

Daftar Pustaka

- Abbasi, M., Kazemifar, A. M., Fatorechi, H., & Yazdi, Z. (2018). Sleep quality, quality of life and insomnia among patients with chronic low back pain compared to normal individuals. *Sleep and Hypnosis - International Journal*, 184–189. <https://doi.org/10.5350/Sleep.Hypn.2017.19.0151>
- Amini, A., Pamungkas, C. E., & Harahap, A. P. H. P. (2018). Usia ibu dan pasritas sebagai faktor resiko yang mempengaruhi kejadian anemia pada ibu hamil di wilayah kerja Puskesmas Ampenan. *Midwifery Journal: Jurnal Kebidanan UM. Mataram*, 3(2), 108–113. <https://doi.org/10.31764/mj.v3i2.506>
- Anggarani, D. R., & Subakti, Y. (2013). *Kupas tuntas seputar kehamilan*. Jakarta Selatan: Agromedia Pustaka.
- Aprilia, A. (2014). *Diary ibu hamil*. Jakarta: Kawan Pustaka.
- Asmadi. (2008). *Teknik prosedural keperawatan: konsep dan aplikasi kebutuhan dasar klien*. Jakarta: Salemba Medika.
- Author, C. I. (2013). *Sound asleep: the expert guide to sleeping well*. London: Duncan Baird Publishers.
- Bat-Pitault, F., Deruelle, christine, Flori, S., Stagnara, C., Guyon, A., & Plancoulaine, S. (2015). Sleep pattern during pregnancy and maternal depression: study of aube cohort. *Journal of Sleep Disorders and Management*, 1(1). <https://doi.org/10.23937/2572-4053.1510005>
- Beaulieu-Bonneau, S., Ivers, H., Harvey, A. G., & Morin, C. M. (2017). Is the insomnia severity index cutoff for remission corroborated by sleep diary data and patient's perception? *Sleep Medicine*, 40, e29. <https://doi.org/10.1016/j.sleep.2017.11.079>
- BKKBN. (2016). Fase perencanaan kehamilan terbaik. Retrieved April 22, 2019, from <https://www.bkkbn.go.id/#>
- Bull, E., & Archard, G. (2007). *Simple guide nyeri punggung*. Jakarta Pusat: Erlangga.
- Casagrande, D., Gugala, Z., Clark, S. M., & Lindsey, R. W. (2015). Low back pain and pelvic girdle pain in pregnancy. *The Journal of the American Academy of Orthopaedic Surgeons*, 23(9), 539–549. <https://doi.org/10.5435/JAAOS-D-14-00248>
- Castarlenas, E., Jensen, M. P., von Baeyer, C. L., & Miró, J. (2017). Psychometric properties of the numerical rating scale to assess self-reported pain intensity in children and adolescents: a systematic review. *The Clinical Journal of Pain*, 33(4), 376. <https://doi.org/10.1097/AJP.0000000000000406>
- Chen, S.-J., Shi, L., Bao, Y.-P., Sun, Y.-K., Lin, X., Que, J.-Y., ... Lu, L. (2018). Prevalence of restless legs syndrome during pregnancy: A systematic review and meta-analysis. *Sleep Medicine Reviews*, 40, 43–54. <https://doi.org/10.1016/j.smr.2017.10.003>
- Chilyatunnisa'. (2015). *Efektifitas senam hamil untuk meningkatkan durasi tidur ibu hamil trimester III di BPM Eka Erfana, SST., M.Kes. Desa Pungging Kecamatan Pungging Kabupaten Mojokerto*. Retrieved from

<http://repository.poltekkesmajapahit.ac.id/index.php/PUB-KEB/article/viewFile/367/281>

