

DAFTAR PUSTAKA

- Afifah, A., Ismawati, I. and Irasanti, S.N. (2021) ‘Hubungan Kerja Sif dengan Kualitas Tidur pada Pekerja Perusahaan Fast Moving Consumer Goods (FMCG) Tahun 2020’, *Jurnal Integrasi Kesehatan & Sains*, 3(2), pp. 221–226.
- Ahola, K. et al. (2009) ‘Occupational burnout and chronic work disability: An eight-year cohort study on pensioning among Finnish forest industry workers’, *Journal of affective disorders*, 115(1–2), pp. 150–159.
- Åkerstedt, T. et al. (2002) ‘Work load and work hours in relation to disturbed sleep and fatigue in a large representative sample’, *Journal of psychosomatic research*, 53(1), pp. 585–588.
- Åkerstedt, T. (2003) ‘Shift Work and Disturbed Sleep/Wakefulness’, *Occupational medicine*, 53(2), pp. 89–94.
- Alhifzi, S. et al. (2018) ‘Assessment of sleep quality, daytime sleepiness, and depression among emergency physicians working in shifts’, *Journal of Nature and Science of Medicine*, 1(1), pp. 17–21.
- Alsaadi, S.M. et al. (2014) ‘The Bidirectional Relationship Between Pain Intensity and Sleep Disturbance/Quality in Patients With Low Back Pain’, *The Clinical Journal of Pain*, 30(9). Available at: https://journals.lww.com/clinicalpain/fulltext/2014/09000/the_bidirectional_relationship_between_pain.4.aspx.
- Amelia, V.L. et al. (2022) ‘Comparison of the Associations between Self-Reported Sleep Quality and Sleep Duration Concerning the Risk of Depression: A Nationwide Population-Based Study in Indonesia.’, *International journal of environmental research and public health*, 19(21). doi:10.3390/ijerph192114273.
- Anggorokasih, V.H., Widjasena, B. and Jayanti, S. (2019) ‘Hubungan Beban Kerja Fisik Dan Kualitas Tidur Dengan Kelelahan Kerja Pada Pekerja Konstruksi Di PT. X Kota Semarang’, *e-Jurnal Kesehatan Masyarakat*, 7(4), pp. 2356–3346.
- Araghi, M.H. et al. (2013) ‘The complex associations among sleep quality, anxiety-depression, and quality of life in patients with extreme obesity’, *Sleep*, 36(12), pp. 1859–1865.
- Ardiani, N.K.N. and Subrata, I.M. (2021) ‘Faktor-faktor yang berhubungan dengan kualitas tidur mahasiswa yang mengonsumsi kopi di Fakultas Kedokteran Universitas Udayana’, *Archive of Community Health*, 8(2), p. 372.

- Arum, W.D.M., Wiboworini, B. and Kusumawati, R. (2014) ‘The Association Between Body Mass Index (BMI) and Neck Circumference With Sleep Quality’, *Nexus Kedokteran Komunitas*, 3(2).
- Basner, M. and McGuire, S. (2018) ‘WHO environmental noise guidelines for the European region: a systematic review on environmental noise and effects on sleep’, *International journal of environmental research and public health*, 15(3), p. 519.
- Becker, S.P. et al. (2018) ‘Sleep in A large, Multi-University Sample of College Students: Sleep Problem Prevalence, Sex Differences, and Mental Health Correlates’, *Sleep health*, 4(2), pp. 174–181.
- Boekoesoe, L. et al. (2023) ‘Faktor Risiko Yang Berhubungan Dengan Kelelahan Kerja Dengan Metode Fatigue Assessment Scale (Fas) Pada Pekerja Konstruksi’, *Jambura Journal of Epidemiology*, 2(1), pp. 27–36.
- Brinkman, G.L. and Coates Jr, E.O. (1963) ‘The effect of bronchitis, smoking, and occupation on ventilation’, *American Review of Respiratory Disease*, 87(5), pp. 684–693.
- Brossoit, R.M. et al. (2019) ‘The effects of sleep on workplace cognitive failure and safety.’, *Journal of Occupational Health Psychology*. Brossoit, Rebecca M.: Department of Psychology, Colorado State University, 1876 Campus Delivery, Fort Collins, CO, US, 80523-1876, Rebecca.Brossoit@colostate.edu: Educational Publishing Foundation, pp. 411–422. doi:10.1037/ocp0000139.
- Budhiraja, R., Siddiqi, T.A. and Quan, S.F. (2015) ‘Sleep Disorders in Chronic Obstructive Pulmonary Disease: Etiology, Impact, and Management’, *Journal of Clinical Sleep Medicine*, 11(3), pp. 259–270.
- Buman, M.P. et al. (2014) ‘Does Nighttime Exercise Really Disturb Sleep? Results From The 2013 National Sleep Foundation Sleep in America Poll’, *Sleep medicine*, 15(7), pp. 755–761.
- Cappuccio, F.P. et al. (2008) ‘Meta-analysis of short sleep duration and obesity in children and adults.’, *Sleep*, 31(5), pp. 619–626. doi:10.1093/sleep/31.5.619.
- Chang, A.-M. et al. (2015) ‘Evening Use of Light-Emitting eReaders Negatively Affects Sleep, Circadian Timing, and Next-Morning Alertness’, *Proceedings of the National Academy of Sciences*, 112(4), pp. 1232–1237.
- Chang, W.-P. and Li, H.-B. (2022) ‘Influence of Shift Work on Rest-Activity Rhythms, Sleep Quality, and Fatigue of Female Nurses’, *Chronobiology International*, 39(4), pp. 557–568. doi:10.1080/07420528.2021.2005082.

