

## DAFTAR PUSTAKA

1. Prasadja A. en.kingkoil-indonesia.com.  
<http://en.kingkoil-indonesia.com/tips-and-articles/sleep-tips-by-dr-andreas-prasadja-rpsgt/healthy-life-starts-from-healthy-sleep/.-> Diakses 6 desember 2017.
2. Prasadja A. Ayo bangun! Dengan bugar karena tidur yang benar. In. Jakarta: Hikmah; 2009: 9.
3. Sheerwood L. Fisiologi manusia dari sel ke sistem. 6th ed. Jakarta: EGC; 2012.
4. Fenny. Hubungan kualitas dan kuantitas tidur dengan prestasi belajar pada mahasiswa fakultas kedokteran. Jurnal Pendidikan Kedokteran Indonesia. 2016; 5.
5. Indrawati N. Hubungan antara kualitas tidur mahasiswa yang mengikuti UKM dan tidak mengikuti UKM pada mahasiswa reguler Fakultas Ilmu Keperawatan (skripsi).Universitas Indonesia. 2012.
6. Ganong WF. Buku ajar fisiologi kedokteran. 20th ed. Jakarta: EGC; 2003.
7. Guyton AC, Hall JE. Buku ajar fisiologi kedokteran. 11th ed. Jakarta: EGC; 2012
8. Knutson KL, *et al*. Association between sleep and blood pressure in midlife. Arch Intern Med. 2009 June; 169(11): 1055-1061.
9. Foundation NS. sleepfoundation.org.  
[http://www.sleephealthjournal.org/pb/assets/raw/Health%20Advance/journals/sleh/NSF\\_press\\_release\\_on\\_new\\_sleep\\_durations\\_2-2-15.pdf.-](http://www.sleephealthjournal.org/pb/assets/raw/Health%20Advance/journals/sleh/NSF_press_release_on_new_sleep_durations_2-2-15.pdf.-) Diakses 6 Desember 2017
10. Putri AA. Hubungan antara kualitas tidur dengan konsentrasi belajar dan indeks prestasi mahasiswa program DIII Kebidanan Stikes 'Aisyiyah Yogyakarta (skripsi). Stikes 'Aisyiyah Yogyakarta. 2012.
11. Gangwisch JE, *et al*. Short sleep duration as a risk factor for hypertension : analyses of the first national health and nutrition examination survey. American Heart Association. 2006 Januari; 47: 833-839.
12. Lowry R, Eaton DK, Foti K, Eily LM, Perry G, Galuska DA. Association of sleep duration with obesity among US high school students. Journal of Obesity. 2011 September 6; 1-9.
13. Giles TD, Materson BJ, Cohn JN, Kostis JB, MD. Definition and classification of hypertension: an update the journal of clinical hypertension. 2009 November; 11(11): 611-614.
14. Riset Kesehatan Dasar. Jakarta: Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI; 2013.
15. INDONESIA PDSK. Pedoman tatalaksana hipertensi pada penyakit kardiovaskular. Jakarta: Indonesian Heart Association; 2015.

16. Whelton PK, et al. Guideline for the prevention, detection, evaluation, and management of high blood pressure in adults. Journal of the American College of Cardiology. 2017; 21-22.
17. Muhadi. JNC 8: Evidence-based guideline penanganan pasien hipertensi dewasa. Cermin Dunia Kedokteran-236. 2016; 43.
18. Non communicable diseases hypertension. searo.who.int.  
[http://www.searo.who.int/entity/noncommunicable\\_diseases/media/non\\_comm unicable\\_diseases\\_hypertension\\_fs.pdf](http://www.searo.who.int/entity/noncommunicable_diseases/media/non_comm unicable_diseases_hypertension_fs.pdf).- Diakses 6 desember 2017
19. Infodatin. Hipertensi. Jakarta: Pusat Data dan Informasi Kementerian Kesehatan RI. 2013.
20. Laporan Tahunan Dinas Kesehatan Kota Padang Padang: Dinas Kesehatan Kota Padang; 2016.
21. Kurniawan A. Hubungan kualitas tidur dengan tekanan darah pada mahasiswa Fakultas Kedokteran Universitas Andalas Angkatan 2015 (skripsi). Universitas Andalas. 2016.
22. Manalu A. Hubungan kualitas tidur dengan tekanan Darah pada Fakultas Kedokteran Universitas Riau Angkatan 2012 (skripsi). Universitas Riau. 2013.
23. Maghfirah I. Hubungan kualitas tidur dengan tekanan darah pada mahasiswa program studi S1 Fisioterapi Angkatan 2013 dan 2014 di Universitas Hasanuddin(skripsi). Universitas Hasanuddin. 2016.
24. Noviyenti. Hubungan tingkat kecemasan dan prilaku merokok dengan kejadian insomnia pada mahasiswa Angkatan 2012 Fakultas Teknik Universitas Andalas(skripsi). Universitas Andalas. 2017.
25. Dorland, W.A. Newman. Kamus Kedokteran Dorland, alih bahasa Huriwati Hartanto, dkk. edisi 29. Jakarta; EGC. 2002.
26. Potter A, Perry AG. Buku ajar fundamental keperawatan: Konsep, proses, dan praktik vol.2. Edisi 4. Jakarta: EGC. 2006.
27. Carley DW, Farabi S. Physiology of sleep. From Research to Practice. 2016; 29(1): 5-9.
28. Japardi,I. Gangguan Tidur. USU digital library. 2002
29. Buysse DJ, at el . The Pittsburgh sleep quality index: a new instrument for psychiatric practice and research. Psychiatric Research.1998; 28(2): 193-213.
30. Hidayat AA. Pengantar konsep dasar keperawatan. Jakarta: Salemba Medika. 2004.
31. Harkreader H, Hogan MA. Fundamental nursing caring and clinical judgment. 3rd ed. St Louis . Missouri; Saunders Elsevier. 2007.
32. Kozier B, et al. Fundamental nursing caring: concept, process and practice. 7th ed. New Jersey: Prentice-Hall,Inc. 2004

