sleep Hygiene Dengan Kualitas Tidur Pada Lanjut Usia. *J Ilmu dan Teknol Kesehat*. 2018;9(1).

27. Patarru' F, Situngkir R, Bate I, Akollo JE. Hubungan Perilaku Sleep Hygiene dengan Kualitas Tidur Pada Kelompok Lansia di Panti Tresna Werdha Ambon. *J Keperawatan Florence Nightingale*. 2021;4(2):46–51.
28. Grandner MA. Sleep, Health, and Society. *Sleep Med Clin*. 2017;12(1):1–22.
29. Gooneratne NS, Vitiello M V. Sleep in Older Adults. *Encycl Sleep*. 2014;30(3):654–8.
30. Tatineny P, Shafi F, Gohar A, Bhat A. Sleep in the elderly. *Sci Med*. 2020;117(5):490–5.
31. Fillit HM, Rockwood K, Young J. *Textbook of Geriatric Medicine and Gerontology*. Eighth. Elsevier. Elsevier; 2015.
32. Sunarti S, Helena H. Gangguan Tidur pada Lanjut Usia. *J Islam Med*. 2018;2(1):1.
33. Kim WJ, Joo WT, Baek J, Sohn SY, Namkoong K, Youm Y, et al. Factors associated with insomnia among the elderly in a Korean rural community. *Psychiatry Investig*. 2017;14(4):400–6.
34. Rodriguez JC, Dzierzewski JM, Alessi CA. Sleep Problems in the Elderly. *Physiol Behav*. 2015;99(2):431–9. Available from: file:///C:/Users/Carla Carolina/Desktop/Artigos para acrescentar na qualificação/The impact of birth weight on cardiovascular disease risk in the.pdf
35. Li J, Vitiello M V., Gooneratne NS. Sleep in Normal Aging. *Sleep Med Clin*. 2018;13(1):1–11.
36. Pappas JA, Miner B. Sleep Deficiency in the Elderly. *Clin Chest Med*. 2022;43(2):273–86. Available from: <https://doi.org/10.1016/j.ccm.2022.02.005>
37. Bastien CH, Vallières A, Morin CM. Validation of the insomnia severity index as an outcome measure for insomnia research. *Sleep Med*. 2001;2(4):297–307.
38. Lubis DU, Jaya ES, Arjadi R, Hanum L, Astri K, Putri MDD. Preliminary Study on the Effectiveness of Short Group Cognitive Behavioral Therapy (GCBT) on Indonesian Older Adults. *PLoS One*. 2013;8(2).
39. Amir N. Gangguan Tidur pada Lanjut Usia Diagnosis dan Penatalaksanaan. *Cermin Dunia Kedokt*. 2019;(157):196–206.
40. Mastin DF, Bryson J, Corwyn R. Assessment of sleep hygiene using the sleep hygiene index. *J Behav Med*. 2006;29(3):223–7.

41. Malau R. Gambaran Sleep Hygiene Lansia di Panti Wreda Elim Wisma Harapan Asri, Semarang. Universitas Diponegoro; 2017.
42. Bani S, Hasanpour S, Malakuti J, Abedi P, Ansari S. Sleep hygiene and its related factors among the elderly in Tabriz, Iran. *Int J Women's Heal Reprod Sci.* 2014;2(3):160–7.
43. Abdullah PM. Metode Penelitian Kuantitatif. Aswaja Pressindo. 2015. 331 p.
44. Hardani, Nur Hikmatul Auliyah dkk. Buku Metode Penelitian Kualitatif dan Kualitatif. Repository.Uinsu.Ac.Id. 2020.
45. Irmawartini, Nurhaedah. Metode Penelitian. 1st ed. Kemenkes RI; 2017.
46. Priyono. Metode Penelitian Kuantitatif. Sidoarjo: Zifatma; 2014.
47. Siyoto S, Sodik A. Dasar Metodologi Penelitian. 1st ed. Yogyakarta: Literasi Media Publishing; 2015.
48. Harlan J, Sutjiati R. Buku Metodologi Penelitian Kesehatan. Vol. 44, Metodologi Penelitian Kesehatan. 2018. 232 p.
49. Priadana S, Sunarsi D. Metode Penelitian Kuantitatif. 1st ed. Tangerang: Pascal Books; 2021.
50. Surahman, Rachmat M, Supardi S. Metode Penelitian. 1st ed. Kemenkes RI; 2016.
51. Nuryadi, Astuti TD, Utami ES, Budiantara M. Buku ajar dasar-dasar statistik penelitian. 2017. 170 p.
52. Setyawan DA. Statistika Kesehatan. Pertama. Vol. 5, Tahta Media. Tahta Media; 2022. 248–253 p.
53. Kurniawan AW, Pusputaningtyas Z. Metode Penelitian Kuantitatif. 1st ed. Yogyakarta: Pandiva Buku; 2016. 312 p. Available from: www.rosda.co.id
54. Muhid A. Analisis Statistik Edisi 2. Vol. 53, Journal of Chemical Information and Modeling. 2019. 1–433 p.
55. Masturoh I, Anggita N. Metode Penelitian Kesehatan. 1st ed. Kemenkes RI; 2018.
56. Suprajitno. Pengantar Riset Keperawatan. News.Ge. Jakarta: Kemenkes RI; 2018. <https://news.ge/anakliis-porti-aris-qveynis-momava>.
57. Astaniah S, Rahmayanti D, Setiawan H. Gambaran sleep hygiene lansia di

