

DAFTAR PUSTAKA

- Akasaki I, Amano H, Nakamura S.(2014). Blue LEDs – Filling the world with new light. The Nobel Prize in Physics 2014 ; The Royal Swedish Academy of Sciences. Swedia.
- Altun I, Cınar N, Dede C. (2012). The contributing factors to poor sleep experiences in according to the university students: A cross-sectional study. *J Res Med Sci.* 2012 Jun; 17(6): 557–561.
- Al Jaziri AA, Al Farhan AR, Al Huthayli A, Al Sowilem M, Al Khalaf A, Ali SI. (2013).Patterns of Use of 'Smart Phones' among Male Medical Students at KFU and its Side Effects. *International Journal of Science and Research (IJSR)* 5(10):6-391.
- Amalina S, Sitaresmi MN, Gamayanti IL.(2015), Hubungan Penggunaan Media Elektronik dan Gangguan Tidur. *Sari Pediatri*, Vol. 17, No. 4, Desember 2015.
- Augner, C.(2011). Associations of subjective sleep quality with depression score, anxiety, physical symptoms and sleep onset latency in students. *Cent Eur J Public Health* 2011; 19 (2): 115–117.
- Ayas NT, White DP, Manson JE, et al.(2003). A prospective study of sleep duration and coronary heart disease in women. *Arch Intern Med.* 2003;163:205-9.
- Baker FC, Mitchell D, Driver HS. (2001). Oral contraceptives alter sleep and raise body temperature in young women. *Pflugers Arch.* 2001 Aug;442(5):729-37.
- Brainard G, Hanifin JP, Rollag MD, Greeson J, Byrne B, Glickman G, Gerner E, Sanford B. (2001). Human melatonin regulation is not mediated by the threcone photopic visual system. *J Clin Endocrinol Metab* 86: 433–436, 2001.
- Buchholz A, Perry B, Weiss LB, Cooley D. (2016). Smartphone Use and Perceptions among Medical Students and Practicing Physicians. *Journal MTM* 5:1:27–32, 2016.
- Business Wire, 2011. Research and Markets: Indonesia – Mobile Communications - Market Overview. [online] Diakses dari <http://www.businesswire.com/news/home/20110406005759/en/Research-Markets-Indonesia---Mobile-Communications--> tanggal 21 Mei 2016.
- Buysse DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ.(1989). The Pittsburgh Sleep Quality Index (PSQI): A new instrument for psychiatric research and practice. *Psychiatry Research* 1989; 28(2): 193-213.

- Cajochen C, Dijk DJ, Borbély AA.(1992). Dynamics of EEG slow-wave activity and core body temperature in human sleep after exposure to bright light. *Sleep* 15: 337–343, 1992.
- Cajochen C, Münch M, Kobińska S, Kräuchi K, Steiner R, Oelhafen P, *et al.* (2005). High sensitivity of human melatonin, alertness, thermoregulation and heart rate to short wavelength light. *J Clin Endocrinol Metab* 90: 1311–1316, 2005.
- Chang A M, Aeschbach D, Duffy J F, Czeisler C A. (2014). Evening use of light-emitting eReaders negatively affects sleep, circadian timing, and next-morning alertness. *PNAS*. vol. 112 no. 4 Anne-Marie Chang, 1232–1237, doi: 10.1073/pnas.141849011. January 27, 2015.
- Craven, R. F., & Hirnle, C. J., 2000. *Fundamentals of nursing: human health and function*. (3rd edition). Philadelphia: Lippincott Williams & Wilkins.
- Davis, T Alan, *Biostatistics dalam The Physiologic Basic of Surgery*. O’leary JP, Tabuenca A, Capote LR eds. Wolters Kluwer Lippincott William & Wilkins. Philadelphia. 2007.
- Delasnerie-Laupretre N, Patois E, Valatx JL, Kauffmann F, Alperovitch A.(1993). Sleep, snoring and smoking in high school students. *J Sleep Res*. 1993;2(3):138-142.
- Deloitte. *Mobile Consumer Survey 2014 The Australian Cut Revolution and Evolution*. Australia: Deloitte Touche Tohmatsu Limited; 2014.
- Deloitte. *Mobile Consumer Survey 2015: The UK Cut Game of Phones 2015*. UK: Deloitte Touche Tohmatsu Limited; 2015.
- Do, Anh-Minh. 2014. 36 percent of Vietnam’s population owns a smartphone. [online] Diakses dari <https://www.techinasia.com/36-of-vietnams-population-now-uses-smartphones-but-where-are-the-mobile-services> tanggal 21 Mei 2016.
- Figueiro MG, Rea MS. (2010). The Effects of Red and Blue Lights on Circadian Variations in Cortisol, Alpha Amylase, and Melatonin. *International Journal of Endocrinology*. 2010;2010:829351. doi:10.1155/2010/829351.
- Gelaye B, Lohsoonthorn V, Lertmeharit S, Pensuksan WP, Sanchez SE, Lemma S, Berhane Y, *et al.* (2014). Construct Validity and Factor Structure of the Pittsburgh Sleep Quality Index and Epworth Sleepiness Scale in a Multi-National Study of African, South East Asian and South American College Students. <http://dx.doi.org/10.1371/journal.pone.0116383>.
- Gerner E, Brainard GC, Hanifin JP, Greeson JM, Byrne B, Glickman G, Rollag MD. (2001). Action spectrum for melatonin regulation in humans: evidence for a novel circadian photoreceptor. *J Neurosci* 21: 6405–6412, 2001.