- Chokroverty, S. (2008). *100 Questions & answers about sleep and sleep disorders*. United states of America: Jones & Bartlett Publishers.
- Chokroverty, S., & Ferini-Strambi, L. (2017). *Oxford textbook of sleep disorders*. Oxford University Press.
- Cunningham, F. G., Leveno, K. J., Bloom, S. L., Hauth, J. C., Rouse, D. J., & Spong, C. Y. (2010). *Obstetri williams* (23rd ed., Vol. 1). Jakarta: EGC.
- Daswin, N. B. T. (2013). Pengaruh kafein terhadap kualitas tidur mahasiswa fakultas kedokteran Universitas Sumatera Utara. *E-Jurnal Fakultas Kedokteran USU*, 1(1). Retrieved from <https://jurnal.usu.ac.id/index.php/ejurnalfk/article/view/1341>
- Deswani, desmamita, U., & Mulyanti, Y. (2018). *Asuhan keperawatan prenatal dengan pendekatan neurosains*. Malang: Wineka Media.
- Dinkes Bantul. (2014). Kelompok pendukung (KP)-ibu. Retrieved September 11, 2018, from Dinas Kesehatan Pemkab Bantul website: <http://dinkes.bantulkab.go.id/berita/311-kelompok-pendukung-kp-ibu-kekep-ibu-kecamatan-kasih-an-kabupaten-bantul-diy>
- Dinkes Bantul. (2018). *Profil kesehatan tahun 2018*. Bantul: The harmony of nature and culture.
- Dorland, W. A. N. (2011). *Kamus saku kedokteran dorland* (28th ed.). Jakarta: EGC.
- Foundation, N. S. (2018). Sleeping by the trimesters: 3rd trimester. Retrieved August 27, 2018, from <https://sleepfoundation.org/sleep-news/sleeping-the-trimesters-3rd-trimester/page/0/1>
- Gebhart, G. E., & Schmidt, R. E. (2013). *Encyclopedia of Pain* (2nd ed.). Berlin Heidelberg. Springer.
- Gila, hertz. (2018). *Sleep dysfunction in women: background, etiology, epidemiology*. Retrieved from <https://emedicine.medscape.com/article/1189087-overview>
- Gloth, F. M., Scheve, A. A., Stober, C. V., Chow, S., & Prosser, J. (2001). The functional pain scale: reliability, validity, and responsiveness in an elderly population. *Journal of the American Medical Directors Association*, 2(3), 110–114.
- Guyton, A. C., & Hall, J. E. (2014). *Buku ajar fisiologi kedokteran* (12th ed.). Jakarta: EGC.
- Harahap, S. D., Utami, S., & Huda, N. (2018). Efektivitas yoga terhadap kualitas tidur ibu hamil. *Jurnal Online Mahasiswa (JOM) Bidang Ilmu Keperawatan*, 5(0), 79–87.
- Hashmi, A. M., Bhatia, S. K., Bhatia, S. K., & Khawaja, I. S. (2016). Insomnia during pregnancy: Diagnosis and rational interventions. *Pakistan Journal of Medical Sciences*, 32(4), 1030–1037. <https://doi.org/10.12669/pjms.324.10421>
- Hidayat, A. (2008). *Pengantar konsep dasar keperawatan*. Jakarta: Salemba Medika.

- Hollingworth, T. (2011). *Diagnosis banding dalam obstetri & ginekologi*. Jakarta: EGC.
- Huliana, M. (2010). *Panduan menjalani kehamilan sehat*. Jakarta: Puspa Swara.
- Janiwarty, B., & Pieter, H. Z. (2013). *Pendidikan psikologi untuk bidan*. Yogyakarta: ANDI.
- Joã O Mota, M., Cardoso, M., Carvalho, A., Marques, A., Sá-Couto, P., & Demain, S. (2014). Women's experiences of low back pain during pregnancy. *Journal of Back and Musculoskeletal Rehabilitation*, 28. <https://doi.org/10.3233/BMR-140527>
- Kasiati, & Rosmalawati, N. W. D. (2016). *Kebutuhan dasar manusia 1*. Jakarta Selatan: Pusdik SDM kesehatan.
- Kaufmann, C. N., Orff, H. J., Moore, R. C., Delano-Wood, L., Depp, C. A., & Schiehser, D. M. (2017). Psychometric characteristics of the insomnia severity index in veterans with history of traumatic brain injury. *Behavioral Sleep Medicine*, 0(0), 1–9. <https://doi.org/10.1080/15402002.2016.1266490>
- Kemenkes. (2014). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 97 tahun 2014*. Retrieved from <http://kesga.kemkes.go.id/images/pedoman/PMK%20No.%2097%20ttg%20Pelayanan%20Kesehatan%20Kehamilan.pdf>
- Kemenkes. (2017). *Profil kesehatan Indonesia tahun 2016*. Retrieved from <http://www.depkes.go.id/resources/download/pusdatin/profil-kesehatan-indonesia/Profil-Kesehatan-Indonesia-2016.pdf>
- Kemenkes RI. (2016). *Infodatin situasi kesehatan reproduksi remaja* (Pusat data dan informasi). Jakarta Selatan.
- Kesikburun, S., Güzelküçük, Ü., Fidan, U., Demir, Y., Ergün, A., & Tan, A. K. (2018). Musculoskeletal pain and symptoms in pregnancy: a descriptive study. *Therapeutic Advances in Musculoskeletal Disease*, 10(12), 229–234. <https://doi.org/10.1177/1759720X18812449>
- Khafidhoh, M. (2016). *Hubungan nyeri pinggang dengan tingkat kemampuan aktivitas ibu hamil trimester II dan III di Puskesmas Ciputat*. Retrieved from <http://repository.uinjkt.ac.id/dspace/bitstream/123456789/33422/1/MUHI%20MATUL%20KHAFIDHOH-FKIK.PDF>
- Kızılırmak, A., Timur, S., & Kartal, B. (2012). Insomnia in pregnancy and factors related to insomnia. *The Scientific World Journal*, 2012. <https://doi.org/10.1100/2012/197093>
- Leifer, G. (2005). *Maternity nursing: an introductory text* (9th ed.). United States Of America: Elsevier Saunder.
- Lemeshow, stanley, W.Hosmer Jr, david, Klar, J., & K. Lwanga, S. (1990). *Adequacy of sample size in health studies*. England: John Wiley & Sons Ltd.
- Leveno, K. J., Cunningham, F. G., Gant, N. F., Alexander, J. M., Bloom, S. L., Casey, B. M., ... Yost, N. P. (2009). *Obstetri williams* (21st ed.). Jakarta: EGC.

