

## DAFTAR PUSTAKA

- A. Mohamed, S. (2014). The Effectiveness of an educational intervention on fatigue in hemodialysis patients: A randomized controlled trial. *IOSR Journal of Nursing and Health Science*, 3(4), 40–50. <https://doi.org/10.9790/1959-03434050>
- Acupressure points manual*. (2012). Ohio: The School of Chi Energy.
- Al-Jundi, A., & Sakka, S. (2017). Critical appraisal of clinical research. *Journal of Clinical and Diagnostic Research*, 11(5), JE01-JE05. <https://doi.org/10.7860/JCDR/2017/26047.9942>
- Ambarsari, S. A. (2015). Pemenuhan kebutuhan tidur lansia : Terapi akupresur.
- Amici, R., Bastianini, S., Bertorri, C., Cerri, M., Vecchio, F. Del, Martire, V. Lo, ... Zoccoli, G. (2015). An Overview of Sleep Physiology and Sleep Regulation Sleep and bodily functions: the physiological interplay between body homeostasis and sleep homeostasis. *Milestones in Drug Therapy*, 152(November 2016), 66–78. <https://doi.org/10.12871/000298292014232>
- Arab, Z., Shariati, A. R., Asayesh, H., Vakili, M. A., Bahrami-Taghanaki, H., & Azizi, H. (2016). A sham-controlled trial of acupressure on the quality of sleep and life in haemodialysis patients. *Acupuncture in Medicine*, 34(1), 2–6. <https://doi.org/10.1136/acupmed-2014-010369>
- Bare, & Smeltzer. (2017). *Textbook of medical--surgical nursing: Volume 2*. (M. Farrell, Ed.) (Vol. 2). Australia: Wolters Kluwer.
- Bettany, J., & Saltikov. (2012). *How to do a systematic literature review in nursing. A step-by-step guide. Nurse Education in Practice* (Vol. 13). London: The McGraw-Hill Companies. <https://doi.org/10.1016/j.nepr.2012.12.004>
- Black, J. M., & Hawks, J. H. (2014). *Keperawatan Medikal Bedah: Manajemen Klinis untuk Hasil yang Diharapkan*. (A. Susila, F. Ganiajri, P. P. Lestari, & R. W. Sari, Eds.) (8th ed.). Jakarta: Salemba Medika.
- Brandenberger, G., Ehrhart, J., Piquard, F., & Simon, C. (2001). Inverse coupling between ultradian oscillations in delta wave activity and heart rate variability during sleep. *Clinical Neurophysiology*, 112(6), 992–996. [https://doi.org/10.1016/S1388-2457\(01\)00507-7](https://doi.org/10.1016/S1388-2457(01)00507-7)
- Brinkman, J. E., & Sharma, S. (2018). Physiology , Sleep. *Research Gate*, (March).
- Bukit, E. K. (2018). Pengembangan instrumen kualitas tidur dan gangguan tidur pasien penyakit dalam pada penelitian. *Research Gate*, (November). <https://doi.org/10.7454/jki.v9i2.159>