- Guyton, Arthur C, Hall, John E. 2008. Buku Ajar Fisiologi Kedokteran Edisi 11. Singapore: Elsevier.
- Hansen J. (2001). Light at Night, Shiftwork, and Breast Cancer Risk. *Journal of the National Cancer Institute*, Vol. 93, No. 20, October 17, 2001.
- Harsono. 2009. Aplikasi ASCL dalam Proses Pembelajaran. [online] Diakses dari www.belajar.usd.ac.id/ tanggal 8 Agustus 2016.
- Harvard Health Publications. 2012. Blue light has a dark side. [online] Diakses dari <http://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side> tanggal 2 November 2016.
- Hedge, Alan. 2013. Biological Rhythms. [online] Diakses dari <http://ergo.human.cornell.edu/studentdownloads/dea3250pdfs/biorhythms.pdf> tanggal 5 November 2016.
- Khalsa SBS, Jewett ME, Cajochen C, Czeisler CA. (2003). A phase response curve to single bright light pulses in human subjects. *J Physiol* 549: 945–952, 2003.
- Liu, Dennis. 2000. The Human Suprachiasmatic Nucleus. [online] Diakses dari <http://www.hhmi.org/biointeractive/human-suprachiasmatic-nucleus> tanggal 5 November 2016.
- Liansyah, Tita Menawati. 2015. Problem Based Learning Sebagai Metode Perkuliahan Kedokteran Yang Efektif. [online] Diakses dari <http://jurnal-pedagogik.info/downloads/5-Tita%20Menawati%20Liansyah%20-%20PBL.pdf> tanggal 21 Mei 2016.
- Lockley SW, Brainard GC, Czeisler CA.(2003). High sensitivity of the human circadian melatonin rhythm to resetting by short wavelength light. *J Clin Endocrinol Metab* 88: 4502–4505, 2003.
- Lockley SW, Evans EE, Scheer FA, Brainard GC, Czeisler CA, Aeschbach D. (2006). Short-wavelength sensitivity for the direct effects of light on alertness, vigilance, and the waking electroencephalogram in humans. *Sleep* 29: 161–168, 2006.
- Mastin, Luke. 2013. Circadian Rhythms. [online] Diakses dari http://www.howsleepworks.com/how_circadian.html tanggal 5 November 2016.
- Münch M, Kobińska S, Steiner R, Oelhafen P, Wirz-Justice A, Cajochen C.(2006). Wavelength-dependent effects of evening light exposure on sleep architecture and sleep EEG power density in men. *Am J Physiol Regul Integr Comp Physiol* 290: R1421–R1428, 2006.
- National Sleep Foundation. 2006. Sleep-Wake Cycle: Its Physiology and Impact on Health. US.