- Dardin, L.P. *et al.* (2020) ‘Correlation of sleep quality with fatigue and disease activity among patients with primary Sjögren’s syndrome: a cross-sectional study’, *Sao Paulo Medical Journal*. scielo.
- Darma, B. (2021) *Statistika Penelitian Menggunakan SPSS (Uji Validitas, Uji Reliabilitas, Regresi Linier Sederhana, Regresi Linier Berganda, Uji t, Uji F, R²)*. Guepedia.
- Dewi, P.A., Lestantyo, D. and Widjasena, B. (2019) ‘Faktor-Faktor yang Berhubungan dengan Kelelahan pada Pekerja Buruh Angkut di Pasar Balai Tangah Kecamatan Lintau Buo Utara, Sumatera Barat’, *Jurnal Kesehatan Masyarakat (e-Journal)*, 7(1), pp. 358–364.
- Diana, R.R., Nashori, F. and Diana, R.R. (2005) ‘Perbedaan kualitas tidur dan kualitas mimpi antara mahasiswa laki-laki dan mahasiswa perempuan’, *Humanitas: Jurnal Psikologi Indonesia*, 2(2), pp. 77–88.
- Edwards, B.A. *et al.* (2010) ‘Aging and sleep: physiology and pathophysiology’, in *Seminars in respiratory and critical care medicine*. © Thieme Medical Publishers, pp. 618–633.
- Edwards, R.R. *et al.* (2008) ‘Duration of Sleep Contributes to Next-Day Pain Report in The General Population’, *Pain®*, 137(1), pp. 202–207.
- Eid, S.W. *et al.* (2022) ‘Can the relationship between overweight/obesity and sleep quality be explained by affect and behaviour?’, *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 27(7), pp. 2821–2834. doi:10.1007/s40519-022-01435-1.
- Ferrie, J.E. *et al.* (2011) ‘Sleep epidemiology — a rapidly growing field’, (October), pp. 1431–1437. doi:10.1093/ije/dyr203.
- Gadie, A. *et al.* (2017) ‘How are age-related differences in sleep quality associated with health outcomes? An epidemiological investigation in a UK cohort of 2406 adults’, *BMJ Open*, 7(7), p. e014920. doi:10.1136/bmjopen-2016-014920.
- Ghozali, I. (2006) *Aplikasi analisis multivariate dengan program SPSS*. Badan Penerbit Universitas Diponegoro.
- Grandner, M.A. *et al.* (2012) ‘Sleep Disturbance is Associated With Cardiovascular and Metabolic Disorders’, *Journal of sleep research*, 21(4), pp. 427–433.
- Hasibuan, M.U.Z. and Palmizal, A. (2021) ‘Sosialisasi Penerapan Indeks Massa Tubuh (IMT) di Suta cCub: Socialization of The Application of Body Mass Index (IMT) at Suta Club’, *Jurnal Cerdas SIFA Pendidikan*, 10(2), pp. 84–89.

