

DAFTAR PUSTAKA

- Aggarwal, A., Aggarwal, A., Goyal, S., & Aggarwal, S., 2020. Iron-deficiency Anemia Among Adolescents: A Global Public Health Concern. *International Journal of Advanced Community Medicine*, 3(2), 35–40. <https://doi.org/10.33545/comed.2020.v3.i2a.148>
- Almatsier, S., 2011. Prinsip Dasar Ilmu Gizi. Gramedia Pustaka Utama.
- Andiani, Y.W.P., 2020. Hubungan Antara Konsumsi Teh Dengan Kadar Hemoglobin Pada Remaja Putri SMA Negeri 1 Banyudono. Universitas Muhammadiyah Surakarta, 7.
- Apriliani, K.M., & Soetjipto, D., 2020. Sleep Disorders in Late-Life Depression. *Jurnal Psikiatri Surabaya*, 9(1), 1.<https://doi.org/10.20473/jps.v9i1.16026>
- Apriyanti, F., 2019. Hubungan Status Gizi dengan Kejadian Anemia pada Remaja Putri SMAN 1 Pangkalan Kebinci Kabupaten Pelalawan Tahun 2019. 3(2), 3–6.
- Ariani, A.P., 2014. Aplikasi Metodologi Penelitian Kebidanan dan Kesehatan Reproduksi. Yogyakarta Nuha Medika.
- Astuti, S., Judistiani, R.T.D., Rahmiati, L., & Susanti, A.I., 2015. Asuhan Kebidanan Nifas & Menyusui (R. Astikawati (ed.)). Erlangga.
- Ayuningtyas, I.N., Tsani, A.F.A., Candra, A., & Dieny, F.F., 2022. Analisis Asupan Zat Besi Heme Dan Non Heme, Vitamin B12 Dan Folat Serta Asupan Enhancer Dan Inhibitor Zat Besi Berdasarkan Status Anemia Pada Santriwati. *Journal of Nutrition College*, 11(2), 171–181. <https://doi.org/10.14710/jnc.v11i2.32197>
- Batubara, J.R., 2016. Adolescent Development (Perkembangan Remaja). *Sari Pediatri*, 12(1), 21. <https://doi.org/10.14238/sp12.1.2010.21-9>
- Briawan, D., Madanijah, S., Ernawati, F., & Zulaikhah., 2014. Status Besi, Pengetahuan dan Sikap Tentang Anemia Pada Siswi Remaja di Kabupaten Bogor.
- Buyssse, D.J., Reynolds, C.F., Monk, T.H., Berman, S.R., & Kupfer, D.J., 1989. PSQI Article. *Psychiatry Research*, 28.
- Chimed-ochir, O., Ando, S., Murakami, S., Kubo, T., Ishimaru, T., Fujino, Y., & Ikaga, T. 2021. Perception of Feeling Cold in the Bedroom and Sleep Quality. 705–714. <https://doi.org/10.18999/nagjms.83.4.705>

- Cristina, A., Konstantyner, T., Karolina, I., Lôbo, V., & Braga, J.A.P. 2018. Socioeconomic and Nutritional Characteristics of Children and Adolescents with Sickle Cell Anemia: A Systematic Review. *PEDATRIA*, 36(3), 491–499.
- Damanik, A.H., Simanungkalit, S.F., & Arini, F.A., 2019. Gambaran IMT/U , Asupan Zat Besi (Fe), dan Inhibitor Zat Besi (Fe) dengan Anemia Remaja Putri di Sma Muhammadiyah 7 Sawangan, Depok Tahun 2018. 14(3), 255–263.
- Delimont, N.M., Haub, M.D., & Lindshield, B.L., 2012. The Impact of Tannin Consumption on Iron Bioavailability and Status : A Narrative Review 1 , 2. 1–12. <https://doi.org/10.3945/cdn.116.000042.1>
- Dzirasa, K., Riberio, S., Costa, R., Santos, L.M., & Lin, S., 2006. Dopaminergic Control of Sleep-Wake States. <https://doi.org/10.1523/JNEUROSCI.1767-06.2006>
- Elba, F., Daryanti, E., Gumiwang, L., & Nurjannah, T.A., 2021. Correlation Between Consumption of Protein and Vitamin C Among Children Aged 12-24 Months with Anemia in the South Sumedang District. 2021, 220–227. <https://doi.org/10.18502/cls.v6i1.8606>
- Emilia, E., & Akmal, N., 2021. Analysis of Snacks consumption Against The Teenager Fulfillment of Nutritional. 1(1).