- National Sleep Foundation. 2016. Sleep Drive and Your Body Clock. [online] Diakses dari <https://sleepfoundation.org/sleep-topics/sleep-drive-and-your-body-clock> tanggal 5 November 2016.
- National Heart, Lung, and Blood Institute (NHLBI), National Institute of Health, US. Departement of Health and Human Services. 2011. Your Guide To Healthy Sleep. US.
- Park SY, Oh MK , Lee BS, Kim HG, Lee WJ, Lee JH, Lim JT, *et al.*(2015). The Effects of Alcohol on Quality of Sleep. *Korean J Fam Med.* 2015 Nov; 36(6): 294–299.
- Paul K N, Saafir T B, Tosini G. (2009). The role of retinal photoreceptors in the regulation of circadian rhythms. *Rev Endocr Metab Disord.* 2009 December ; 10(4): 271–278. doi:10.1007/s11154-009-9120-x.
- RapidValue. Internet, Smartphone, and Social Media Usage Statistic. US: RapidValue Solutions; 2014.
- Rea MS, Figueiro MG, Bullough JD, Bierman A. (2005). A model of phototransduction by the human circadian system. *Brain Research Reviews.* 2005;50(2):213–228. [PubMed]
- Revell VL, Arendt J, Fogg LF, Skene DJ. (2006). Alerting effects of light are sensitive to very short wavelengths. *Neurosci Lett* 399: 96–100, 2006.
- Rosansky SJ; Menachery SJ, Whittman D, Rosenberg JC. (1996). The relationship between sleep deprivation and the nocturnal decline of blood pressure. *Am JHypertens.*1996;9:1136-8.
- Sadock BJ, Sadock VA. 2007. *Kaplan & Sadock's Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry.* 10th Edition. Baltimore: Lippincott Williams & Wilkins; 2007: 580 – 4, 750 - 3.
- Salesforce, 2014. 2014 Mobile Behavior Report. San Fransisco.
- Sastroasmoro, Sudigdo, dan Ismael, Sofyan. 2008. *Dasar- Dasar Metodologi Penelitian Klinis.* Edis ke 3. Jakarta: Sagung Seto.
- Schernhammer ES, Hankinson SE .(2003). Light at night: a novel risk factor for cancer in shift workers? *Clin Occup Environ Med* 3: 263 – 278.
- Sleep Health Foundation. 2011. Ten Tips for a Good Night's Sleep. Australia.
- Smith M, Robinson L, and Segal R. 2016. How to Sleep Better: Tips for Getting a Good Night's Sleep. [online] Diakses dari <http://www.helpguide.org/articles/sleep/how-to-sleep-better.htm> tanggal 5 November 2016.

- Sroykham W, Wongsawat Y. (2013). Effects of LED-backlit Computer Screen and Emotional Self-regulation on Human Melatonin Production. 35th Annual International Conference of the IEEE EMBS, 978-1-4577-0216-7/13/\$26.00 ©2013 IEEE.
- Suen LK, Tam WW, Hon KL. (2010). Association of sleep hygiene-related factors and sleep quality among university students in Hong Kong. *Hong Kong Med J.* 2010;16:180–5
- Sweileh WM, Ali IA, Sawalha AF, Abu-Taha AS, Zyoud SH, Al-Jabi SW. (2011). Sleep habits and sleep problems among Palestinian students. *Child Adolesc Psychiatry Ment Health.* 2011;5:25.
- Thapan K, Arendt J, Skene DJ. (2001). An action spectrum for melatonin suppression: evidence for a novel non-rod, non-cone photoreceptor system in humans. *J Physiol* 535: 261–267, 2001.
- Thomas Y. 2013. Get a Good Night's Sleep. [online] Diakses tanggal 22 Februari 2016 dari <http://www.sleepcouncil.org.uk/wp-content/uploads/2013/01/Get-a-Good-Nights-Sleep.pdf>.
- UC Santa Barbara, 2014. Displays. [online] Diakses dari <https://www.cs.ucsb.edu/~mturk/Courses/MAT235-2014/Misc/Displays-ch-03.pdf> tanggal 13 September 2016.
- Vijayalaxmi, Thomas CRJ, Reiter RJ, Herman TS.(2002). Melatonin: from basic research to cancer treatment clinics. *J Clin Oncol* 20:2575 – 2601.
- Warman VL, Dijk DJ, Warman GR, Arendt J, Skene DJ. (2003). Phase advancing human circadian rhythms with short wavelength light. *Neurosci Lett* 342: 37–40, 2003.
- Williams, B.K. and Sawyer, S.C. 2011. “Using Information Technology: A Practical Introduction to Computers & Communications. (9th edition)”. New York: McGraw-Hill.
- Wolfson AR.(2010).Adolescents and emerging adults' sleep patterns: New developments. *J Adolesc Health.* 2010;46:97–9.
- Wood B, Rea M S, Plitnick B, Figueiro M G.(2012). Light level and duration of exposure determine the impact of self-luminous tablets on melatonin suppression. *Applied Ergonomics* xxx (2012) 1-4.
- Zhang L, Samet J, Caffo B, Punjabi N M. (2006). Cigarette Smoking and Nocturnal Sleep Architecture. *Am J Epidemiol* 2006;164:529–537.