- Hasibuan, R.K. and Hasna, J.A. (2021) ‘Gambaran Kualitas Tidur Pada Lansia Dan Faktor-Faktor Yang Memengaruhinya Di Kecamatan Kayangan, Kabupaten Lombok Utara, Nusa Tenggara Barat’, *Jurnal Kedokteran Dan Kesehatan*, 17(2), pp. 187–195.
- Hasler, B.P. and Troxel, W.M. (2010) ‘Couples’ nighttime sleep efficiency and concordance: evidence for bidirectional associations with daytime relationship functioning’, *Psychosomatic medicine*, 72(8), pp. 794–801.
- Hastono, S.P. (2006) *Analisis Data*. Fakultas Kesehatan Masyarakat Universitas Indonesia.
- Heryanti, A.A. and Pulungan, R.M. (2019) ‘Faktor Risiko Kejadian Hipertensi Pada Pekerja Konstruksi di Proyek Pembangunan Tol Tahun 2018’, *Jurnal Ilmiah Kesehatan Masyarakat: Media Komunikasi Komunitas Kesehatan Masyarakat*, 11(1), pp. 100–116.
- Hidayat, A.A. (2006) ‘Pengantar kebutuhan dasar manusia: aplikasi konsep dan proses keperawatan’, *Jakarta: Salemba Medika* [Preprint].
- Hur, S., Oh, B. and Kim, H. (2021) ‘Associations of Diet Quality and Sleep Quality with Obesity’, pp. 1–9.
- Hutagalung, N., Marni, E. and Erianti, S. (2022) ‘Faktor-Faktor Yang Memengaruhi Kualitas Tidur Pada Mahasiswa Tingkat Satu Program Studi Keperawatan Stikes Hang Tuah Pekanbaru’, *Jurnal Keperawatan Hang Tuah (Hang Tuah Nursing Journal)*, 2(1), pp. 77–89.
- Ihsania, E. (2020) *Faktor-Faktor yang Berhubungan dengan Kelelahan Kerja Subyektif Pada Kurir Pengantar Barang di Wilayah Tangerang Selatan Tahun 2020*. Jakarta.
- Iqbal, M.D. (2017) ‘Hubungan aktivitas fisik dengan kualitas tidur mahasiswa perantau di Yogyakarta’, *Pendidikan Jasmani Kesehatan Dan Rekreasi*, 6(11).
- Irawati, I. (2023) ‘Hubungan Karakteristik Pekerja Dan Beban Kerja Mental Terhadap Stres Kerja Pada Pekerja Konstruksi Di PT. X Kota Batam Tahun 2022’, *Jurnal Kesehatan Ibnu Sina (J-KIS)*, 4(01).
- Japardi, I. (2002) ‘Gangguan tidur’.
- Jepisa, T. and Riasmini, N.M. (2020) ‘Karakteristik, Tingkat Depresi dan Faktor Lingkungan Fisik Dengan Kualitas Tidur Lansia yang Tinggal di PSTW Prov Sumbar’, *Jurnal Ilmu Kesehatan*, 4(2), pp. 152–159.

- Johnson, J. V and Hall, E.M. (1988) ‘Job strain, work place social support, and cardiovascular disease: a cross-sectional study of a random sample of the Swedish working population.’, *American journal of public health*, 78(10), pp. 1336–1342.
- Kapsimalis, F. *et al.* (2008) ‘Cytokines and pathological sleep’, *Sleep medicine*, 9(6), pp. 603–614.
- Kemenkes RI (2019) *Tabel Batas Ambang indeks Massa tubuh (IMT)*, Direktorat P2PTM Kementerian Kesehatan RI.
- Kermelita, D. *et al.* (2023) ‘Karakteristik Kejadian dan Capaian Program Eliminasi Filariasis di Provinsi Bengkulu’, *Acta VETERINARIA Indonesiana*, 11(3), pp. 175–181.
- Keswara, U.R., Syuhada, N. and Wahyudi, W.T. (2019) ‘Perilaku penggunaan gadget dengan kualitas tidur pada remaja’, 13(3), pp. 233–239.
- Khot, S.P. and Morgenstern, L.B. (2019) ‘Sleep and Stroke’, *Stroke*, 50(6), pp. 1612–1617. doi:10.1161/STROKEAHA.118.023553.
- Kim, Y. *et al.* (2021) ‘Factors Associated with Poor Quality of Sleep in Construction Workers: A Secondary Data Analysis’, *International Journal of Environmental Research and Public Health*. doi:10.3390/ijerph18052279.
- Kohyama, J. (2021) ‘Which is more important for health: Sleep quantity or sleep quality?’, *Children*, 8(7). doi:10.3390/children8070542.
- Kováčová, K. and Stebelová, K. (2021) ‘Sleep Characteristics According to Gender and Age Measured by Wrist Actigraphy’, *International Journal of Environmental Research and Public Health*. doi:10.3390/ijerph182413213.
- Krishnan, V. and Collop, N. (2006) ‘Gender Differences in Sleep Disorders’, *Curr Opin Pulm Med*, 12, pp. 383–389.
- Kwok, C.S. *et al.* (2018) ‘Self-Reported Sleep Duration and Quality and Cardiovascular Disease and Mortality: A Dose-Response Meta-Analysis’, *Journal of the American Heart Association*, 7(15), p. e008552. doi:10.1161/JAHA.118.008552.
- Lan, L. *et al.* (2015) ‘The Effects of Air Temperature on Sleep Quality and Sleep Stages’, *Building and Environment*, 91, pp. 245–252.
- Landolt, H.-P. (2008) ‘Sleep Homeostasis: A Role For Adenosine In Humans?’, *Biochemical pharmacology*, 75(11), pp. 2070–2079.

