

DAFTAR PUSTAKA

1. Watson NF, Badr MS, Belenky G. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep*. 2015. [cited 2018 Sept 20];38(6): p.843–844.
Available from : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4434546/>
2. Lima, P.F et al. Changes of Sleep Habits of Medical Students According to Class Starting Time: A Longitudinal Study. *Sleep Science*. 2009 Jan. [cited 2018 Sept 20]; 2(2): p.92-95.
Available from : <http://www.icb.usp.br/flass/hypnos/vo1001/HYP2-2002.pdf>
3. Lehmkuhl, G., Wiater, A., Mitschke, A., Oerkermann, L.F. Sleep Disorders in Children Beginning School: Their Causes and Effects. *Dtsch Arztebl Int*. 2008. [cited 2018 Sept 20]; 105(47): p.809–814.
Available from : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2697010/>
4. Cai, Y.M., Yi, Z.W., Huang, H., Li, J.M., and Luo, X.M. Epidemiological Investigation of Sleep Disorders for Children at Ages of 2-12 Years in Changsha City. *Zhongguo Dang Dai Er Ke Za Zhi.*, 2008. [cited 2018 Sept 20]:10: p.353-6.
Available from : <https://www.ncbi.nlm.nih.gov/pubmed/18554467>
5. Zahara, D.S., Hartanto, F., Adyaksa G. Hubungan Antara Gangguan Tidur dengan Pertumbuhan pada Anak Usia 3-6 Tahun di Kota Semarang. *Jurnal Media Medika Muda*. 2013. [cited 2018 Sept 20]. Available from : <https://ejournal3.undip.ac.id/index.php/medico/article/view/4914>
6. Nur'aini, N., Sofyani, S., Supriatmo, S., Lubis, I. Z. Comparing sleep disorders in urban and suburban adolescents: A cross-sectional study. *Paediatrica Indonesiana*. 2014. [cited 2018 Sept 20]
Available from : <https://paediatricaindonesiana.org/index.php/paediatrica-indonesiana/article/view/1013>
7. Kelembagaan Kementerian Riset, Teknologi, dan Pendidikan Tinggi Republik Indonesia. Undang Undang Republik Indonesia Nomor 20 Tahun 2003 Tentang Sistem Pendidikan Nasional. Bab 1 Pasal 1 Ayat 1. [cited 2018 Sept 28]. Available from : http://kelembagaan.ristekdikti.go.id/wp-content/uploads/2016/08/UU_no_20_th_2003.pdf
8. Ahira, Anne. Mengulas Anatomi, Sejarah, dan Klasifikasinya. 2013. [cited 2019 July 9]
9. Kpolovie, P. J., Joe, A. I., & Okoto, T. Academic Achievement Prediction: Role of Interest in Learning and Attitude towards School. *International Journal of Humanities Social Sciences and Education*. 2014. [cited 2019 July 9];1(11), p.73-100.
10. Arifin Zainal. Penelitian Pendidikan : Metoda dan Paradigma Baru. Bandung : PT. Remaja Rosdakarya. 2011. [cited 2019 July 9]
11. Ya'kub, Y., Widodo, D., Putri, R.M. Gangguan Tidur Berhubungan dengan Prestasi Belajar pada Anak Sekolah Dasar Negeri. 2017. 2(2). [cited 2018 Sept 28]
Available from : <https://publikasi.unitri.ac.id/index.php/fikes/article/view/471>

12. Indrawati N, Sekartini R. Hubungan antara Prestasi Belajar pada Anak dengan Gangguan Tidur di SDN 03 Pondok Cina Depok. 2016. 18(3).[cited 2019 Apr 07]
13. Dewi, S., Nursasi, A.Y. Gangguan Pola Tidur dan Prestasi Belajar pada Anak Usia Sekolah 9-12 Tahun. 2013. [cited 2019 Apr 07].
14. Dewald JF, Meijer AM, Oort FJ, et al. The influence of sleep quality, sleep duration and sleepiness on school performance in children and adolescents: A meta-analytic review. *Sleep Medicine Reviews*. 2010. [cited 2018 Sept 30];14: p.179–89.