- panti sosial selatan. Nerspedia. 2019;1(2):1–6.
58. Chehri A, Parsa L. Epidemiology of Sleep Hygiene and Related Factors in Older Adults. *J Kermanshah Univ Med Sci.* 2019;23(2):0–5.
 59. Khazaie H, Chehri A, Sadeghi K, Heydarpour F, Soleimani A, Rezaei Z. Sleep Hygiene Pattern and Behaviors and Related Factors among General Population in West Of Iran. *Glob J Health Sci.* 2018;8(8):114.
 60. Maisharoh R, Purwito M. Faktor-Faktor Yang Mempengaruhi Kejadian Insomnia Pada Lansia Di Wilayah Kerja Puskesmas Patikraja Kabupaten Banyumas. *J Keperawatan Muhammadiyah.* 2020;(September):138–47. Available from: <http://journal.um-surabaya.ac.id/index.php/JKM>
 61. Hattatoğlu DG, Aydin Ş, Yildiz BP. Does smoking impair sleep hygiene? *Arq Neuropsiquiatr.* 2021;79(12):1123–8.
 62. erwani erwani, nofriandi nofriandi. Faktor – Faktor Yang Berhubungan Dengan Insomnia Pada Lansia Di Puskesmas Belimbing Padang. *Jik- J Ilmu Kesehat.* 2017;1(1):123–32.
 63. Utami RJ, Indarwati R, Pradanie R. Analisa Faktor Yang Mempengaruhi Kualitas Tidur Lansia Di Panti. *J Heal Sains.* 2021;2(3):362–80.
 64. Annisa M, Wati DNK. The relationship between sleep hygiene and sleep quality among residents of an elderly care institution in DKI Jakarta. *UI Proc Heal Med.* 2020;4(1):89–97.
 65. Iyer L, Yesodharan R, Nayak AK. Prevalence of insomnia, and sleep hygiene techniques practiced among elderly residing in selected old age homes of udupi and dakshina kannada district, karnataka. *Indian J Public Heal Res Dev.* 2019;10(9):462–7.
 66. Sherman A, Wahyuni AAS. Prevalensi Insomnia Pada Pasien Lansia Poliklinik Geriatri Rsup Sanglah. *E-jurnal Med [Internet].* 2019;3(2):58–66.
 67. Dragioti E, Bernfort L, Larsson B, Gerdle B, Levin L. Association of insomnia severity with well-being, quality of life and health care costs: A cross-sectional study in older adults with chronic pain (PainS65+). *Eur J Pain (United Kingdom).* 2018;22(2):414–25.
 68. Kulakci Altintas H, Korkmaz Aslan G. Incidence of falls among community-dwelling older adults in Turkey and its relationship with pain and insomnia. *Int J Nurs Pract.* 2019;25(5):1–9.
 69. Nguyen V, George T, Brewster GS. Insomnia in Older Adults. *Curr Geriatr Reports.* 2019;8(4):271–90.

70. El-Gilany A-H, Saleh N, Mohamed H, Elsayed E. Prevalence of insomnia and its associated factors among rural elderly: a community based study. *Int J Adv Nurs Stud*. 2017;6(1):56.
71. Khairani N, Studi P, Keperawatan I, Keperawatan F, Syiah U, Banda K, et al. Gambaran insomnia pada lansia di Kota Banda Aceh An Overview of Insimnia Among the Elderly In Banda Aceh City. 2022;VI(1).
72. Isussilaning Setiawati E, Ulfah M, Dewi P, Studi PS, Fakultas Ilmu Universitas Harapan Bangsa Purwokerto K, Raden Patah No J, et al. Gambaran Tingkat Insomnia pada Lanjut Usia di Rojinhome Kabushiki Kaisha Yoichi Yonabaruokinawa Jepang. *Semin Nas Penelit dan Pengabd Kpd Masy*. 2021;881–9.
73. Pokharel B, Sharma B, Acharya A. Insomnia, its Prevalence, Associated Factors and Effects on Old Age: A Cross-Sectional Study. *J Lumbini Med Coll*. 2018;6(2).
74. Adams RJ, Appleton SL, Taylor AW, Gill TK, Lang C, McEvoy RD, et al. Sleep health of Australian adults in 2016: results of the 2016 Sleep Health Foundation national survey. *Sleep Heal* [Internet]. 2017;3(1):35–42. Available from: <http://dx.doi.org/10.1016/j.sleh.2016.11.005>
75. Üzer A, Yücens B. The effect of circadian preferences on insomnia severity and depressive symptoms via sleep hygiene in older adults with depression and healthy controls. *Psychogeriatrics*. 2020;20(6):871–9.