- Li, L., Liu, X., & Herr, K. (2007). Postoperative pain intensity assessment: a comparison of four scales in Chinese adults. *Pain Medicine*, 8(3), 223–234. <https://doi.org/10.1111/j.1526-4637.2007.00296.x>
- Lichayati, I., & Kartikasari, R. I. (2013). *Hubungan senam hamil dengan nyeri punggung pada ibu hamil di Polindes Desa Tlanak Kecamatan Kedungpring Kabupaten Lamongan. Vol.01.No.XIV.*, 8.
- Lina, L. F., Ismail, D., & Huriah, T. (2015). Medula spinalis belt (MSB) terhadap penurunan nyeri penderita nyeri Punggung bawah pada pekerja batu bata. *IJNP (Indonesian Journal of Nursing Practices)*, 2(1), 51–60.
- Lukman, & Ningsih, N. (2009). *Asuhan keperawatan pada pasien dengan gangguan sistem muskuloskeletal*. Jakarta: Salemba Medika.
- Maurovich-Horvat, E., Kemlink, D., Högl, B., Frauscher, B., Ehrmann, L., Geisler, P., ... Šonka, K. (2013). Narcolepsy and pregnancy: a retrospective European evaluation of 249 pregnancies. *Journal of Sleep Research*, 22(5), 496–512. <https://doi.org/10.1111/jsr.12047>
- Mediarti, D., Sulaiman, S., Rosnani, R., & Jawiah, J. (2014). Pengaruh yoga antenatal terhadap pengurangan keluhan ibu hamil trimester III. *Jurnal Kedokteran & Kesehatan: Publikasi Ilmiah Fakultas Kedokteran Universitas Sriwijaya*, 1(1), 47–53.
- Mindell, J. A., Cook, R. A., & Nikolovski, J. (2015). Sleep patterns and sleep disturbances across pregnancy. *Sleep Medicine*, 16(4), 483–488. <https://doi.org/10.1016/j.sleep.2014.12.006>
- Morin, C. M., Vallières, A., Guay, B., Ivers, H., Savard, J., Mérette, C., ... Baillargeon, L. (2009). Cognitive behavioral therapy, singly and combined with medication, for Persistent insomnia: A randomized controlled trial. *JAMA*, 301(19), 2005–2015. <https://doi.org/10.1001/jama.2009.682>
- Mota, M. J., Cardoso, M., Carvalho, A., Marques, A., Sá-Couto, P., & Demain, S. (2015). Women's experiences of low back pain during pregnancy. *Journal of Back and Musculoskeletal Rehabilitation*, 28(2), 351–357. <https://doi.org/10.3233/BMR-140527>
- MSN, C. S. (2012). *The pittsburgh sleep quality index (PSQI)*. (Number 6.1), 2.
- National Sleep Foundation. (2019). Pain and Sleep. Retrieved April 23, 2019, from <https://www.sleepfoundation.org/articles/pain-and-sleep>
- Newton, E. R., & May, L. (2017). Adaptation of maternal-fetal physiology to exercise in pregnancy: The basis of guidelines for physical activity in pregnancy. *Clinical Medicine Insights: Women's Health*, 10, 1179562X17693224. <https://doi.org/10.1177/1179562X17693224>
- Nodine, P. M., & Matthews, E. E. (2013). Common sleep disorders: management strategies and pregnancy outcomes. *Journal of Midwifery & Women's Health*, 58(4), 368–377. <https://doi.org/10.1111/jmwh.12004>
- Notoadmodjo, S. (2010). *Metodologi penelitian kesehatan*. Jakarta: Rineka Cipta.
- Nursalam. (2008). *Konsep dan penerapan metodologi penelitian ilmu keperawatan pedoman skripsi, tesis, dan instrumen penelitian keperawatan* (2nd ed.). Jakarta: Salemba Medika.
- Oktaviani, E. T. (2017). *Hubungan usia, paritas, dan kehamilan ganda dengan kejadian BBLR di RSUD Abdoel Moeloek Provinsi Lampung tahun 2016*.

