

DAFTAR PUSTAKA

- Adiyati, S. (2010). Pengaruh Aromaterapi terhadap Insomnia pada Lansia Di PSTW Unit Budi Luhur Kasongan Bantul Yogyakarta. *Jurnal kebidanan*, 2(2), 21-28. Tersedia di <https://doi.org/10.35872/jurkeb.v2i2.79> [Diakses 20 April 2020]
- Al-Qudah, T. S. et al. (2018). Lemon As A Source Of Functional And Medicinal Ingredient: A Review. *International Journal of Chemical and Biomedical Sciences*, 14, 55-61.
- Amir, N. (2007). Gangguan Tidur pada Lanjut Usia Diagnosis dan Penatalaksanaan. *Cermin Dunia Kedokteran*, 157, 196-206.
- An, X. et al. (2019). The Interaction Between The Gut Microbiota And Herbal Medicines. *Biomedicine & Pharmacotherapy*, 118. Tersedia di <https://doi.org/10.1016/j.biopha.2019.109252> [Diakses 17 Juli 2020]
- Anggraini, B. R. (2017). Hubungan Antara Durasi Tidur Terhadap Tingkat Kebugaran Tubuh Pada Mahasiswa Fakultas Kedokteran Universitas Islam Indonesia Angkatan 2013. Diakses dari <https://dspace.uii.ac.id/handle/123456789/4605> [Diakses 5 Juni 2020]
- Aphrodita. (2013). Terapi Jus Buah dan Sayur. Jogjakarta: Katahati
- Askari, V. R., Rahimi, V. B., Ghorbani, A., & Rakhshandeh, H. (2016). Hypnotic effect of ocimum basilicum on pentobarbital-induced sleep in mice. *Iranian Red Crescent Medical Journal*, 18(7). Tersedia di <https://doi.org/10.5812/ircmj.24261> [Diakses 8 Agustus 2020]
- Astawan, M. (2008). Sehat Dengan Buah. Jakarta: Dian Rakyat.
- Avidan, A. Y., & Alessi, C. A. (Ed.). (2008). Geriatric Sleep Medicine. New York: Informa Healthcare USA, Inc.
- Azizah, L. M. (2011). Keperawatan Lanjut Usia. Yogyakarta: Graha Ilmu
- Buckley, T. M., & Schatzberg, A. F. (2005). On the interactions of the hypothalamic-pituitary-adrenal (HPA) axis and sleep: normal HPA axis activity and circadian rhythm, exemplary sleep disorders. *The Journal of clinical endocrinology and metabolism*, 90(5), 3106–3114. Tersedia di <https://doi.org/10.1210/jc.2004-1056> [Diakses 5 Juni 2020]
- Campanini, M.Z., Guallar-Castillon, P., Rodriguez-Artalejo, F., & Lopez-Garcia, E. (2017). Mediterranean Diet and Changes in Sleep Duration and