Available from : <https://www.ncbi.nlm.nih.gov/pubmed/20093054>
15. Chadwick D. Sleep and sleep disorders. In: Donaghy M, editor. *Brain's Diseases of the Nervous System*. 11th ed. Oxford, UK: Oxford University Press. Nat Sci Sleep. 2011. [cited 2018 Sept 30]; 3: p.101–114.
Available from : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3630965/>
16. Dahl RE. The development and disorders of sleep. *Adv Pediatr*. 1998. [cited 2018 Sept 30];45: p.73–90.
Available from : <https://www.ncbi.nlm.nih.gov/pubmed/9742298>
17. Zee PC, Turek FW. Introduction to sleep and circadian rhythms. In: Turek FW, Zee PC, editors. *Regulation of Sleep and Circadian Rhythms*. New York, NY: Marcel Dekker Inc. 1999. [cited 2018 Sept 30]; p.397-425.
18. Sherwood, Lauralee. *Sistem Saraf Pusat Dalam Fisiologi Manusia dari Sel ke Sistem Edisi 8*. Jakarta : EGC. 2016. [cited 2018 Oct 1];h.183
19. Beebe DW, Ris MD, Kramer ME, Long E, Amin R. The association between sleep disordered breathing, academic grades, and cognitive and behavioral functioning among overweight subjects during middle to late childhood. *Sleep*. 2010. [cited 2018 Oct 1];33(11): p.1447–1456.
Available from : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2954694/>
20. Danner F, Phillips B. Adolescent sleep, school start times, and teen motor vehicle crashes. *J Clin Sleep Med*. 2008 [cited 2018 Oct 1];4(6): p.533–535
Available from : <https://www.researchgate.net/journal/1550-9389-Journal-of-clinical-sleep-medicine-JCSM-official-publication-of-the-American-Academy-of-Sleep-Medicine>
21. Stickgold. *The neuroscience of sleep*. London: Elsevier 2009 [cited 2018 Oct 1]; p.12-6.
22. Carney P. *Clinical sleep disorder*. Philadelphia: Lippincott Williams & Wilkin. 2005 [cited 2018 Oct 1]; p.21-58
23. Widodo DP, Soetomenggolo TS, Dept Ilmu Kesehatan Anak FKUI- RSCM. Perkembangan normal tidur pada anak dan kelainannya. *Sari Pediatri*. 2000 [cited 2018 Oct 1];2: p.139-45. Available from : <https://saripediatri.org/index.php/sari-pediatri/article/view/1032>
24. Barret, K.E., Barman S.M., Boitano, S., Brooks, H.L. *Central & Peripheral Neurophysiology In Ganongs: Review Of Medical Physiology 25th Edition*. New York,NY:Lange McGraw Hill; 2015. [cited 2018 Oct 1]; p.278-279.
25. Loomis AL, Harvey EN, Hobart GA. Cerebral states during sleep as studied by human brain potentials. *Journal of Experimental Psychology*. 1937.[cited 2018 Oct 1] ;21(2): p.127–144.
Available from : <https://philpapers.org/rec/LOOCSD>

26. Carskadon M, Dement W. Normal human sleep: An overview. In: Kryger MH, Roth T, Dement WC, editors. *Principles and Practice of Sleep Medicine*. 4th ed. Philadelphia: Elsevier Saunders; 2005. [cited 2018 Oct 1]; p.13–23.
27. Gais S, Molle M, Helms K, Born J. Learning-dependent increases in sleep spindle density. *Journal of Neuroscience*. 2002. [cited 2018 Oct 1];22(15): p.6830–6834.
Available from : <https://www.ncbi.nlm.nih.gov/pubmed/12151563>
28. Bader G, Gillberg C, Johnson M, Kadesjö B, Rasmussen Activity and sleep in children with ADHD. *Sleep*. 2003. [cited 2018 Oct 1];26: p.A136.
29. Gillette M, Abbott S. Sleep Research Society. *SRS Basics of Sleep Guide*. Westchester, IL: Sleep Research Society. *Fundamentals of the circadian system*; 2005. [cited 2018 Oct 1]; p.131–138.