- Erdman, J.J.W., Macdonald, I.A., & Zeisel, S.H. 2012. Present Knowledge in Nutrition, 10th Edition.
- Fauziyah, A., & Putri, H.P. 2023. Asupan Zat Besi serta Inhibitor dan Enhancer Zat Besi dengan Kejadian Anemia Remaja Putri; 5(1), 1–8.
- Fifel, K., Meijer, J.H., & Deboer, T., 2018. Long-term Effects of Sleep Deprivation on Neuronal Activity in Four Hypothalamic Areas. 54–63. <https://www.sciencedirect.com/science/article/abs/pii/S0969996117302243?via%3Dhub>
- Fitri, R., 2016. Hubungan Konsumsi Inhibitor dan Enhancer Zat Besi dengan Kadar Hemoglobin Pada Ibu Hamil Trimester Ketiga di Kota Pariaman Tahun 2016.
- Fitria, L., & Puspita, I.D., 2020. Anemia is Associated with Dietary and Sleep Quality in Indonesian Adolescent Girls: A Cross-Sectional Study. Al-Sihah: The Public Health Science Journal, 12(2), 136. <https://doi.org/10.24252/al-sihah.v12i2.15443>
- Ghosh, T., Sarkar, E., Sarkar, K., Dalai, C.K., & Ghosal, A., 2021. A study on smartphone addiction and its effects on sleep quality among nursing

- students in a municipality town of West Bengal. Family Med Prim Care, 10(1), 378–386.
- Gunawan, A., & Gede, D. 2020. Hubungan Ketersediaan Pangan dan Konsumsi Zat Gizi dengan Status Anemia Siswi SMK Negeri di Kecamatan Tabanan Kabupaten Tabanan. Skripsi Thesis. Poltekkes Kemenkes Denpasar.
- Gunec, C., 2023. A Mini Review on The Relationship Between Coffee And Tea Consumption And Iron Absorption in The Gut – Iron Deficiency Anemia. 2023(January), 10–13. [https://doi.org/10.47363/JJCMR/2023\(3\)145](https://doi.org/10.47363/JJCMR/2023(3)145)
- Gustiawati, I., & Murwani, A., 2020. Hubungan Kualitas Tidur Dengan Konsentrasi Belajar Siswa Kelas VII Dan VIII. Jurnal Kesehatan Poltekkes Kemenkes RI Pangkalpinang, 8(2), 107. <https://doi.org/10.32922/jkp.v8i2.187>
- Habibie, I.Y., Oktavia, F., Dwi, A., & Ventianingsih, I., 2018. Asupan Vitamin C tidak Berhubungan Dengan Kadar Hemoglobin Pada Remaja Putri di SMA Negeri 5 Kota Malang. Indonesian Journal of Human Nutrition, 5, 113–124.
- Hafiza, D., Utmi, A., & Niriyah, S., 2021. Hubungan Kebiasaan Makan dengan Status Gizi Pada Remaja SMP YLPI Pekanbaru. Al-Asalmiya Nursing Jurnal Ilmu Keperawatan (Journal of Nursing Sciences), 9(2), 86–96. <https://doi.org/10.35328/keperawatan.v9i2.671>
- Hallberg, & Rossander., 1982. Effect of Different Drinks on The Absorption of Non-heme Iron From Composite Meals. Huma Nutrition. <https://pubmed.ncbi.nlm.nih.gov/6896705/>
- Handayani, R., 2020. Metodologi Penelitian Sosial & Hukum. Trussmedia Grafika.