33. Anatomy and Phisiology of the Cardiovascular System. Jbpub.com. 2005. [http://samples.jbpub.com/9781449652609/99069\\_ch05\\_6101.pdf](http://samples.jbpub.com/9781449652609/99069_ch05_6101.pdf) - Diakses Desember 2017
34. Marhaendra YA. Pengaruh letak tensimeter terhadap hasil pengukuran tekanan darah (skripsi). Universitas Diponegoro. 2016.
35. Grasso AW . Manual of cardiovascular medicine. 3th Ed. USA: Wolters Kluwer Health; 2009. 578-58
36. Nuraini B. Risk factor of hypertension. J MAJORITY. 2015; 4(5):10-18.
37. Rashidi A, Rahman M., Wright JT. Diagnosis and treatment of hypertension. in: hurst's the heart. 12th Ed. USA: McGraw-Hill Companies; 2008. 1615.
38. Erwinanto. Hipertensi Sekunder. Dalam: 5 Rahasia Penyakit Kardiovaskular (PKV). Edisi ke-1. Jakarta: Badan Penerbit FKUI; 2015. 260.
39. U.S. Departement of Health and Human Services. The seventh report of the joint national committee on prevention, detection, evaluation, and treatment of high blood pressure. New York: National Institutes of Health Publication. 2004.
40. Kaplan MN. Measurement of blood pressure and primary hypertension: pathogenesis in clinical hypertension: seventh edition. Baltimore, Maryland USA: Williams & Wilkins. 1998; 28-46.
41. Noerhadi M. Hipertensi dan pengaruhnya terhadap organ-organ tubuh. Medikora. 2008; 4(2): 1-18.
42. Jahaveri S, Storfer-Isser A, Rosen CL, Redline S. Sleep quality and elevated blood pressure in adolescents. American Heart Associaton. 2008 July; 118: 1034-1040.
43. Dahlan MS. Besar sampel dan cara pengambilan sampel dalam penelitian kedokteran dan kesehatan. Edisi 3. Jakarta: Salemba Medika. 2013.
44. Stenzel JS. Sleep quality and negative associated behaviors of college students: a cross-sectional study. The Spectrum: A Scholars Day Journal. 2015; 3(10): 1-11.
45. Hershner SD, Chervin RD. Causes and consequences of sleepiness among college students. Nature and Science of Sleep. 2014; 2014: 73-84.
46. Peltzer *et al*. Prehypertension and psychosocial riskfactors among university students in ASEAN countries. BMC Cardiovascular Disorders. 2017; 17:230.
47. Pitaloka RD, Utami GT, Novayelinda R. Hubungan kulitas tidur dengan tekanan darah dan kemampuan kosentrasi belajar mahasiswa program studi Ilmu Keperawatan Universitas Riau. JOM. 2015; 2(2):1435-1443.
48. Palagini L, Maria BR, Gemignani A, Baglioni C, Ghidoni L, Riemann D. Sleep loss and hypertension: a systematic review. Current Pharmaceutical. 2013; 19(13): 2409-2419.

49. Rinda, Hariyanto T, Aruyani VM. Hubungan kualitas tidur dengan tekanan darah pada remaja putera di Asrama Sanggau Landungsari Malang. *Nursing News*. 2017; 2(2): 607-618.
50. Ji-Rong Y, Hui W, Chang-Quan H, Bi-Rong D. Association between sleep quality and arterial blood pressure among Chinese nonagenarians/centenarians. *Med Sci Monit*. 2012; 18(3): 36-42.
51. Maranon R, Reckelhoff JF. Sex and gender differences in control of blood pressure. *Clin Sci (Lond)*. 2013 October ; 125(7): 311–318.
52. Rahmouni K, correia MLG, Haynes WG,Mark AL. Obesity-associated hypertension: new insight into mechanisms. *Hypertension*. 1005; 45: 9-14.
53. Creager MA, Luscher TF, Cosentino F, Beckman JA. Diabetes and vascular disease: pathophysiology, clinical consequences, and medical therapy. *Circulation*. 2003; 108:1527-1529.