30. M.J. Vansteensel, S. Michel, J.H. Meijer. Organization of cell and tissue circadian pacemakers: a comparison among species. *Brain Res*. 2007. [cited 2018 Oct 1]; p.18-47.
Available from : <http://europepmc.org/abstract/MED/18061682>
31. Barrett K, Brooks H, Biotano S, Barman S. *Ganong's review of medical physiology*. USA: McGraw-Hill Companies Inc. 2010. [cited 2018 Oct 3];23: p.233-9
32. Guyton AC, Hall JE. *Textbook of medical physiology*. Philadelphia: Elsevier Inc. 2006. [cited 2018 Oct 3];11: p.739-41.
33. Potter PA, Perry AG. *Fundamental keperawatan: konsep, proses, dan praktik*. 4th ed. Jakarta. Penelitian Buku Kedokteran EGC. 2006. [cited 2018 Oct 3].
34. Gronfier C, Brandenberger G. Ultradian rhythms in pituitary and adrenal hormones: their relations to sleep. *Sleep Med Rev*. 1998. [cited 2018 Oct 3];2: p.17–29. Available from : <https://www.ncbi.nlm.nih.gov/pubmed/15310510>
35. Sadamatsu M, Kato N, Iida H, et al. The 24-hour rhythms in plasma growth hormone, prolactin and thyroid-stimulating hormone: effect of sleep deprivation. *J Neuroendocrinol*. 1995.[cited 2018 Oct 3];7: p.597–606
36. Sekartini R. Perkembangan tidur normal pada anak. *Sari Pediatri*. 2011. [cited 2018 Oct 3];2: p.139-145. Available from: <https://saripediatri.org/index.php/sari-pediatri/article/download/1032/962>
37. Van Cauter E, Blackman JD, Roland D, Spire JP, Refetoff S, Polonsky KS. Modulation of glucose regulation and insulin secretion by circadian rhythmicity and sleep. *J Clin Invest*. 1991. [cited 2018 Oct 3];88: p.934–942.
38. Gruber R, Cassoff J, Knäuper B. Sleep health education in pediatric community settings: rationale and practical suggestions for incorporating healthy sleep education into pediatric practice. *Pediatr Clin North Am*. 2011. [cited 2019 July 9];58:735-54.
39. Mindell JA, Meltzer LJ, Carskadon MA, Chervin RD. Developmental aspects of sleep hygiene: Findings from the 2004 National Sleep Foundation Sleep in America Poll. *Sleep Med*. 2009.[cited 2019 July 9];10:771-9.
40. Louzada, F. Menna-Barreto, L. Sleep-wake cycle in rural populations. *Biol Rhythm Res*. 2004. [cited 2019 July 9];35(1-2):153-7.
41. Paavonen EJ, Pennonen M, Roine M, Valkonen S, Lahikainen AR. TV exposure associated with sleep disturbances in 5- to 6-year-old children. *J Sleep Res*. 2006. [cited 2019 July 9];15(2):154-61.

42. El-Sheikh M, Buckhalt JA, Mize J, Acebo C. Marital conflict and disruption of children's sleep. *Child Dev.* 2006. [cited 2019 July 9];77(1):31-43.
43. Sadeh A, Raviv A, Gruber R. Sleep patterns and sleep disruptions in school-age children. *Dev Psychol.* 2000. [cited 2019 July 9];36(3):291-301.
44. Gregory AM, Caspi A, Moffitt TE, Poulton R. Family conflict in childhood: a predictor of later insomnia. *Sleep.* 2006. [cited 2019 July 9];29(8):1063-7.
45. Paavonen EJ, Pennonen M, Roine M, Valkonen S, Lahikainen AR. TV exposure associated with sleep disturbances in 5- to 6-year-old children. *J Sleep Res.* 2006. [cited 2019 July 9];15(2):154-61.