- Lao, X.Q. *et al.* (2018) ‘Sleep quality, sleep duration, and the risk of coronary heart disease: a prospective cohort study with 60,586 adults’, *Journal of Clinical Sleep Medicine*, 14(1), pp. 109–117.
- Li, J., Vitiello, M. V and Gooneratne, N.S. (2022) ‘Sleep in normal aging’, *Sleep medicine clinics*, 17(2), pp. 161–171.
- Liao, Y. *et al.* (2019) ‘Sleep Quality in Cigarette Smokers and Nonsmokers : Findings From The General Population in Central China’, *BMC Public Health*, pp. 1–9.
- Lim, M. *et al.* (2020) ‘Psychosocial Factors Affecting Sleep Quality of Pre-Employed Firefighters: A Cross-Sectional Study.’, *Annals of occupational and environmental medicine*, 32, p. e12. doi:10.35371/aoem.2020.32.e12.
- Lim, Y.C. *et al.* (2020) ‘Association between night-shift work, sleep quality and health-related quality of life: a cross-sectional study among manufacturing workers in a middle-income setting’, *BMJ Open*, 10(9), p. e034455. doi:10.1136/bmjopen-2019-034455.
- Liu, J.-T. *et al.* (2013) ‘Cigarette Smoking Might Impair Memory and Sleep Quality’, *Journal of the Formosan medical association*, 112(5), pp. 287–290.
- Liu, X. *et al.* (2021) ‘Poor sleep quality and its related risk factors among university students’, *Annals of Palliative Medicine*, 10(4), pp. 4479–4485. doi:10.21037/apm-21-472.
- Looker, Terry and Gregson, O. (2005) *Managing stress: Mengatasi stres secara mandiri*. Yogyakarta: Baca.
- Loredo, J.S. *et al.* (2004) ‘Sleep quality and blood pressure dipping in normal adults’, *Sleep*, 27(6), pp. 1097–1103.
- Lysen, T.S. *et al.* (2018) ‘Subjective sleep quality is not associated with incident dementia: the Rotterdam study’, *Journal of Alzheimer’s Disease*, 64(1), pp. 239–247.
- Mallampalli, M.P. and Carter, C.L. (2014) ‘Exploring Sex and Gender Differences in Sleep Health : A Society for Women ’ s Health Research Report’, 23(7), pp. 553–562. doi:10.1089/jwh.2014.4816.
- Maurits, L.S. and Widodo, I.D. (2008) ‘Faktor dan Penjadualan Shift Kerja’, *Teknoin*, 13(2).
- Mufadhol, A.F. and Ardyanto, Y.D. (2023) ‘Hubungan Usia, Masa Kerja, dan Indeks Masa Tubuh dengan Kualitas Tidur Perawat Instalasi Rawat Inap pada Rumah Sakit X Gresik’, *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)*, 6(10), pp. 1963–1968.