- Buysse, D. J., Reynolds-III, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The pittsburgh sleep quality index: A new instrument for psychiatric practice and research. *Psychiatry Research*, 28, 193–213. [https://doi.org/10.1016/0165-1781\(89\)90047-4](https://doi.org/10.1016/0165-1781(89)90047-4)
- Cai, X. G. (2008). Clinical application of Yongquan (KI 1) acupoint. *Journal of Acupuncture and Tuina Science*, 6(2), 114–117. <https://doi.org/10.1007/s11726-008-0114-0>
- Chen, J. H., Chao, Y. H., Lu, S. F., Shiung, T. F., & Chao, Y. F. (2012). The effectiveness of valerian acupressure on the sleep of ICU patients: A randomized clinical trial. *International Journal of Nursing Studies*, 49(8), 913–920. <https://doi.org/10.1016/j.ijnurstu.2012.02.012>
- Chen, M. C., Yang, L. Y., Chen, K. M., & Hsu, H. F. (2019). Systematic Review and Meta-Analysis on Using Acupressure to Promote the Health of Older Adults. *Journal of Applied Gerontology*. <https://doi.org/10.1177/0733464819870027>
- CQUniversity Australia (CQU). (2020). Medical subject headings (MeSH). Retrieved July 1, 2020, from <https://libguides.library.cqu.edu.au/health-databases>
- Dirjen Yankestrad. (2016). *Modul Pelatihan Tatalaksana Asuhan Mandiri Kesehatan Tradisional bagi Petugas Puskesmas*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Dirjen Yankestrad. (2017). *Petunjuk praktis toga dan akupresur*. Jakarta: Kementerian Kesehatan RI.
- Elder, S. J., Pisoni, R. L., Akizawa, T., Fissell, R., Andreucci, V. E., Fukuhara, S., ... Saran, R. (2008). Sleep quality predicts quality of life and mortality risk in haemodialysis patients: Results from the Dialysis Outcomes and Practice Patterns Study (DOPPS). *Nephrology Dialysis Transplantation*, 23(3), 998–1004. <https://doi.org/10.1093/ndt/gfm630>
- Ezzat, H., & Mohab, A. (2015). Prevalence of sleep disorders among ESRD patients. *Renal Failure*, 37(6), 1013–1019. <https://doi.org/10.3109/0886022X.2015.1044401>
- Feisal, B., Simadibrata, C., Srilestari, A., & Amir, N. (2018). The efficacy of acupuncture in decreasing The Pittsburgh Sleep Quality Index scores of depressive patients with insomnia. *Journal of Physics*, 0–5. <https://doi.org/10.1088/1742-6596/1073/6/062036>
- Feng, G., Han, M., Li, X., Geng, L., & Miao, Y. (2019). Clinical effectiveness of Tui Na for insomnia compared with estazolam: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Medicine*, 47(May), 102186. <https://doi.org/10.1016/j.ctim.2019.08.020>

- Flythe, J. E., Hilliard, T., Lumby, E., Castillo, G., Orazi, J., Abdel-Rahman, E. M., ... Mehrotra, R. (2019). Fostering innovation in symptom management among hemodialysis patients: Paths forward for insomnia, muscle cramps, and fatigue. *Clinical Journal American Society of Nephrology*, 14, 150–160. <https://doi.org/10.2215/CJN.07670618>
- Frass, M., Strassl, R. P., Friehs, H., Muller, M., Kundi, M., & Kaye, A. D. (2012). Use and acceptance of complementary and alternative medicine among the general population and medical personnel: A systematic review. *The Ochsner Journal*, 12(1), 45–56.
- Hall, J. E. (2016). *Guyton and Hall Textbook of Medical Physiology* (13th ed.). Philadelphia: Elsevier. <https://doi.org/10.1017/CBO9781107415324.004>
- Harrison. (2012). *Prinsip-prinsip ilmu penyakit dalam*.
- Hauri, P. (2013). Normal Sleep. In *The Sleep Disorders*. Arlington: Upjohn Pharmaceutical Company.
- Hidayat, I. T., Srilestari, A., Simadibrata, C., & Purba, J. S. (2015). Pengaruh akupunktur pergelangan tangan dan kaki terhadap nyeri punggung bawah. *eJournal Kedokteran Indonesia*, 3(2), 95–100. <https://doi.org/10.23886/ejki.3.5041>.
- Hildreth, C. M. (2012). Prognostic indicators of cardiovascular risk in renal disease. *Frontiers in Physiology*, 2 January(January), 1–6. <https://doi.org/10.3389/fphys.2011.00121>
- Himmelfarb, J., & Ikizler, T. A. (2019). *Chronic kidney disease, dialysis, and transplantation - A companion to Brenner and Rector's the kidney* (4th ed.). Philadelphia: Elsevier. <https://doi.org/10.1016/B978-0-323-52978-5.18001-2>
- Huong, H. T. X., Alex, M., & Wan, C. C. (2018). Self-acupressure for cancer-related symptom cluster of insomnia, depression, and anxiety in cancer patients: A feasibility randomized controlled trial. *The Hongkong Polytechnic University*, (November).
- Indonesian Renal Registry. (2018). *11th report Of Indonesian Renal Registry 2018*. Jakarta.
- Iswari, N. L. P. A. M., & Wahyuni, A. A. S. (2013). Melatonin dan melatonin receptor agonist sebagai penanganan insomnia primer kronis. *E-Journal Medika Udayana*, 2(4), 1–14. <https://doi.org/ISSN 2303-1395>
- Kang, M. C. (2010). *Foundations of traditional Chinese medicine*. USA: [www.magitherbs.com](http://www.magitherbs.com).
- Kementerian Kesehatan RI. (2011). *Pedoman pembinaan pengobat tradisional: Akupresur bagi petugas kesehatan*. Jakarta: Kementerian Kesehatan RI.