46. Paruthi, S., Brooks, L.J., D'Ambrosio, C., Hall, W.A., Kotagal, S., Lloyd, R.M et al. Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine. *Journal of Clinical Sleep Medicine (JCSM).* 2016. [cited 2018 Oct 3];12(6): p.785–786. [cited 2018 Oct 3]
Available in : <https://www.ncbi.nlm.nih.gov/pubmed/27250809>
47. Chokroverty S. Overview of sleep & sleep disorders. *Indian J Med Res.* 2010. [cited 2018 Oct 3];131: p.126–140.
Available in : <https://www.ncbi.nlm.nih.gov/pubmed/20308738>
48. Owens JA. Epidemiology of sleep disorders during childhood. In: Sheldon SH, Ferber R, Kryger MH, editors. *Principles and Practices of Pediatric Sleep Medicine.* Philadelphia, PA: Elsevier Saunders; 2005. [cited 2018 Oct 3]; p.27–33.
49. Sadock, B.J., Sadock, V.A. *Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry: 10th Edition.* Philadelphia: Lippincott Williams & Wilkins. 2009. [cited 2018 Oct 3];p.753-769.
50. Stores, G. Aspects of sleep disorders in children and adolescents. *Dialogues Clin Neurosci.* 2009 March [cited 2018 Oct 3];11(1): p.81-90. Available in: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181901/#ref18>
51. Wolfson, A.R., Carskadon, M.A. Understanding adolescents' sleep patterns and school performance: a critical appraisal. *Sleep Med Rev.* 2003 Dec [cited 2018 Oct 3];7(6): p.491-506.
52. Institute of Medicine (US) Committee on Sleep Medicine and Research, Colten, H.R., Altevogt, B.M, editors. *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem.* Washington. D.C. : National Academies Press. 2006. [cited 2018 Oct 3]
Available in: <https://www.ncbi.nlm.nih.gov/pubmed/20669438>
53. Natalita, C., Sekartini, R., Poesponegoro, H. Skala Gangguan Tidur untuk Anak (SDSC) sebagai Instrumen Skrining Gangguan Tidur pada Anak Sekolah Lanjutan Tingkat Pertama. *Sari Pediatri.* 2011.[cited 2018 Sept 21];12(6): p.365-72. Available in :<https://saripediatri.org/index.php/sari-pediatri/article/view/497>
54. Bruni O, Pttaviano S, Guidetti V. The Sleep Disturbances Scale for Children (SDSC) construction and validation of an instrument to evaluate sleep Disturbances in childhood and adolescence. *J. Sleep Rrs [Internet]]* 1996 [cited 2018 Oct 3] ;5: p.251–61.
55. Bluden S, Lushington K, Lorenzen B. Are sleep problems under recognised in general practice. *Arch Dis Child.* 2004 [cited 2018 Oct 4];89: p.708-12.
56. Djamarah, Syaiful Bahri dan Zain, Aswan. *Strategi Belajar Mengajar.* Bandung. Rineka Cipta: Bandung. 2010. [cited 2018 Oct 4]

57. Duncan GJ, Dowsett CJ, Claessens A, Magnuson K, Huston AC, Klebanov P, Pagani LS, Feinstein L, Engel M, Brooks-Gunn J, Sexton H, Duckworth K, Japel C *Dev Psychol.* 2007 Nov; [cited 2018 Oct 10] 43(6): p.1428-1446.
Available in : <https://www.ncbi.nlm.nih.gov/pubmed/18020822>
58. Kelembagaan Kementerian Riset, Teknologi, dan Pendidikan Tinggi Republik Indonesia. Undang Undang Republik Indonesia Nomor 20 Tahun 2003 Tentang Sistem Pendidikan Nasional. [cited 2018 Sept 28]. Available in: http://kelembagaan.ristekdikti.go.id/wpcontent/uploads/2016/08/UU_no_20_th_2003.pdf
59. Syah, Muhibbin. *Psikologi Belajar*. Jakarta. Raja Grafindo Persada. 2006. [cited 2018 Sept 28]:h.1
60. Wolfson AR, Carskadon MA. Sleep schedules and daytime functioning in adolescents. *Child Dev.* 1998. [cited 2018 Oct 10]; 69: p.875-87. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1467-8624.1998.tb06149.x>
61. Sadeh A, Gruber R, Raviv A. The effects of sleep restriction and extension on school-age children: what a difference an hour makes. *Child Dev.* 2003. [cited 2018 Oct 10]; 74: p.444-55.