- Munawaroh, A.S., Efendi, A.S. and Pangestu, R. (2022) ‘Measurement of thermal comfort in a residential building’s yard, terrace, and interior’, *Jurnal Arsitektur Archicentre*, 5(2), pp. 51–61.
- Muniandy, Y. and Ying, C.Y. (2023) ‘Association between Sleep Quality and Body Weight Status in Adults during the COVID-19 Pandemic’, *Malaysian Journal of Medicine and Health Sciences*, 19(1), pp. 102–106. doi:10.47836/mjmhs.19.1.15.
- Murwani, A. and Umam, M.K. (2021) ‘Hubungan Intensitas Penggunaan Smartphone dengan Kualitas Tidur pada Mahasiswa Angkatan 2017 Program Studi Ilmu Keperawatan di Stikes Surya Global Yogyakarta’, 6(1), pp. 79–89.
- National Sleep Foundation (2022) ‘Breaking Report : new insights on sleep health during the pandemic A National Sleep Foundation analysis of over 12 , 000 Americans in the Sleep Health Index ® from 2019 to 2021’, pp. 1–8.
- Nelson, K.L., Davis, J.E. and Corbett, C.F. (2022) ‘Sleep quality: An evolutionary concept analysis’, *Nursing Forum*, 57(1), pp. 144–151. doi:<https://doi.org/10.1111/nuf.12659>.
- Nikfar, B. *et al.* (2018) ‘Sleep Quality and its Main Determinants Among Staff in a Persian Private Hospital’, *Arch Iran Med*, 21(11), pp. 524–529. Available at: <https://journalaim.com/Article/aim-1841>.
- Nina, N., Kalesaran, A.F.C. and Langi, F. (2018) ‘Hubungan Antara Aktivitas Fisik dengan Kualitas Tidur Pada Masyarakat Pesisir Kota Manado’, *KESMAS*, 7(4).
- Ningsih, D.S. and Permatasari, R.I. (2020) ‘Faktor-Faktor yang Memengaruhi Kualitas Tidur Pada Remaja di SMKN 7 Pekanbaru’, *Ensiklopedia of Journal*, 2(2).
- Obayashi, K., Saeki, K. and Kurumatani, N. (2014) ‘Association between light exposure at night and insomnia in the general elderly population: The HEIJO-KYO cohort’, *Chronobiology International*, 31(9), pp. 976–982. doi:10.3109/07420528.2014.937491.
- Ohayon, M.M. *et al.* (2004) ‘Meta-analysis of quantitative sleep parameters from childhood to old age in healthy individuals: developing normative sleep values across the human lifespan’, *Sleep*, 27(7), pp. 1255–1273.
- P2PTM Kemenkes RI (2018) *Klasifikasi Obesitas Setelah Pengukuran IMT*, *Kementrian Kesehatan: Direktorat Jenderal Pelayanan Kesehatan*. Available at: <https://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/klasifikasi-obesitas-setelah-pengukuran-imt> (Accessed: 20 March 2024).

P2PTM Kemenkes RI (2019) *Apa Definisi Aktivitas Fisik?, Kementerian Kesehatan: Direktorat Jenderal Pelayanan Kesehatan.* Available at: <https://p2ptm.kemkes.go.id/infographic/apa-definisi-aktivitas-fisik> (Accessed: 21 March 2024).

Palifiana, D.A. and Wulandari, S. (2018) ‘Analisis Faktor Dominan Yang Memengaruhi Kualitas Tidur Ibu Hamil Trimester III Di Klinik Pratama Asih Waluyo Jati’, *Jurnal Kebidanan Indonesia*, 9(2).

Pangestika, G., Lestari, D.R. and Setyowati, A. (2018) ‘Stres dengan Kualitas Tidur Pada Remaja’, *Dunia Keperawatan: Jurnal Keperawatan dan Kesehatan*, 6(2), pp. 107–115.

Paramurthi, I.A.P., Priantara, I.M.D. and Astari, K.L.W. (2021) ‘Hubungan Indeks Massa Tubuh Terhadap Kualitas Tidur Pada Lanjut Usia Di Desa Penatih’, *PREPOTIF Jurnal Kesehatan Masyarakat*, 5(April), pp. 103–109.

Patel, N.P. et al. (2010) “ Sleep disparity” in the population: poor sleep quality is strongly associated with poverty and ethnicity’, *BMC Public Health*, 10, pp. 1–11.

Permatasari, R.I., Sastramihardja, H.S. and Rahmah, A. (2023) ‘Hubungan Kelelahan Kerja dan Kualitas Tidur Perawat Unit Penyakit dalam di RSUD Sekarwangi Sukabumi’, *Bandung Conference Series: Medical Science*, 3(1), pp. 334–338.

PersNews (2022) ‘Proyek RS Dharmais Sebesar RP 427 Miliar, Dikerjakan PT PP’, *PersNews*, 17 November. Available at: <http://persnews.id/proyek-rs-dharmais-sebesar-rp-427-miliar-di-kerjakan-pt-pp/>.

