

ABSTRACT

Association between Quality and Duration of Sleep With Cardiovascular Disease : Literature Review

Adji Yudho Pangaksomo

Introduction: Sleep is an important lifestyle contributor to health. Poor quality and quantity of sleep is associated with an increased risk of cardiovascular disease.

Methods: Literature review. Data sources: 4 electronic databases, namely Scopus, ProQuest, PubMed, and ReseachGate published in 2015-2020. The keywords used are sleep quality, sleep duration or quantity of sleep and cardiovascular disease. The Center for Review and Dissemination and the Joanna Briggs Institute Guidelines were used to assess study quality.

Results: A total of 12 articles discussing the relationship between the quality and quantity of sleep and cardiovascular disease were analyzed. Respondents in the study were healthy individuals and patients with cardiovascular disease problems from various countries, namely, Australia, United States, China, Korea, Taiwan and Germany. Gender characteristics of respondents are almost the same between men and women, and most respondents in the study are on average adults aged > 18 years.

Conclusion: Sleep quality and quantity are associated with cardiovascular disease. Poor quality and quantity of sleep can cause various cardiovascular diseases, such as coronary heart disease, heart failure, stroke, hypertension, subclinical arteries and atherosclerosis, as well as cardiometabolics. Future research is expected to be carried out in different populations and countries.

Keywords: Sleep quality, Sleep duration, Quantity of sleep, Cardiovascular disease

ABSTRAK

**Hubungan Kualitas dan Kuantitas Tidur Dengan Penyakit Kardiovaskular :
*Literature Review***

Adji Yudho Pangaksomo

Pendahuluan: Tidur merupakan kontributor gaya hidup penting bagi kesehatan. Kualitas dan kuantitas tidur yang buruk dikaitkan dengan peningkatan risiko penyakit kardiovaskular.

Metode: *Literature review*. Sumber data: 4 database elektronik, yaitu Scopus, ProQuest, PubMed, dan ReseachGate yang diterbitkan pada tahun 2015-2020. Kata kunci yang digunakan yaitu *sleep quality, sleep duration* atau *quantity of sleep* dan *cardiovascular disease*. Pedoman *The Centre for Review and Dissemination and the Joanna Briggs Institute Guideline* digunakan untuk menilai kualitas studi.

Hasil: Sebanyak 12 artikel yang membahas tentang hubungan kualitas dan kuantitas tidur dengan penyakit kardiovaskular dianalisis. Responden dalam penelitian adalah individu yang sehat dan pasien dengan masalah penyakit kardiovaskular dari berbagai negara yaitu, Australia, Amerika Serikat, China, Korea, Taiwan dan Jerman. Karakteristik jenis kelamin pada responden hampir sama antara laki-laki dan perempuan, serta sebagian besar responden pada studi rata-rata merupakan orang dewasa yang berusia >18 tahun.

Kesimpulan: Kualitas dan kuantitas tidur berhubungan dengan penyakit kardiovaskular. Kualitas dan kuantitas tidur yang buruk dapat menyebabkan berbagai penyakit kardiovaskular, seperti penyakit jantung koroner, gagal jantung, stroke, hipertensi, arteri subklinis dan aterosklerosis, serta kardiometabolik. Penelitian selanjutnya diharapkan dapat dilakukan pada populasi dan negara yang berbeda.

Kata Kunci: *Sleep quality, Sleep duration, Quantity of sleep, Cardiovascular disease*