- Kiswojo, H. (2013). *Akupunktur Medik*. Jakarta: Penerbit Akupunktur Indonesia.
- Kramlich, D. (2014). Introduction to complementary, alternative, and traditional therapies. *Critical Care Nurse*, 34(6), 50–56. <https://doi.org/10.4037/ccn2014807>
- Ladesvita, F., & Sukmarini, L. (2019). Berat badan interdialisis terhadap adekuasi hemodialisa pada pasien hemodialisa kronik. *Jurnal Keperawatan Widya Gantari Indonesia*, 3(1), 1–6.
- Lenggogeni, D. P., Sitorus, R., & Maria, R. (2020). Sleep quality among hemodialysis patients. *Enhancing Capacity of Healthcare Scholars and Professionals in Responding to The Global Health Issues*, 63–69. <https://doi.org/10.2478/9783110680041-009>
- Li, J., Sun, M., Ye, J., Li, Y., Jin, R., Zheng, H., & Liang, F. (2019). The mechanism of acupuncture in treating essential hypertension: A narrative review. *International Journal of Hypertension*, 2019. <https://doi.org/10.1155/2019/8676490>
- Li, S. (2007). *Clinical application of commonly used acupuncture points*. United of Kingdom: Donica Publishing Ltd.
- Liu, H. X., Lin, J., Lin, X. H., Wallace, L., Teng, S., Zhang, S. P., & Hao, Y. F. (2015). Quality of sleep and health-related quality of life in renal transplant recipients. *International Journal of Clinical and Experimental Medicine*, 8(9), 16191–16198.
- Liu, Y. (1998). *The essential book of traditional Chinese medicine*. New York: Columbia University Press.
- Losso, R. L. M., Minhoto, G. R., & Riella, M. C. (2015). Sleep disorders in patients with end-stage renal disease undergoing dialysis: Comparison between hemodialysis, continuous ambulatory peritoneal dialysis and automated peritoneal dialysis. *International Urology and Nephrology*, 47(2), 369–375. <https://doi.org/10.1007/s11255-014-0860-5>
- Maung, S. C., Sara, A. El, Chapman, C., Cohen, D., & Cukor, D. (2016). Sleep disorders and chronic kidney disease. *World Journal of Nephrology*, 5(3), 224–232. <https://doi.org/10.5527/wjn.v5.i3.224>
- Mcculloch, M., Nachat, A., Schwartz, J., Casella-Gordon, V., & Cook, J. (2015). Acupuncture safety in patients receiving anticoagulants : A systematic review. *The Permanente Journal*, 19(1), 68–73. <https://doi.org/10.7812/TPP/14-057>
- Mehrabi, S., Sarikhani, S., & Roozbeh, J. (2017). Sleep quality in patients undergoing long-term hemodialysis using the Pittsburgh Sleep Quality Index. *Nephro-Urology Monthly*, 9(2), 2–7. <https://doi.org/10.5812/numonthly.44278>