Pusparini, D.A., Kurniawati, D. and Kurniyawan, E.H. (2021) ‘Hubungan Tingkat Stres dengan Kualitas Tidur pada Ibu Preeklamsi di Wilayah Kerja Puskesmas Tempurejo-Jember’, *Pustaka Kesehatan*, 9(1), pp. 16–24.

Ramakrishnan, S. et al. (2016) ‘A unified model of performance for predicting the effects of sleep and caffeine’, *Sleep*, 39(10), pp. 1827–1841.

Ratnaningtyas, T.O. et al. (2022) ‘Hubungan Karakteristik Individu Dan Kualitas Tidur Dengan Kelelahan Kerja Pada Pekerja PT Jaya Semanggi Enjiniring Di Kabupaten Bogor’, *MAP Midwifery and Public Health Journal Vol*, 2(1), pp. 11–24.

Resmed Inc. (2023) ‘ResMed ’ s Annual Global Sleep Survey Finds 8 in 10 Adults Experience Signs of Disruption Related to Their Quality of Sleep’, (January), pp. 30–33.

Resnick, H.E. et al. (2003) ‘Diabetes and Sleep Disturbances: Findings From The Sleep Heart Health Study’, *Diabetes care*, 26(3), pp. 702–709.

- Robins, L.N. *et al.* (1988) ‘The Composite International Diagnostic Interview: an epidemiologic instrument suitable for use in conjunction with different diagnostic systems and in different cultures’, *Archives of general psychiatry*, 45(12), pp. 1069–1077.
- Roehrs, T. and Roth, T. (2008) ‘Caffeine: Sleep and Daytime Sleepiness’, *Sleep medicine reviews*, 12(2), pp. 153–162.
- Rusmiyati, R.S. (2015) ‘Penggaruh Penggunaan Lampu Pada Saat Tidur Terhadap Kualitas Tidur Remaja Di Madrasah Aliyah Negeri 2 Pontianak’, *ProNers*, 3(1).
- Saey, T.H. (2009) ‘Science of slumber: Dying to sleep: Getting too little sleep can impair body and brain, and could even be deadly’, *Science news*, 176(9), pp. 28–32.
- Saito, K. (1999) ‘Measurement of Fatigue in Industries’, *INDUSTRIAL HEALTH*, 37(2), pp. 134–142. doi:10.2486/indhealth.37.134.
- Saraswati, R., Harianto, F. and Listyaningsih, D. (2021) ‘Analisis Perbedaan Perilaku Keselamatan Kerja Berdasarkan Usia Pada Proyek Konstruksi’, in *Prosiding Seminar Teknologi Perencanaan, Perancangan, Lingkungan dan Infrastruktur*, pp. 161–168.
- Sathvik, S., Krishnaraj, L. and Awuzie, B.O. (2023) ‘An Assessment of Prevalence of Poor Sleep Quality Among Construction Workers in Southern India’, *Built Environment Project and Asset Management*, 13(2), pp. 290–305. doi:10.1108/BEPAM-03-2022-0041.
- Sekretariat Direktorat Jenderal Pelayanan Kesehatan (2022) ‘Penandatanganan Kontak Pembangunan Gedung Pelayanan Kanker Wanita dan Anak RS Kanker Dharmais’, *Direktorat Jenderal Pelayanan Kesehatan Kementerian Kesehatan Republik Indonesia*, 12 October. Available at: <https://yankes.kemkes.go.id/read/782/penandatanganan-kontak-pembangunan-gedung-pelayanan-kanker-wanita-dan-anak-rs-kanker-dharmais>.
- Setyawati, D.A. (2022) *Faktor-Faktor yang Berhubungan dengan Kualitas Tidur pada Remaja di Kota Depok Tahun 2021*.
- Shamshirgaran, S.M. *et al.* (2017) ‘Quality of sleep and its determinants among people with type 2 diabetes mellitus in Northwest of Iran.’, *World journal of diabetes*, 8(7), pp. 358–364. doi:10.4239/wjd.v8.i7.358.
- Sheth, M. and Thomas, H. (2019) ‘Managing sleep deprivation in older adults: A role for occupational therapy’. American Occupational Therapy Association Continuing Education Article