62. Direktorat Jenderal Pendidikan Dasar Menengah , Badan Penelitian dan Pengembangan. *Panduan Penilaian untuk Sekolah Dasar (SD)*. Jakarta. 2015, [cited 2018 Oct 10];p.46-47. Available from: <https://drive.google.com/file/d/0B5bPISgo5iCVcVBFZTJ4blBmaW8/view>
63. Direktorat Jenderal Pendidikan Dasar Menengah , Badan Penelitian dan Pengembangan. *Panduan Penilaian untuk Sekolah Dasar (SD)*. Jakarta. 2015. [cited 2018 Oct 10];p.35. Available from: <https://drive.google.com/file/d/0B5bPISgo5iCVcVBFZTJ4blBmaW8/view>
64. Siti Sahara, dkk, *Ketrampilan Berbahasa Indonesia*, Jakarta: FITK UIN Jakarta, 2009. [cited 2018 Oct 10];p.3
65. Oviana, W., dan Maulidar. Penggunaan Metode Eksperimen pada Pembelajaran Materi Sifat Bahan dan Kegunaannya terhadap Hasil dan Respon Belajar Siswa Kelas IX MIN Tungkob Aceh Besar. *Jurnal Ilmiah Didaktika*. 2013. [cited 2018 Oct 10]; 13(2): p..336-350. Available from : <https://media.neliti.com/media/publications/81695-ID-penggunaan-metode-eksperimen-pada-pembel.pdf>
66. Hamzah, Ali dan Muhlissarini. 2014. *Perencanaan dan Strategi Belajar Matematika*. Rajawali Pers. Jakarta. 2014.[cited 2018 Oct 3];p.48
67. Susanto, Ahmad. *Teori Belajar dan Pembelajaran di Sekolah Dasar*. PT. Fajar Interpratama Mandiri. Jakarta. 2013. [cited 2018 Oct 3];p.1
68. Syafa'af A. *Gambaran Gangguan Pola Tidur pada Anak Usia 9-12 Tahun di SD Pisangan 3 Pada Tahun 2015*. [cited 2019 Apr 7]
69. Kementerian Pendidikan dan Kebudayaan. *POS USBN*. Jakarta. 2019. [cited 2019 July 10];p.6.
Available from: <https://un.kemdikbud.go.id/>
70. Haryono, A., Rindiarti, A., Arianti, A., dkk. *Prevalensi Gangguan Tidur pada Remaja Usia 12-15 Tahun di Sekolah Lanjutan Tingkat Pertama*. 2009. [cited 2019 Apr 7]; 11(3).
71. Halimatussa'diah. *Hubungan Gangguan Tidur dengan Prestasi Belajar pada Anak Usia 9-12 Tahun di SDN Kelapa Dua 06*. 2015.[cited 2019 Apr 7].

72. Prastiwi H. Hubungan antara Kualitas Tidur dengan Prestasi Belajar Siswa Kelas XI IPA di SMAN 2 Samarinda. 2015. [cited 2019 Apr 7].
73. Tiwa, M.W., Wahyuni, T. D., Putri, R.M. Hubungan Antara Pola Tidur dengan Prestasi Belajar Siswa SMP PGRI 03 Malang. 2018. [cited 2019 Apr 7]; 3(3).
74. Buckhalt JA. Insufficient sleep and the socioeconomic status achievement gap. *Child Development Perspectives*. 2011. [cited 2019 July 9];5:p.59–65
75. McDonald L., Wardle J., Llewellyn CH., Jaarsveld C., Fisher A., Predictors of shorter sleep in early childhood. *Sleep Med*. 2014. 15(5);p.536–540. [cited 2019 July 12].
Available from : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4038745/>
76. Dubow EF., Huesmann LR., Long-term Effects of Parents' Education on Children's Educational and Occupational Success: Mediation by Family Interactions, Child Aggression, and Teenage Aspirations. 2009 Jul; 55(3): 224–249. [cited 2019 July 12]
Available from : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2853053/>