- Indicators of Sleep Quality in Older Adults. *Sleep*, 40. Tersedia di <https://doi.org/10.1093/sleep/zsw083> [Diakses 20 Januari 2021]
- Cho, S., Yoon, M., Pae, A.N., Jin, Y.H., Cho, N.C., Takata, Y., Urade, Y., Kim, S., Kim, J.S., Yang, H., *et al.* (2014). Marine Polyphenol Phlorotannins Promote Non-Rapid Eye Movement Sleep in Mice via the Benzodiazepine Site of the GABAA Receptor. *Psychopharmacology*, 231, 2825–2837.
- Clifford, T., Howatson, G., West, D. J., & Stevenson, E. J. (2015). The potential benefits of red beetroot supplementation in health and disease. *Nutrients*, 7(4), 2801-2822. Tersedia di <https://doi.org/10.3390/nu7042801> [Diakses 4 Agustus 2020]
- Creswell, J. W., & Gutterman, T. C. (2018). Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research (6th Ed.) Michigan: Pearson
- Efendi, F. & Makhfudli, M. (2009) Keperawatan kesehatan komunitas: teori dan praktik dalam keperawatan. Jakarta: Salemba Medika
- Ferdian, S., Rihiantoro, T., & Handayani, R. S. (2015). Pengaruh Madu Terhadap Kualitas Tidur Pada Lansia. *Jurnal Keperawatan*, 11(2), 310-317. Tersedia di <https://doi.org/10.26630/jkep.v11i2.587> [Diakses 18 Juni 2020]
- Guyton, A. C., & Hall, J. E. (2011). Textbook Medical of Physiology (12th ed.). Singapore: Elsevier.
- Hariyati, Rr T. S. (2010). Mengenal Systematic Review Theory Dan Studi Kasus. *Jurnal Keperawatan Indonesia*, 13(2), 124-132. Tersedia di <https://doi.org/10.7454/jki.v13i2.242> [Diakses 12 Agustus 2020]
- Harvey, A. G., Stinson, K., Whitaker, K. L., Moskovitz, D., & Virk, H. (2008). The Subjective Meaning Of Sleep Quality: A Comparison Individuals with and without Insomnia. *Sleep*, 31(3), 383-93.
- Hoefelmann, L.P., Lopes Ada, S., Silva, K.S., Silva, S.G., Cabral, L.G., & Nahas, M.V. (2012). Lifestyle, self-reported morbidities, and poor sleep quality among Brazilian workers. *Sleep Med*, 13, 1198–1201. Tersedia di <https://doi.org/10.1016/j.sleep.2012.05.009> [Diakses 20 Januari 2021]
- Kamel, N. S., & Gammack, J. K. (2006). Insomnia in the elderly: cause, approach, and treatment. *The American journal of medicine*, 119(6), 463–469. Tersedia di <https://doi.org/10.1016/j.amjmed.2005.10.051> [Diakses 28 April 2020]
- Khasanah, K., & Handayani, W. (2012). Kualitas tidur lansia balai rehabilitasi sosial “mandiri” Semarang. *Jurnal Keperawatan Diponegoro*, 1(1), 189-196.

- Kleiser, C., Wawro, N., Stelmach-Mardas, M., Boeing, H., Gedrich, K., Himmerich, H., & Linseisen, J. (2017). Are sleep duration, midpoint of sleep and sleep quality associated with dietary intake among Bavarian adults? *Eur. J. Clin. Nutr.*, 71, 631–637. Tersedia di <https://doi.org/10.1038/ejcn.2016.264> [Diakses 20 Januari 2021]
- Komisi Nasional Lanjut Usia (2010). Profil Penduduk Lanjut Usia 2009. Jakarta: Komnas Nasional Lanjut Usia
- Kong, A.P., Wing, Y.K., Choi, K.C., Li, A.M., Ko, G.T.C., Ma, R.C., *et al.* (2011). Associations of sleep duration with obesity and serum lipid profile in children and adolescents. *Sleep Med.*, 12(7), 659–665. Tersedia di <https://doi.org/10.1016/j.sleep.2010.12.015> [Diakses 20 Januari 2021]
- Kruger, A.K., Reither, E.N., Peppard, P.E., Krueger, P.M., & Hale, L. (2014). Do sleep-deprived adolescents make less-healthy food choices? *Br J Nutr.*, 111(10), 1898–904. Tersedia di <https://doi.org/10.1017/s0007114514000130> [Diakses 20 Januari 2021]
- Lumbantobing S. M., (2008). Gangguan Tidur. Jakarta : Fakultas Kedokteran Universitas Indonesia
- Muchtadi, I. T. R. (2018). Jenis dan Varietas Holtikultura. Diakses dari <http://www.pustaka.ut.ac.id/lib/wp-content/uploads/pdfmk/PANG4226-M1.pdf> [Diakses 2 Agustus 2020]
- Miranda, J., Portillo, M. P., Madrid, J. A., Arias, N., Macarulla, M.T., & Garaulet, M. (2013). Effects of Resveratrol on Changes Induced by High-Fat Feeding on Clock Genes in Rats. *Br. J. Nutr.*, 110, 1421–1428.
- Naziha, & Dheanda, D. (2018). Gambaran Tingkat Pengetahuan Dan Sikap Ibu Dengan Asupan Buah Dan Sayur Di Desa Tegal Harum Kecamatan Denpasar Barat Kota Denpasar. Diakses dari <http://repository.poltekkes-denpasar.ac.id/843/> [Diakses 2 Agustus 2020]
- Noorwali, E., Hardie, L., & Cade, J. (2019). Bridging the Reciprocal Gap between Sleep and Fruit and Vegetable Consumption: A Review of the Evidence, Potential Mechanisms, Implications and Directions for Future Work. *Nutrients*, 11(6), 1382.
- Notoatmodjo, S. (2012). Metodologi Penelitian Kesehatan. Jakarta: Rineka Cipta
- Noviyandri, P. R., & Nasution, A. I. (2017). Pengaruh Ekstrak Buah Timun Suri (*Cucumis sativus* L.) sebagai Antibakteri Alami dalam Menghambat Pertumbuhan *Enterococcus faecalis*. *Journal Caninus Dentistry*, 2(3), 111–116. Diakses dari <http://jim.unsyiah.ac.id/JCD/article/view/5677/2340> [Diakses 8 Agustus 2020]