- Situngkir, D. *et al.* (2022) ‘Penyebab Kualitas Tidur Buruk pada Pekerja Work From Home Wilayah Jabodetabek pada Pandemi COVID-19 Tahun 2021’, *Jurnal Mahasiswa dan Peneliti Kesehatan*, 9(1), pp. 1–12. doi:10.29406/jjum.v9i1.3839.
- Song, Y. *et al.* (2020) ‘Sleep Quality as a Mediator in the Relationship Between Perceived Stress and Job Burnout Among Chinese Nurses: A Structural Equation Modeling Analysis’, *Frontiers in Psychiatry*, 11. Available at: <https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsyg.2020.566196>.
- Songkham, W. *et al.* (2019) ‘Sleep Quality Among Industrial Workers : Related Factors and Impact’, 33(2), pp. 119–126. doi:10.1108/JHR-08-2018-0072.
- Sukmawati, N.M.H. and Putra, I.G.S.W. (2019) ‘Reliabilitas Kusioner Pittsburgh Sleep Quality Index (PSQI) Versi Bahasa Indonesia Dalam Mengukur Kualitas Tidur Lansia’, *Jurnal Lingkungan & Pembangunan*, 3(2), pp. 30–38. Available at: <https://ejournal.warmadewa.ac.id/index.php/wicaksana>.
- Sulistiyani, C. (2012) ‘Beberapa Faktor yang Berhubungan dengan Kualitas Tidur Pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Diponegoro Semarang’, *Jurnal Kesehatan Masyarakat Universitas Diponegoro*, 1(2), p. 18762.
- Supit, I.C., Langi, F. and Wariki, W.M. V (2019) ‘Hubungan Antara Merokok Dengan Kualitas Tidur Pada Pelajar’, *Kesmas*, 7(5).
- Supit, I.C., Langi, F.L.F.G. and Wariki, W.M.. V. (2018) ‘Hubungan antara Merokok dengan Kualitas Tidur pada Pelajar’, *Kesmas*, 7(5), pp. 1–7.
- Suresh, S. *et al.* (2022) ‘Working Hours Impact on The Sleep Quality and Oral Health Status Among Migrant Construction Workers in Chennai’, *Journal of Family Medicine and Primary Care*, 11(7), pp. 3511–3516.
- Susihono, W., Umiyati, A. and Ramadhan, F.A. (2018) ‘Penentuan Perbaikan Kerja Melalui Evaluasi Kebutuhan Konsumsi Energi dan Nilai Cardiavascular Load Pada Karyawan di Departemen Delivery Transit Area Pt XYZ’, *Jurnal Teknika*, 14(1), pp. 23–28.
- Svensson, T. *et al.* (2021) ‘Association of Sleep Duration With All- and Major-Cause Mortality’, *Jama Network*, 4(9), pp. 1–13. doi:10.1001/jamanetworkopen.2021.22837.
- Tan, N.Y.Q. *et al.* (2018) ‘Associations between sleep duration, sleep quality and diabetic retinopathy’, *PLOS ONE*, 13(5), p. e0196399. Available at: <https://doi.org/10.1371/journal.pone.0196399>.

- Tantri, I.N. and Sundari, L.P.R. (2019) ‘Hubungan Antara Jenis Kelamin, Konsumsi Kafein, Tinggal Sendiri, dan Jam Mulai Tidur dengan Kualitas Tidur Buruk Mahasiswa di Kota Denpasar’, *Jurnal Medika Udayana*, 8(7).
- Tarhan, M. et al. (2018) ‘The Sleep Quality of Nurses and Its Influencing Factors’, *Eurasian Journal of Pulmonology*, 20(2), p. 78.
- Tarwoto, W. (2006) ‘Kebutuhan dasar manusia dan proses keperawatan’, *Jakarta: Salemba Medika* [Preprint].
- Tesfaye, A.H. et al. (2023) ‘Prevalence and Associated Factors of Poor Sleep Quality Among Industrial Workers in Addis Ababa, Ethiopia: Sectional Study Findings From a Cross-Sectional Study’, pp. 1–13. doi:10.1136/bmjopen-2023-073340.
- Tharida, M. and Desreza, N. (2021) ‘Hubungan Perilaku Merokok dengan Gangguan Pola Tidur (Insomnia) pada Dewasa di Wilayah Kecamatan Ulee Kareng Kotamadya Banda Aceh’, *Journal of Healthcare Technology and Medicine*, 7(1).
- Thayeb, R.R.T.A., Kembuan, M.A.H.N. and Khosama, H. (2015) ‘Gambaran Kualitas Tidur Pada Perawat Dinas Malam Rsup Prof. dr. rd Kandou Manado’, *e-CliniC*, 3(3).
- Troxel, W.M. et al. (2009) ‘Marital happiness and sleep disturbances in a multi-ethnic sample of middle-aged women’, *Behavioral sleep medicine*, 7(1), pp. 2–19.
- Tsai, L.-C. et al. (2022) ‘The impact of physical pain and depression on sleep quality in older adults with chronic disease’, *Journal of Clinical Nursing*, 31(9–10), pp. 1389–1396. doi:<https://doi.org/10.1111/jocn.16000>.
- Vidya, S. et al. (2019) ‘Impact of Shift Work on Sleep and Quality of Life in Industrial Workers: A Cross Sectional Study’, *Archives of Mental Health*, 20(2). Available at: https://journals.lww.com/amhe/fulltext/2019/20020/impact_of_shift_work_on_sleep_and_quality_of_life.4.aspx.
- Virtanen, M. et al. (2009) ‘Long Working Hours and Sleep Disturbances: The Whitehall II Prospective Cohort Study’, *Sleep*, 32(6), pp. 737–745.
- Wahyuni, N.S. (2022) *Ideks Massa Tubuh Remaja, Kementrian Kesehatan: Direktorat Jenderal Pelayanan Kesehatan*. Available at: https://yankes.kemkes.go.id/view_artikel/1546/indeks-massa-tubuh-remaja (Accessed: 20 March 2024).