- Hirshkowitz, M., Whiton, K., Albert, S.M., & Alessi, C., 2015. National Sleep Foundation's Sleep Time Duration Recommendations: Methodology and Results Summary. <https://doi.org/10.1016/j.sleh.2014.12.010>
- Hurrell, R., & Egli, I., 2010. Iron bioavailability and dietary reference values 1 – 4. The American Journal of Clinical Nutrition, 91(5), 1461S-1467S. <https://doi.org/10.3945/ajcn.2010.28674F>
- Hutagalung, N. A., Marni, E., & Erianti, S., 2021. Factors Affecting Sleep Quality in Nursing Students Level One Nursing Study Program STIKES Hang Tuah Pekanbaru. Jurnal Keperawatan Hang Tuah, 2, 77–89.
- Indah, A.A., 2017. Hubungan Pola Tidur Terhadap Kejadian Anemia Pada

- Remaja Putri SMA di Kabupaten Bantul [Universitas Alma Ata]. <http://elibrary.almaata.ac.id/881/>
- Irfan, Aswar, & Erviana., 2020. Hubungan Smartphone dengan Kualitas Tidur Remaja di SMA Negeri 2 Majene. 5(2), 95–100.
- Jackowska, M., Brown, J., & Steptoe, A., 2015. The Impact of a Brief Gratitude Intervention on Subjective Self-being, Biology and Sleep. March 2016. <https://doi.org/10.1177/1359105315572455>
- Kara, B., & Tenekeci, E.G., 2017. Sleep Quality and Associated Factors in Older Turkish Adults With Hypertension: A Pilot Study. Journal of Transcultural Nursing, 28(3). <https://doi.org/https://doi.org/10.1177/104365961562333>
- Karyani, T.J., 2019. Perbedaan Konsumsi Daging, Ikan, dan Telur Antara Remaja Putri Anemia dan Non Anemia di SDN Totosari dan Tunggulsari I,II Surakarta.
- Kathleen, L., & Escott-Stum, S., 2008. Nutrition and Dietetics: 12th Edition. In Krause's, Food and Nutrition Therapy. Saunders Elsevier.
- Kemenkes RI (Kementerian Kesehatan Republik Indonesia),, 2013. Riset Kesehatan Dasar. <https://doi.org/10.1126/science.127.3309.1275>
- Kemenkes RI (Kementerian Kesehatan Republik Indonesia),, 2018a. Laporan Riskesdas Nasional 2018.
- Kemenkes RI (Kementerian Kesehatan Republik Indonesia),, 2018b. Pedoman Pencegahan dan Penanggulangan Anemia Pada Remaja Putri dan Wanita Usia Subur (WUS).
- Kemenkes RI (Kementerian Kesehatan Republik Indonesia),, 2019. Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019.
- Khani Jeihooni, A., Hoshyar, S., Afzali Harsini, P., & Rakhshani, T., 2021. The Effect of Nutrition Education Based on PRECEDE Model on Iron Deficiency Anemia Among Female Students. BMC Women's Health, 21(1), 1–9. <https://doi.org/10.1186/s12905-021-01394-2>
- Khodijah., 2018. Hubungan Aantara Konsumsi Pangan Enhancer dan Inhibitor Fe, dan Aktivitas Fisik dengan Kadar Hemoglobin dan Prestasi Akadaemik Pada Mahasiswa Gizi Masyarakat IPB. Skripsi Thesis. Institut Pertanian Bogor.
- Kusmiyati, Y., Meilani, N., & Ismail, S., 2013. Kadar Hemoglobin dan Kecerdasan Intelektual Anak Hemoglobin Level and Intelligence Quotient of Children. Jurnal Kesehatan Masyarakat Nasional, 8(3), 115–

118.

- Lestari, R., 2022. Kadinkes: TTD Penting untuk Cegah Stunting. Diakses pada 25 Januari 2023. Available at https://diskes.jabarprov.go.id/informasipublik/detail_berita/WTJhajR5SG1xdEVOQUFWOEgrYjVHdz09
- Li, N., Zhao, G., Wu, W., Zhang, M., Liu, W., Chen, Q., & Wang, X., 2020. The Efficacy and Safety of Vitamin C for Iron Supplementation in Adult Patients With Iron Deficiency Anemia A Randomized Clinical Trial. 3(11). <https://doi.org/10.1001/jamanetworkopen.2020.23644>
- Marina, Indriasari, R., & Jafar, N., 2015. Konsumsi Tanin dan Fitat Sebagai Determinan Penyebab Anemia Pada Remaja Putri di SMA Negeri 10 Makassar. *Jurnal MKMI*, 6, 50–58.