- Nursalam. (2015). Metodologi Penelitian Ilmu Keperawatan Pendekatan Praktis (4th Ed.). Jakarta: Salemba Medika
- Oriach, C. S., Robertson, R. C., Stanton, C., Cryan, J.F., & Dinan, T. G. (2016). Food for thought: The role of nutrition in the microbiota-gut-brain axis. *Clinical Nutrition Experimental*, 6(1), 25-38. Tersedia di <https://doi.org/10.1016/j.yclnex.2016.01.003> [Diakses 17 Juli 2020]
- Pandey, Y., Bhatt, S. S., & Debbarma, N. (2018). Watercress (*Nasturtium officinale*): A Potential Source of Nutraceuticals. *International Journal of Current Microbiology and Applied Sciences*, 7(2), 2685-2691. Tersedia di <https://doi.org/10.20546/ijcmas.2018.702.325> [Diakses 8 Agustus 2020]
- Pandi-Perumal, S. R., Monti, J. M., & Monjan, A. A. (Ed.). (2009). Principles and Practice of Geriatric Sleep Medicine. Cambridge: Cambridge University Press
- Patel, D., Steinberg, J., & Patel, P. (2018). Insomnia in the Elderly: A Review. *Journal of Clinical Sleep Medicine*, 14(6), 1017-1024. Tersedia di <https://doi.org/10.5664/jcsm.7172> [Diakses 9 Mei 2020]
- Patlak, M. (2005). Your guide to healthy sleep. U. S. Department of health and human services. Diakses dari http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf. [Diakses 3 Mei 2020]
- Peake J. M. (2003). Vitamin C: effects of exercise and requirements with training. *International journal of sport nutrition and exercise metabolism*, 13(2), 125–151. Tersedia di <https://doi.org/10.1123/ijsnem.13.2.125> [Diakses 8 Agustus 2020]
- Perry, A. & Hammond, N. (2002). Systematic Review: The Experience of a PhD Student. *Psychology Learning and Teaching*, 2(1), 32–35. Tersedia di <https://doi.org/10.2304%2Fplat.2002.2.1.32> [Diakses 14 Agustus 2020]
- Pinna, M. et al. (2014). Effect Of Beetroot Juice Supplementation On Aerobic Response During Swimming. *Nutrients*, 6(2), 605- 615. Tersedia di <https://doi.org/10.3390/nu6020605> [Diakses 4 Agustus 2020]
- Pifferi, F., Rahman, A., Languille, S., Auffret, A., Babiloni, C., Blin, O., Lamberty, Y., Richardson, J.C., & Aujard, F. (2012). Effects of Dietary Resveratrol on the Sleep-Wake Cycle in the Non-Human Primate Gray Mouse Lemur (*Microcebus murinus*). *Chronobiol Int.* 29, 261–270.
- Potter, P.A., Perry, A.G., Stockert, P.A., & Hall, A.M. (2013). Fundamentals of Nursing (8th ed.) St. Louis, Missouri: Elsevier Mosby.
- Prättälä, R., Paalanen, L., Grinberga, D., Helasoja, V., Kasmel, A., & Petkeviciene, J. (2007). Gender differences in the consumption of meat,