- Mehta, P., Dhapte, V., Kadam, S., & Dhapte, V. (2017). Contemporary acupressure therapy : Adroit cure for painless recovery of therapeutic ailments. *Journal of Traditional Chinese Medical Sciences*, 7(2), 251–263. <https://doi.org/10.1016/j.jtcme.2016.06.004>
- Mehta, R., & Drawz, P. E. (2012). Is nocturnal blood pressure reduction the secret to reducing the rate of progression of hypertensive chronic kidney disease? *Curr Hypertens Rep*, 13(5), 378–385. <https://doi.org/10.1007/s11906-011-0217-8>
- Mollayeva, T., Thurairajah, P., Burton, K., Mollayeva, S., Shapiro, C. M., & Colantonio, A. (2015). The pittsburgh sleep quality index as a screening tool for sleep dysfunction in clinical and non-clinical samples : A systematic review and meta-analysis. *Sleep Medicine Reviews*, 25, 52–73. <https://doi.org/10.1016/j.smrv.2015.01.009>
- Nahas, M. El, & Levin, A. (2009). *Chronic kidney disease - A practical guide to understanding and management*. New York: Oxford University Press.
- Nasiri, E., Raei, M., Vatani, J., & Khajeh-Kazemi, R. (2011). The effect of acupressure on quality of sleep in hemodialysis patients. *Journal of Medical Sciences*, 11, 236–240. <https://doi.org/10.3923/jms.2011.236.240>
- Neri, I., Bruno, R., Dante, G., & Fachinetti, F. (2016). Acupressure on self-reported sleep quality during pregnancy. *Journal of Acupuncture and Meridian Studies*, 9(1), 11–15. <https://doi.org/10.1016/j.jams.2015.11.036>
- Nugroho, R. A. (2016). *Dasar-dasar endokrinologi* (Desember 2). Samarinda: Mulawarman University press.
- Nursalam. (2020). *Penulisan Literature Review dan Systematic Review pada Pendidikan Kesehatan*. Surabaya: Fakultas Keperawatan Universitas Airlangga.
- O'Halloran, P., Noble, H., Norwood, K., Maxwell, P., Shields, J., Fogarty, D., ... Brazil, K. (2018). Advance Care Planning With Patients Who Have End-Stage Kidney Disease: A Systematic Realist Review. *Journal of Pain and Symptom Management*. <https://doi.org/10.1016/j.jpainsymman.2018.07.008>
- Paraskevi Theofilou. (2011). Quality of life in patients undergoing hemodialysis or peritoneal dialysis treatment. *Journal of Clinical Medicine Research*, 3(3), 132–138. <https://doi.org/10.4021/jocmr552w>
- Perhimpunan Dokter Hipertensi Indonesia. (2019). *Konsensus penatalaksanaan hipertensi 2019*. (A. A. Lukito, E. Harmeiwaty, & N. M. Hustrini, Eds.). Jakarta: Indonesian Society of Hypertension. Retrieved from [http://www.inash.or.id/upload/event/event\\_Update\\_konsensus\\_2019123191.pdf](http://www.inash.or.id/upload/event/event_Update_konsensus_2019123191.pdf)
- Pinto, A. R., da Silva, N. C., & Pinato, L. (2016). Analyses of melatonin, cytokines,

and sleep in chronic renal failure. *Sleep and Breathing*, 20(1), 339–344. <https://doi.org/10.1007/s11325-015-1240-9>

Purba, F. T. P., Siregar, P., Nainggolan, G., & Shatri, H. (2017). Nilai diagnostik rerata tekanan darah pre dan post hemodialisis pada pasien yang menjalani hemodialisis kronik. *Jurnal Penyakit Dalam Indonesia*, 1(2), 89. <https://doi.org/10.7454/jpdi.v1i2.41>

Rehman, I. U., Chia, D. W. Bin, Ahmed, R., Khan, N. A., Rahman, A. U., Munib, S., ... Khan, T. M. (2018). A randomized controlled trial for effectiveness of zolpidem versus acupressure on sleep in hemodialysis patients having chronic kidney disease-associated pruritus. Rehman IU, Chia DW Bin, Ahmed R, Khan NA, Rahman AU, Munib S, et al. A randomized controll. *Medicine (United States)*, 97(31). <https://doi.org/10.1097/MD.00000000000010764>