- Marwoko, G., 2019. Psikologi Perkembangan Masa Remaja. *Jurnal Tabbiyah Syari'ah Islam*, 26(1), 60–75.
- Marya., 2013. Buku Ajar Patofisiologi: Mekanisme Terjadinya Penyakit. Binarupa Aksara.
- Masthalina, H., 2015. Pola Konsumsi (Faktor Inhibitor Dan Enhancer Fe) Terhadap Status Anemia Remaja Putri. *Jurnal Kesehatan Masyarakat*, 11(1), 80. <https://doi.org/10.15294/kemas.v11i1.3516>
- Masturoh, I., & Anggita, N., 2018. Metodologi Penelitian Kesehatan (Bahan Ajar Rekam Medis dan Informasi Kesehatan (RMIK)). Kementrian Kesehatan Republik Indonesia.
- Mawo, P.R., Rante, S.D.T., & Sasputra, I.N., 2019. Hubungan Kualitas Tidur dengan Kadar Hemoglobin Mahasiswa Fakultas Kedokteran UNDANA. *Cendana Medical Journal (CMJ)*, 7(2), 158–163.
- Means, R.T., 2020. Iron Deficiency and Iron Deficiency Anemia: Implications and Impact in Pregnancy, Fetal Development, and Early Childhood Parameters. *Nutrients*, 12(2). <https://doi.org/10.3390/nu12020447>
- Mubarak, W.I., 2007. Promosi Kesehatan : Sebuah Pengantar Proses Belajar Mengajar Dalam endidikan. Graha Ilmu.
- Murphy, W.G., 2014. The Sex Difference in Haemoglobin Levels in Adults - Mechanisms, Causes, and Consequences. 28(2).
- Nabilla, F.S., 2020. Hubungan Pengetahuan Gizi, Pola Konsumsi (Sumber FE, Inhibitor Dan Enhancer FE) Serta Status Gizi Dengan Kejadian Anemia Pada Santriwati di Pondok Pesantren Al Mizan Muhammadiyah Lamongan. Skripsi Thesis. Universitas Airlangga.

- Nelson, K.L., Davis, J.E., & Corbett, C.F., 2022. Sleep Quality: An Evolutionary Concept Analysis. *Nurs Forum*, 144–151. <https://doi.org/10.1111/nuf.12659>
- NHM (National Health Mission). Technical Handbook on Anaemia in Adolescents
- NIH (National Institutes of Health),, 2022. Iron.
- Nilifda, H., Nadjmir, N., & Hardisman, H., 2016. Hubungan Kualitas Tidur dengan Prestasi Akademik Mahasiswa Program Studi Pendidikan Dokter Angkatan 2010 FK Universitas Andalas. *Jurnal Kesehatan Andalas*, 5(1), 243–249. <https://doi.org/10.25077/jka.v5i1.477>
- Nisa, J., Chikmah, A.M., & Zulfiana, E., 2019. Perilaku Konsumsi Sumber Enhancer Dan Inhibitor Fe Dengan Kejadian Anemia Pada Kehamilan. *Siklus : Journal Research Midwifery Politeknik Tegal*, 8(1), 41. <https://doi.org/10.30591/siklus.v8i1.1192>
- Nugroho, R.F., & Wardani, E.M., 2022. Habit of Consumption of Tea, Coffee and Fe Tablets with The Incidence of Anemia in Pregnant Women in Sidoarjo. *Pancasakti Journal of Public Health Science and Research*, 2(1), 51–56. <https://doi.org/10.47650/pjphsr.v2i1.321>
- Nuraini, R.D.N., Ariestiningsih, E.S., & Sholikhah, D.M., 2022. Hubungan Antara Intake Zat Gizi Makro, Zat Besi, dan Vitamin C dengan Kadar Hemoglobin Siswi SMA di Kecamatan Kebomas. 4(November), 15–29.
