

DAFTAR PUSTAKA

Undang-Undang Republik Indonesia No. 38 Tahun 2014 tentang Keperawatan.
Diakses melalui <http://www.kemenkopmk.go.id/> tanggal 1 April 2021.

Ferreira LRC. *Sleep patterns and fatigue of nursing students who work. School of Medical Sciences*, Campinas University. Campinas, SP, Brazil Vol. 46(5) ISSN 0080-6234, 2012

Locken T, Norberg H. *Reduced anxiety improves learning ability of nursing students through utilization of mentoring triads*. College of Nursing Brigham Young University Provo, Utah diakses melalui http://nursing.byu.edu/Documents/research/abstracts_ pada tanggal 13 Juli 2021.

Pitaloka RD, Utami GT, Novayelinda R. Hubungan kualitas tidur dengan tekanan darah dan kemampuan konsentrasi belajar mahasiswa program studi ilmu keperawatan universitas riau. JOM vol. 2 No. 2 , 2015 melalui <http://www.jom.unri.ac.id/index.php/JOMPSIK/article/view> pada tanggal 14 Juli 2021.

Asmadi. Teknik prosedural : *Konsep Dan Aplikasi Kebutuhan Dasar Klien*.

Jakarta : Salemba Medika, 2016

National Sleep Foundation. How much sleep do we really need? Washington, DC: National Sleep Foundation; 2018. Diakses melalui <http://www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need> diakses pada tanggal 12 Juli 2021

Liu Y, Wheaton AG, Chapman DP, Cunningham TJ, Lu H, Croft JB. Prevalence of healthy sleep duration among adults – United States, 2014. Morbidity and Mortality Weekly Report (MMWR). 2016; 65 (6):137-141

Altun I, Cinar N, Dede C. The contributing factors to poor sleep experiences in according to the university students : a cross-sectional study. J Res Med Sci .2012;17(6) : 557-61

Desouky EM, Lawend JA, Awed HAE. Relationship Between Quality of Sleep

- and Academic Performance among Female Nursing Students. IOSR Journal of Nursing and Health Science (IOSR-JNHS) e-ISSN : 2320-1959.p-ISSN: 230-1940 Volume 4, Issue 4 Ver. VI, 2015
- Menon B, Karishma HP, Mamatha IV. Slep quality and health complaints among nursing students. Journal of Indian Academy of Neurology, 18(3): 363-364, 2015 diakses melalui www.ncbi.nlm.nih.gov pada tanggal 1 Agustus 2021.
- Rafknowledge. *Insomnia dan gangguan tidur lainnya*. Jakarta: PT Elex Media Komputer,2004. ISBN : 979-20-5939-3
- Sadock, Benjamin J, Sadock, Virginia A. *Buku Ajar Psikiatri Klinis Edisi 2*. Jakarta: EGC, 2018
- Feldman RS. *Pengantar psikologi*. Jakarta : Salemba Medika, 2012
- Ferreira LRC. Sleep patterns and fatigue of nursing students who work. School of Medical Sciences, Campinas University. Campinas, SP, Brazil Vol. 46(5) ISSN 0080-6234, 2012
- Locken T, Norberg H. Reduced anxiety improves learning ability of nursing students through utilization of mentoring triads. College of Nursing Brigham Young University Provo, Utah diakses melalui http://nursing.byu.edu/Documents/research/abstracts_ diakses pada tanggal 13 Juli 2021.
- Nurhidayati T. Tingkat Stress Mahasiswa Profesi Ners Stase komunitas Universitas Muhammadiyah Semarang vol 7 no.1: 1-7. 2014
- Pitaloka RD, Utami GT, Novayelinda R. Hubungan kualitas tidur dengn tekanan darah dan kemampuan konsentrasi belajar mahasiswa program studi ilmu keperawatan universitas riau. JOM vol. 2 No. 2 , 2015 d melalui <http://www.jom.unri.ac.id/index.php/JOMPSIK/article/view/> diakses pada tanggal 14 Juli 2021.
- Asmadi. *Teknik Prosedural : Konsep Dan Aplikasi Kebutuhan Dasar Klien*. Jakarta : Salemba Medika, 2019
- National Sleep Foundation. How much sleep do we really need? Washington, DC: National Sleep Foundation; 2018. Diakses melalui

<http://www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need> diakses pada tanggal 12 Juli 2021.

Sadock, Benjamin J, Sadock, Virginia A. *Buku Ajar Psikiatri Klinis Edisi 2*. Jakarta: EGC, 2018

Feldman RS. *Pengantar Psikologi*. Jakarta : Salemba Medika, 2012

Puri K. *Buku Ajar Psikiatri Edisi 2*. Jakarta : EGC, 2011

National Sleep Foundation. Sleep-wake cycle : its physiology and impact on health. Washington,DC: National Sleep Foundation, 2017. Diakses www.sleepfoundation.org diakses tanggal 3 April 2021.