Ricardo, A. C., Knutson, K., Chen, J., Appel, L. J., Bazzano, L., Carmona-Powell, E., ... Eve Van Cauter, † James P. Lash, and the C. R. I. C. (CRIC) S. I. (2017). The association of sleep duration and quality with CKD progression. *Journal of the American Society of Nephrology*, 28(12), 3708–3715. <https://doi.org/10.1681/ASN.2016121288>

Sabbatini, M., Minale, B., Crispo, A., Pisani, A., Ragosta, A., Esposito, R., ... Andreucci, V. E. (2002). Insomnia in maintenance haemodialysis patients. *Nephrology Dialysis Transplantation*, 17(5), 852–856. <https://doi.org/10.1093/ndt/17.5.852>

Sabouhi, F., Kalani, L., Valiani, M., Mortazavi, M., & Bemanian, M. (2013). Effect of acupressure on fatigue in patients on hemodialysis. *Iranian Journal of Nursing and Midwifery Research*, 18(6), 429–434. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/24554938> <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC3917123>

Satti, Y. C. (2017). *The Evaluation of Acupressure Therapy Treatment in Improving Sleeping Quality of End Stage Renal Dysfunction (ESRD) Patients in Hemodialysis Ward in Stella Maris Hospital Makassar*. digilib.unhas.ac.id. Makassar. Retrieved from [http://digilib.unhas.ac.id/uploaded\\_files/temporary/DigitalCollection/NThkNjk4MjY0MTdhZTVmMjZiNzgxMTQ1ZmZlNTQzMjVmYWQwOGFjMg=.pdf](http://digilib.unhas.ac.id/uploaded_files/temporary/DigitalCollection/NThkNjk4MjY0MTdhZTVmMjZiNzgxMTQ1ZmZlNTQzMjVmYWQwOGFjMg=.pdf)

Sayk, F., Teckentrup, C., Becker, C., Heutling, D., Wellhöner, P., Lehnert, H., & Dodt, C. (2010). Effects of selective slow-wave sleep deprivation on nocturnal blood pressure dipping and daytime blood pressure regulation. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, 298(1), 191–197. <https://doi.org/10.1152/ajpregu.00368.2009>

Setyowati, H. (2018). *Akupresur untuk kesehatan wanita berbasis hasil penelitian*. Semarang: Unimma Press.