- Nurikhsan, F., Indrianie, W.S., & Safitri, D., 2019. Fenomena Coffee Shop di Kalangan Konsumen Remaja. *Jurnal Komunikasi dan Pendidikan*. 137–144.
- P2PTM Kemenkes RI (Pencegahan dan Pengendalian Penyakit Tidak Menular Kementerian Kesehatan Republik Indonesia). (2020). Tidur Adalah Salah Satu Istirahat Terbaik Bagi Tubuh yang Dapat Mengembalikan Energi. Diakses pada 25 Januari 2023. Available at <https://p2ptm.kemkes.go.id/infographic-p2ptm/stress/page/7/tidur-adalah-salah-satu-istirahat-terbaik-bagi-tubuh-yang-dapat-mengembalikan-energi>
- Patel, A.K., Reddy, V., Shumway, K.R., & Araujo, J.F., 2022. Physiology, Sleep Stages. Diakses pada 25 Januari 2023. Available at <https://www.ncbi.nlm.nih.gov/books/NBK526132/>
- Payne, C.F., Davies, J.I., Gomez-Olive, F.X., Hands, K.J., Kahn, K., Kobayashi, L.C., Tipping, B., Tollman, S.M., Wade, A., & Witham, M.D., 2018. Cross-sectional relationship between haemoglobin concentration and

- measures of physical and cognitive function in an older rural South African population. *Journal of Epidemiology and Community Health*, 72(9), 796–802. <https://doi.org/10.1136/jech-2018-210449>
- Peever, J., & Fuller, P.M., 2017. The Biology of REM Sleep. <https://doi.org/29161567>
- Permatasari, T., Briawan, D., & Madanijah, S., 2020. Hubungan Asupan Zat Besi dengan Status Anemia Remaja Putri di Kota Bogor. *PREPOTIF: Jurnal Kesehatan Masyarakat*, 4(2), 95–101. <https://doi.org/10.31004/prepotif.v4i2.935>
- Piskin, E., Cianciosi, D., Gulec, S., Tomas, M., & Capanoglu, E., 2022. Iron Absorption: Factors, Limitations, and Improvement Methods. *ACS Omega*, 7(24), 20441–20456. <https://doi.org/10.1021/acsomega.2c01833>
- Pradanti, C., Wulandari., & Sulistya, H., 2015. Hubungan Asupan Zat Besi (Fe) dan Vitamin C dengan Kadar Hemoglobin Pada Siswi Kelas VIII SMP Negeri 3 Brebes. *Jurnal Gizi Universitas Muhammadiyah Semarang*, 4(1), 24–29.
- Pradono, J., Hapsari, D., Supardi, S., & Budiarto, W., 2018. Buku Panduan Manajemen Penelitian Kuantitatif. In Trihono (Ed.), *Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan* (Vol. 53, Issue 9). Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan (LPB).
- Pratiwi, R., & Widari, D., 2018. Hubungan Konsumsi Sumber Pangan Enhancer dan Inhibitor Zat Besi dengan Kejadian Anemia Pada Ibu Hamil. *Amerta Nutrition*, 2(3), 283. <https://doi.org/10.20473/amnt.v2i3.2018.283-291>
- Pritasari, Damayanti, D., & Lestari, N.T., 2017. *Gizi Dalam Daur Kehidupan. Badan Pengembangan dan Pemberdayaan Sumber Daya Manusia Kesehatan, Kemenkes RI*.
- Rahayu, A., 2022. Stratified Random Sampling. Binus University. Diakses pada 25 Januari 2023. Available at <https://binus.ac.id/malang/2022/09/stratified-random-sampling/>
- Ram, E., Mart, B., Ech, E., Ant, I., & Jerue, B.A., 2022. The Association between Diet and Sleep Quality among Spanish University Students. 1–12.