- Wang, B. *et al.* (2021) ‘The Relationship Between Sleep Quality and Psychological Distress and Job Burnout Among Chinese Psychiatric Nurses’, *Industrial Health*, 59(6), pp. 427–435. doi:10.2486/indhealth.2020-0249.
- Wang, F. and Boros, S. (2021) ‘The effect of physical activity on sleep quality: a systematic review’, *European journal of physiotherapy*, 23(1), pp. 11–18.
- Watanabe, D. *et al.* (2023) ‘Combined Use of Sleep Quality and Duration Is More Closely Associated With Mortality Risk Among Older Adults: A Population-based Kyoto-Kameoka Prospective Cohort Study’, *Journal of Epidemiology*, 33(12), pp. 591–599. doi:10.2188/jea.JE20220215.
- Watson, E.J. *et al.* (2016) ‘Caffeine Consumption and Sleep Quality in Australian Adults’, *Nutrients*. doi:10.3390/nu8080479.
- Wendimu, D.E. and Meshesha, S.G. (2023) ‘Factors Associated With Poor Sleep Quality Among Construction Workers in Arba Minch town, Ethiopia: A Cross-Sectional Study’, *Health science reports*, 6(11), p. e1715.
- WHO (2010) *A Healthy Lifestyle - WHO Recommendations*, World Health Organization (WHO).
- Wibowo, G.H. *et al.* (2024) ‘Perbedaan Kekuatan Otot Genggam Tangan Antara Atlet Calisthenics Dengan Pekerja Konstruksi Bangunan’, *Medical Profession Journal of Lampung*, 14(4), pp. 808–813.
- Wicaksono, D.W. (2012) ‘Analisis Faktor dominan yang berhubungan dengan kualitas tidur pada mahasiswa Fakultas Keperawatan Universitas Airlangga’. UNIVERSITAS AIRLANGGA.
- Wirasa, I.D.G. (2022) ‘Pengaruh Activity Support Terhadap Aktivitas Ruang Publik Pada Malam Hari Di Koridor Jalan Gajah Mada Amlapura’, *PADURAKSA: Jurnal Teknik Sipil Universitas Warmadewa*, 11(1), pp. 82–93.
- Wungouw, H. and Lolong, J. (2017) ‘Hubungan Stres Dengan Kejadian Insomnia Pada Ibu Hamil di Puskesmas Bahu Kota Manado’, *Jurnal Keperawatan*, 5(1).
- Xu, X. *et al.* (2021) ‘Environmental factors affecting sleep quality in summer: a field study in Shanghai, China’, *Journal of Thermal Biology*, 99, p. 102977. doi:<https://doi.org/10.1016/j.jtherbio.2021.102977>.
- Yazdi, Z. *et al.* (2014) ‘Prevalence of sleep disorders and their impacts on occupational performance: a comparison between shift workers and nonshift workers’, *Sleep disorders*, 2014.

Zhou, L. et al. (2020) ‘Sleep duration, midday napping, and sleep quality and incident stroke’, *Neurology*, 94(4), pp. e345–e356.
doi:10.1212/WNL.0000000000008739.