- Shariati, A., Jahani, S., Hooshmand, M., & Khalili, N. (2012). The effect of acupressure on sleep quality in hemodialysis patients. *Complementary Therapies in Medicine*, 20(6), 417–423. <https://doi.org/10.1016/j.ctim.2012.08.001>
- Shen, K., Cho, Y., Pascoe, E. M., Hawley, C. M., Oliver, V., Hughes, K. M., ... Johnson, D. W. (2017). The SIESTA trial: A randomized study investigating the efficacy, safety, and tolerability of acupressure versus sham therapy for improving sleep quality in patients with end-stage kidney disease on hemodialysis. *Evidence-Based Complementary and Alternative Medicine*, 2017. <https://doi.org/10.1155/2017/7570352>
- Smeltzer, S. C., & Bare, B. G. (2017). *Textbook of Medical- Surgical NUI: Volume 2*. (M. Farrell, Ed.) (Fourth Ed., Vol. 2). Sydney: Julie Stegman.
- Sorour, A. S., Ayoub, A. S., & Aziz, E. M. A. El. (2014). Effectiveness of acupressure versus isometric exercise on pain, stiffness, and physical function in knee osteoarthritis female patients. *Journal of Advanced Research*, 5(2), 193–200. <https://doi.org/10.1016/j.jare.2013.02.003>
- Speronello, M. R., Schiesari, E., Scanferlato, M., & Zampieri, F. (2010). Repeated immediate effect of ear acupoint “sympathetic” in a case of Peripheral Arterial Occlusive Disease (PAOD). *Deutsche Zeitschrift Für Akupunktur*, 39(1), 3–6. <https://doi.org/doi.org/10.1016/j.dza.2010.01.004>
- Spiegel, K., Leproult, R., L’Hermite-Balériaux, M., Copinschi, G., Penev, P. D., & Van Cauter, E. (2004). Leptin levels are dependent on sleep duration: Relationships with sympathovagal balance, carbohydrate regulation, cortisol, and thyrotropin. *Journal of Clinical Endocrinology and Metabolism*, 89(11), 5762–5771. <https://doi.org/10.1210/jc.2004-1003>
- Sreenivasulu, U., Bhagyamma, S. N., & Anuradha, R. (2016). Study of serum electrolyte changes in end stage renal disease patients before and after hemodialysis sessions : A hospital based study. *Scholars Academic Journal of Biosciences (SAJB)*, 4(3B), 283–287. <https://doi.org/ISSN 2321-6883>
- Sun, J., Sung, M., & Huang, M. (2010). Effectiveness of acupressure for residents of long-term care facilities with insomnia: a randomized controlled trial. *International Journal of Nursing Studies*, 47(7), 798–805. <https://doi.org/10.1016/j.ijnurstu.2014.11.002>
- Tang, W.-R., Chen, W.-J., Yu, C.-T., Chang, Y.-C., Chen, C.-M., Wang, C.-H., & Yang, S.-H. (2014). Effects of acupressure on fatigue of lung cancer patients undergoing chemotherapy: An experimental pilot study. *Complementary Therapies in Medicine*. <https://doi.org/10.1016/j.ctim.2014.05.006>
- Tsay, S.-L., & Chen, M.-L. (2003). Acupressure and quality of sleep in patients with end-stage renal disease : A randomized controlled trial. *International Journal of Nursing Studies*, 40, 1–7.

- Tsay, S.-L., Rong, J.-R., & Lin, P.-F. (2003). Acupoints massage in improving the quality of sleep and quality of life in patients with end-stage renal disease. *Journal of Advanced Nursing*, 42(2), 134–142.
- Turek, N. F., Ricardo, A. C., & Lash, J. P. (2012). Sleep disturbances as nontraditional risk factors for development and progression of CKD : Review of the evidence. *American Journal of Kidney Diseases*, 60(5), 823–833. <https://doi.org/10.1053/j.ajkd.2012.04.027>.Sleep
- Uman, L. S. (2011). Systematic Reviews and Meta-Analyses. *Journal of Canada Academy Child and Adolescent Psychiatry*, (February), 57–59.
- Umemoto, K., Naito, M., Tano, K., Terayama, H., Koike, T., Ohmichi, M., ... Nakano, T. (2019). Acupuncture point “Hegu” (LI4) is close to the vascular branch from the superficial branch of the radial nerve. *Evidence-Based Complementary and Alternative Medicine*, 2019. <https://doi.org/10.1155/2019/6879076>
- Unal, K. S., & Akpınar, R. B. (2016). The effect of foot reflexology and back massage on hemodialysis patient’s fatigue and sleep quality. *Complementary Therapies in Clinical Practice*, 24, 139–144. <https://doi.org/10.1016/j.ctcp.2016.06.004>
- Waits, A., Tang, Y.-R., Cheng, H.-M., Tai, C.-J., & Chien, L.-Y. (2017). Acupressure effect on sleep quality : A systematic review and meta-analysis. *Sleep Medicine Reviews*. <https://doi.org/10.1016/j.smr.2016.12.004>
- Wang, G., Han, J., Litscher, G., & Zhang, W. (2012). System identification algorithm analysis of acupuncture effect on mean blood flux of contralateral hegu acupoint. *Evidence-Based Complementary and Alternative Medicine*, 2012(May). <https://doi.org/10.1155/2012/951928>
- Wen, X., Wang, Y., Zhao, Q., Zhang, H., Shi, H., Wang, M., & Lu, P. (2019). Nonpharmacological interventions for depressive symptoms in end-stage renal disease : A systematic review. *Western Journal of Nursing Research*, (965), 1–25. <https://doi.org/10.1177/0193945919857540>
- Wilczynsk, S. (2017). Systematic Review. In *A practical guide to finding treatments that work for people with autism* (1st ed.). America: Academic Press. <https://doi.org/10.1016/B978-0-12-809480-8.00001-7>
- Wong, M. M. Y., McCullough, K. P., Bieber, B. A., Bommer, J., Hecking, M., Levin, N. W., ... Robinson, B. M. (2017). Interdialytic Weight Gain: Trends, Predictors, and Associated Outcomes in The International Dialysis Outcomes and Practice Patterns Study (DOPPS). *American Journal of Kidney Diseases*, 69(3), 367–379. <https://doi.org/10.1053/j.ajkd.2016.08.030>
- Wu, M., & Shun, J. (2015). *An Evidence-based Guideline on Using Acupressure to Improve Quality of Sleep for Hemodialysis Patients*. Retrieved from