- Reddy, B.M., Agemafle, I., & Armah, S., 2022. Iron Bioavailability: Enhancers and Inhibitors. Diakses pada 15 Januari 2023. Available at https://www.researchgate.net/publication/366314188_Iron_Bioavailability_Enhancers_and_Inhibitors
- Ross, A.C., Caballero, B.H., Cousins, R.J., Tucker, K.L., & Ziegler, T.R., 2012.

- Modern Nutrition In Health and Disease: 11th Edition. Wolters Kluwer Health Adis (ESP).
- Safwan, A., & Asar, F., 2018. Association Between Hemoglobin Status with Vitamin C Intake. *MedCrave Journal.* 6(1), 25–28. <https://doi.org/10.15406/aowmc.2017.06.00145>
- Sari, R.F., 2019. Hubungan Kualitas Tidur dan Status Gizi dengan Kadar Hemoglobin Remaja Putri di SMA Islam 1 Surakarta. Skripsi Thesis. Institut Teknologi Sains dan Kesehatan PKU Muhammadiyah Surakarta.
- Sepriadi, & Eldawaty., 2019. The Contribution of Hemoglobin Levels to Students Physical Fitness. *Journal of Physical Education, Sport, Health and Recreations,* 8(2), 82–90.
- Simanungkalit, S.F., & Desi, P.L., 2019. Faktor Anemia Remaja Putri. *Jurnal Dunia Kesmas,* 8(3), 151–154.
- Sincan, G., Sincan, S., & Bayrak, M., 2022. The Effects of Iron Deficiency Anemia on Sleep and Life Qualities Running Title: Anemia and Sleep, Life Qualities. *Annals of Medical Research,* 29(2), 108. <https://doi.org/10.5455/annalsmedres.2021.04.324>
- Sizer, F., & Whitney, E. (2013). Nutrition: Concepts and Controversies: 13th Edition.
- Skolmowska, D., & Glabska, D., 2022. Effectiveness of Dietary Intervention with Iron and Vitamin C Administered Separately in Improving Iron Status in Young Women. *International Journal of Environmental Research and Public Health,* 19(19), 1–19.
- Smyth, C., 2013. The Pittsburgh Sleep Quality Index. Diakses pada 15 Januari. Available at <https://www.hmpgloballearningnetwork.com/site/altc/articles/pittsburgh-sleep-quality-index>
- Sousa, R. da S., Bragança, M.L.B.M., de Oliveira, B.R., Coelho, C.C.N. da S., & da Silva, A.A.M., 2020. Association between the degree of processing of consumed foods and sleep quality in adolescents. *Nutrients,* 12(2), 1–12. <https://doi.org/10.3390/nu12020462>
- St-Onge, M.-P., Roberts, A., Schechter, A., & Choudhury, A.R., 2016. Fiber and Saturated Fat Are Associated with Sleep Arousals and Slow Wave Sleep. <https://pubmed.ncbi.nlm.nih.gov/26156950/>
- Su, F., Cao, L., Ren, X., Hu, J., Tavengana, G., Wu, H., Zhou, Y., Fu, Y., Jiang, M., & Wen, Y., 2023. Age and sex trend differences in hemoglobin levels in China: a cross-sectional study. *BMC Endocrine Disorders,* 23(1), 8. <https://doi.org/10.1186/s12902-022-01218-w>

- Sugiyono., 2016. Metode Penelitian Kuantitatif, Kualitatih dan R&D. Alfabeta.
- Sugiyono., 2019. Statistika Untuk Penelitian. Alfabeta.
- Sukmawati, N.M.H., & Putra, I.G.S.W., 2019. Reabilitas kuesioner Pittsburgh Sleep Quality Index (PSQI) Versi Bahasa Indonesia Dalam Mengukur Kualitas Tidur Lansia. Universitas Wamadewa, 3(2).
- Surtimanah, T. 2023. Determinan Gejala Anemia pada Remaja Putri. *The Indonesian Journal of Health Promotion*; 6(6), 1179–1186.
- Susantini, P., & Bening, S., 2023. Konsumsi Inhibitor dan Enhancer Zat Besi Sebagai Faktor Risiko Terjadinya Anemia Pada Remaja Putri Di Kota Semarang. 12(1), 12–19.