- fruit and vegetables are similar in Finland and the Baltic countries. *European journal of public health*, 17(5), 520–525. Tersedia di <https://doi.org/10.1093/eurpub/ckl265> [Diakses 20 Januari 2021]
- Richards, E., & Pao, M. (2014). Sleep Disruption. In Johns Hopkins Psychiatry Guide. Diakses dari https://www.hopkinsguides.com/hopkins/view/Johns_Hopkins_Psychiatry_Guide/787026/all/Sleep_Disruption [Diakses 26 Agustus 2020]
- Saleh, Y. A. (2020). Kombinasi 14 Sayur dan Buah Mentah Untuk Mengatasi Depresi Ringan dan Sedang Pada Lansia. Jakarta: Mata Aksara.
- Sayekti, N. P., & Hendrati, L. Y. (2015). Analisis Resiko Depresi, Tingkat Sleep Hygiene dan Penyakit Kronis Dengan Kejadian Insomnia Pada Lansia. *Jurnal Berkala Epidemiologi*, 3(2), 181-193. Tersedia di <https://doi.org/10.20473/jbe.V3I22015.181-193> [Diakses 28 April 2020]
- Shamloo, S., Irandoust, K., & Afif, A. H. (2019). The Effect of Beetroot Juice Supplementation on Physiological Fatigue and Quality of Sleep in Male Athletes. *Sleep and Hypnosis A Journal of Clinical Neuroscience and Psychopathology*, 21(2), 97-100. Tersedia di <http://dx.doi.org/10.5350/Sleep.Hypn.2019.21.0176> [Diakses 4 Agustus 2020]
- Shamseer, et al. (2015). Preferred Reporting Items For Systematic Review And Meta-Analysis Protocols (PRISMA-P) 2015: Elaboration And Explanation. *BMJ* (Clinical research ed.), 350, g7647. Tersedia di <https://doi.org/10.1136/bmj.g7647> [Diakses 14 Agustus 2020]
- Sherwood, L. (2012). Fisiologi Manusia Dari Sel ke Sistem (6th ed.) Jakarta: EGC.
- Shrestha, S., Park, J.H., Lee, D.Y., Cho, J.G., Cho, S., Yang, H.J., Yong, H.I., Yoon, M.S., Han, D.S., & Baek, N.I. (2012). Rhus parviflora and its biflavonoid constituent, rhusflavone, induce sleep through the positive allosteric modulation of GABA(A)-benzodiazepine receptors. *J. Ethnopharmacol.* 142, 213–220.
- Smith, M, & Segal, R. (2010). How much sleep do you need? Sleep cycles & stages, lack of sleep, and getting the hours you need. Diakses dari <http://www.helpguide.org/articles/sleep/how-much-sleep-do-you-need.html>. [Diakses 3 Mei 2020]
- St-Onge, M-P., Roberts, A., Shechter, A., & Choudhury, A.R. (2016). Fiber and saturated fat are associated with sleep arousals and slow wave sleep. *J Clin Sleep Med*, 12(1), 19–24. Tersedia di <https://doi.org/10.5664/jcsm.5384> [Diakses 20 Januari 2021]

- Sunarti, S., & Helena, H. (2018). Gangguan Tidur Pada Lanjut Usia. *Journal of Islamic Medicine*, 2(1). Tersedia di <https://doi.org/10.18860/jim.v2i1.5009> [Diakses 28 Agustus 2020]
- Wang, L.E., Cui, X.Y., Cui, S.Y., Cao, J.X., Zhang, J., Zhang, Y.H., Zhang, Q.Y., Bai, Y.J., & Zhao, Y.Y. (2010). Potentiating Effect of Spinosin, A C-Glycoside Flavonoid of Semen Ziziphi Spinosae, on Pentobarbital-Induced Sleep May Be Related To Postsynaptic 5-HT(1A) Receptors. *Phytomedicine*, 17, 404–409.
- Widyawati, P. S. (2005). Potensi Daun Kemangi (*Ocimum basilicum* Linn) sebagai Penangkal Radikal Bebas DPPH (2, 2-Diphenyl-l-pycrylhidrazil radical). *Agritech*, 25(3), 137-142. Tersedia di <https://doi.org/10.22146/agritech.13349> [Diakses 8 Agustus 2020]
- Wolniczak, I. et al. (2013). Association between Facebook dependence and poor sleep quality: a study in a sample of undergraduate students in Peru. *PloS one*, 8(3), e59087. Tersedia di <https://doi.org/10.1371/journal.pone.0059087> [Diakses 7 Mei 2020]
- Yoon, M. & Cho, S. (2018). Triphlorethol A, a Dietary Polyphenol from Seaweed, Decreases Sleep Latency and Increases Non-Rapid Eye Movement Sleep in Mice. *Mar. Drugs* 16, 139.