<https://pdfs.semanticscholar.org/a794/1de79304e7ec748ff3ae3d769eaf27db95af.pdf>

- Wu, Y., Zou, C., Liu, X., Wu, X., & Lin, Q. (2014). Auricular acupressure helps improve sleep quality for severe insomnia in maintenance hemodialysis patients: A pilot study. *Journal of Alternative and Complementary Medicine*, 20(5), 356–363. <https://doi.org/10.1089/acm.2013.0319>
- Xie, Z. yong, & Wu, X. (2015). Observation on the efficacy of acupoint massage plus moxibustion for refractory insomnia. *Journal of Acupuncture and Tuina Science*, 13(1), 44–48. <https://doi.org/10.1007/s11726-015-0821-2>
- Yamamoto, R., Nagasawa, Y., Iwatani, H., Shinzawa, M., Obi, Y., Teranishi, J., ... Moriyama, T. (2012). Self-reported sleep duration and prediction of proteinuria: A retrospective cohort study. *American Journal of Kidney Diseases*, 59(3), 343–355. <https://doi.org/10.1053/j.ajkd.2011.08.032>
- Yamamoto, R., Shinzawa, M., Isaka, Y., Yamakoshi, E., Imai, E., Ohashi, Y., & Hishida, A. (2018). Sleep quality and sleep duration with CKD are associated with progression to ESKD. *Clinical Journal of the American Society of Nephrology* *Figure*, 13(19), 1825–1832. <https://doi.org/10.2215/CJN.01340118>
- Yang, Y.-F., Chou, C.-Y., Li, T.-C., Jan, Y.-M., Tang, N.-Y., Hsieh, C.-L., & Graduate. (2009). Different effects of acupuncture at Shenmen (HT7) - Tongli (HT5) and Shenmen-Neiguan (PC6) points on heart rate variability in healthy subjects. *Journal of Chinese Medicine*, 20(3,4), 97–106.
- Yeung, W.-F., Ho, F. Y.-Y., Chung, K.-F., Zhang, Z.-J., Yu, B. Y.-M., Suen, L. K.-P., ... Ho, L.-M. (2018). Self-administered acupressure for insomnia disorder: A pilot randomized controlled trial. *European Sleep Research Society*, 27, 220–231. <https://doi.org/10.1111/jsr.12597>
- Zheng, L. W., Chen, Y., Chen, F., Zhang, P., & Wu, L. F. (2014). Effect of acupressure on sleep quality of middle-aged and elderly patients with hypertension. *International Journal of Nursing Sciences*, 1(4), 334–338. <https://doi.org/10.1016/j.ijnss.2014.10.012>
- Zhong, H., Wang, C., Wan, Z., & Lei, J. (2019). The possible mechanisms of massage therapy. *Biomedical Research*, 30(5), 1–6. <https://doi.org/10.4066/biomedicalresearch.30-19-074>
- Zou, C., Yang, L., Wu, Y., Su, G., Chen, S., Guo, X., ... Lin, Q. (2015). Auricular acupressure on specific points for hemodialysis patients with insomnia: A pilot randomized controlled trial. *PLoS ONE*, 10(4). <https://doi.org/10.1371/journal.pone.0122724>