- Tadete, A.O., Malonda, N.S.H., & Basuki, A., 2018. Hubungan Antara Asupan Zat Besi, Protein, dan Vitamin C dengan Kejadian Anemia pada Anak Sekolah Dasar di Kelurahan Bunaken Kecamatan Bunaken Kepulauan Kota Manado. *Jurnal FKM UNSRAT*, 1–7.
- The Sleep Charity., 2020. Sleep Quality. Diakses pada 15 Januari 2023. Available at <https://thesleepcharity.org.uk/information-support/adults/sleep-hub/sleep-quality/>
- Thomas, .P.L., Gurung, R., & Mahalakshmi, M., 2022. Night Time Gadget Use and Quality of Sleep among Health Science Students in Bangalore, India. *Rwanda Medical Journal*. 79(4), 13–20.
- Tinambunan, E.C., Syahra, A.F., & Hasibuan, N., 2020. Analisis Faktor yang Mempengaruhi Minat Milenial Terhadap Boba vs Kopi di Kota Medan. *Journal of Business and Economics Research (JBE)*. 1(2), 80–86.
- Trisna, R., Utomo, N., Levina, E., Setianingrum, S., Gita, D., Kareri, R., & Lada, C.O., 2023. The Relationship between Sleep Quality with Hemoglobin Levels and Erythrocyte Index of Medical Students at Universitas Nusa Cendana. *East African Scholars Journal of Medical Sciences*. 4421(2), 40–48. <https://doi.org/10.36349/easms.2023.v06i02.003>
- Tu, K.M., Rudolph, K.D., Li, X., Cai, T., & Virnaliz, J., 2021. Beyond the “Dark Side”: The “Bright Side” of Peer Experiences and Physiological Adaptation. *Reference Module in Biomedical Sciences*.
- UNICEF (United Nations International Children’s Emergency Fund)., (2022). Adolescent. Diakses pada 25 Januari 2023. Available at <https://data.unicef.org/topic/adolescents/overview/#:~:text=Investing%20in%20a%20safe%2C%20healthy%2C%20cent%20of%20the%20world%27s%20population>.

- Waldvogel-Abramowski, S., Waeber, G., Gassner, C., Buser, A., Frey, B.M., Favrat, B., & Tissot, J.D., 2014. Physiology of Iron Metabolism. *Transfusion Medicine and Hemotherapy*, 41(3), 213–221. <https://doi.org/10.1159/000362888>
- Wang, P.-Y., Chen, K.-L., Yang, S.-Y., & Lin, P.-H., 2019. Relationship of Sleep Quality, Smartphone Dependence, and Health-Related Behaviors in Female Junior College Students. *Public Library of Science (PLoS One)*. 14(4).
- Warda, Y., & Fayasari, A., 2021. Dietary Intake and Bioavailability of Iron Related to Anemia Status of Female Adolescent in East Jakarta. *Ilmu Gizi Indonesia*. 04(02), 135–146.
- WHO (World Health Organization), 2001. Iron Deficiency Anaemia: Assessment, Prevention and Control.
- WHO (World Health Organization). (n.d.). Adolescent Health. Diakses pada 15 January 2023. Available at https://www.who.int/health-topics/adolescent-health#tab=tab_1
- Widhiyanti, K.A.T., Ariawati, N.W., & Rusitayanti, N.W.A., 2017. Pemberian Back Massage Durasi 60 Menit dan 30 Menit Meningkatkan Kualitas Tidur Pada Mahasiswa VI A Penjaskesrek FPOK IKIP PGRI Bali Smester Genap Tahun 2016/2017. *Jurnal Pendidikan Kesehatan Rekreasi*, 3(1), 9–18.
- Wulandari, A., 2014. Karakteristik Pertumbuhan Terhadap Masalah Kesehatan dan Keperawatannya. *Jurnal Keperawatan Anak*. 2(1), 39–43.
- Zwarenstein, J., 2022. 12 Factors Affecting Sleep and Your Sleep Quality. Diakses pada 25 Januari 2023. Available at <https://www.sleepadvisor.org/sleep-factors/#:~:text=The internal factors that affect, and alcohol%2C and certain foods.>