

DAFTAR PUSTAKA

- Alfi, W. N. dan Yuliwar, R. (2018) 'The Relationship between Sleep Quality and Blood Pressure in Patients with Hypertension', *Jurnal Berkala Epidemiologi*, 6(1), p. 18. doi: 10.20473/jbe.v6i12018.18-26.
- Domínguez, F. *et al.* (2019) 'Association of Sleep Duration and Quality With Subclinical Atherosclerosis', *Journal of the American College of Cardiology*, 73(2), pp. 134–144. doi: 10.1016/j.jacc.2018.10.060.
- Grandner, M. A. *et al.* (2016) 'Sleep: Important considerations for the prevention of cardiovascular disease', *Current Opinion in Cardiology*, 31(5), pp. 551–565. doi: 10.1097/HCO.0000000000000324.
- Hall, M. H., Brindle, R. C. and Buysse, D. J. (2018) 'Sleep and cardiovascular disease: Emerging opportunities for psychology', *American Psychologist*, 73(8), pp. 994–1006. doi: 10.1037/amp0000362.
- Hu, H. *et al.* (2020) 'Association of self-reported sleep duration and quality with BaPWV levels in hypertensive patients', *Hypertension Research*. Springer US. doi: 10.1038/s41440-020-0509-y.
- Ji, A. *et al.* (2020) 'Interactive effect of sleep duration and sleep quality on risk of stroke: An 8-year follow-up study in China', *Scientific Reports*. Springer US, 10(1), pp. 1–10. doi: 10.1038/s41598-020-65611-y.
- Kim, C. W. *et al.* (2015) 'Sleep duration, sleep quality, and markers of subclinical arterial disease in healthy men and women', *Arteriosclerosis, Thrombosis, and Vascular Biology*, 35(10), pp. 2238–2245. doi: 10.1161/ATVBAHA.115.306110.
- 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. doi: 10.5664/jcsm.6894.
- Lu, K. *et al.* (2015) 'Interaction of sleep duration and sleep quality on hypertension prevalence in adult Chinese males', *Journal of Epidemiology*, 25(6), pp. 415–422. doi: 10.2188/jea.JE20140139.
- Martini, S., Roshifanni, S. and Marzela, F. (2018) 'Pola Tidur yang Buruk Meningkatkan Risiko Hipertensi', *Media Kesehatan Masyarakat Indonesia*, 14(3), p. 297. doi: 10.30597/mkmi.v14i3.4181.
- Medic, G., Wille, M. and Hemels, M. E. H. (2017) 'Short- and long-term health consequences of sleep disruption', *Nature and Science of Sleep*, 9, pp. 151–161. doi: 10.2147/NSS.S134864.
- Nursalam (2020) *Penulis Literature Review Dan Systematic Review Pada Pendidikan Kesehatan (Contoh)*. Fakultas Keperawatan, Universitas Airlangga..
- Potter, P. A. *et al.* (2013) *Fundamental of Nursing Eight Edition*, Elsevier. doi: 10.1109/ISCA.2016.31.

- Roshifanni, S. (2016) ‘*Risiko Hipertensi Pada Orang Dengan Pola Tidur Buruk (Studi Di Puskesmas Tanah Kalikedinding Surabaya)*’, *Jurnal Berkala Epidemiologi*, Vol.4 No.3, pp. 408–419.
- St-Onge, M. P. *et al.* (2016) ‘*Sleep Duration and Quality: Impact on Lifestyle Behaviors and Cardiometabolic Health: A Scientific Statement from the American Heart Association*’, *Circulation*, 134(18), pp. e367–e386. doi: 10.1161/CIR.0000000000000444.
- Türoff, A. *et al.* (2017) ‘*Sleep duration and quality in heart failure patients*’, *Sleep and Breathing*. *Sleep and Breathing*, 21(4), pp. 919–927. doi: 10.1007/s11325-017-1501-x.
- Wang, D. *et al.* (2017) ‘*The effect of sleep duration and sleep quality on hypertension in middle-aged and older Chinese: the Dongfeng-Tongji Cohort Study*’, *Sleep Medicine*. Elsevier B.V., 40, pp. 78–83. doi: 10.1016/j.sleep.2017.09.024.
- World Health Organization (2018) ‘*NCDs Country Profiles 2018 WHO*’, p. 224. Available at: <https://www.who.int/nmh/publications/ncd-profiles-2018/en/>.
- Wu, W. *et al.* (2019) ‘*Sleep quality, sleep duration, and their association with hypertension prevalence among low-income oldest-old in a rural area of China: A population-based study*’, *Journal of Psychosomatic Research*. Elsevier, 127(April), p. 109848. doi: 10.1016/j.jpsychores.2019.109848.
- Yiallourou, S. R., Maguire, G. P. and Carrington, M. J. (2020) ‘*Sleep quantity and quality and cardiometabolic risk factors in Indigenous Australians*’, *Journal of Sleep Research*, (April), pp. 1–11. doi: 10.1111/jsr.13067.
- Zhou, L. *et al.* (2020) ‘*Sleep duration, midday napping, and sleep quality and incident stroke: The Dongfeng-Tongji cohort*’, *Neurology*, 94(4), pp. e345–e356. doi: 10.1212/WNL.00000000000008739.