2. Retrieved from <https://docplayer.info/67764044-Hubungan-usia-paritas-dan-kehamilan-ganda-dengan-kejadian-bblr-di-rsud-abdoel-moeloek-provinsi-lampung-tahun-2016.html>
- Oxorn, H., & Forte, W. R. (2010). *Ilmu kebidanan patologi & fisiologi persalinan*. Yogyakarta: ANDI.
- Pennick, V., & Liddle, S. D. (2013). Interventions for preventing and treating pelvic and back pain in pregnancy. *The Cochrane Database of Systematic Reviews*, (8), CD001139. <https://doi.org/10.1002/14651858.CD001139.pub3>
- Pieter, H. Z. (2011). *Pengantar psikopatologi untuk keperawatan* (1st ed.). Jakarta: Kencana.
- Pillitteri, A. (2010). *Maternal and child health nursing : care of the childbearing and childrearing family* (6th ed.). California: Lippincott.
- Potter, P. A., & Perry, A. G. (2009). *Fundamentals of nursing* (7th ed.). Jakarta: Salemba Medika.
- Prasadj, A. . (2009). *Ayo bangun dengan bugar karena tidur yang benar*. Jakarta: Hikmah.
- Pribadi, A., Mose, J. C., & Anwar, A. D. (2015). *Kehamilan resiko tinggi*. Bandung: Sagung seto.
- Qudriani, M., & Hidayah, S. N. (2017). Persepsi ibu hamil tentang kehamilan resiko tinggi dengan kepatuhan melakukan antenatal care di Desa Begawat Kecamatan Bumijawa Kabupaten Tegal Tahun 2016. *Prosiding 2nd Seminar Nasional IPTEK Terapan (SENIT) 2017*, 2(1), 197–203.
- Ratnasari, C. D., & Hartati, E. (2016). *Gambaran kualitas tidur pada komunitas game online mahasiswa teknik elektro universitas diponegoro* (Other, Diponegoro Univeresity). Retrieved from <http://eprints.undip.ac.id/51197/>
- Rezky, D. (2019). *Hubungan intensitas nyeri pada penderita nyeri punggung bawah (low back pain) dengan kualitas tidur di Rumah Sakit Muhammadiyah Palembang* (Skripsi, Universitas Muhammadiyah Palembang). Retrieved from <http://repository.um-palembang.ac.id/id/eprint/2786/>
- Román-Gálvez, R. M., Amezcua-Prieto, C., Salcedo-Bellido, I., Martínez-Galiano, J. M., Khan, K. S., & Bueno-Cavanillas, A. (2018). Factors associated with insomnia in pregnancy: A prospective cohort study. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 221, 70–75. <https://doi.org/10.1016/j.ejogrb.2017.12.007>
- Rudimin, R., Hariyanto, T., & Rahayu, W. (2017). Hubungan tingkat umur dengan kualitas tidur pada lansia di Posyandu Permadi Kelurahan Tlogomas kecamatan Lowokwaru Malang. *Nursing News : Jurnal Ilmiah Mahasiswa Keperawatan*, 2(1). Retrieved from <https://publikasi.unitri.ac.id/index.php/fikes/article/view/150>
- Safitrie, A., & Ardani, M. H. (2017). Studi komparatif kualitas tidur perawat shift dan non shift di unit rawat inap dan unit rawat jalan. *Prosiding Seminar Nasional & Internasional*, 0. Retrieved from <https://jurnal.unimus.ac.id/index.php/psn12012010/article/view/843>

- Salama, M. (2016a). *Pengaruh senam hamil terhadap kualitas tidur pada ibu hamil di dua rumah sakit swasta Kota Salatiga* (Thesis, Program Studi Ilmu Keperawatan FIK-UKSW). Retrieved from <http://repository.uksw.edu/handle/123456789/11838>
- Salama, M. (2016b). *Pengaruh senam hamil terhadap kualitas tidur pada ibu hamil di dua rumah sakit swasta Kota Salatiga* (Thesis, Program Studi Ilmu Keperawatan FIK-UKSW). Retrieved from <http://repository.uksw.edu/handle/123456789/11838>
- Sari, nourma Y. (2015). *Hubungan intensitas nyeri pada pasien low backpain dengan kualitas tidur di RSUD Dr. Moewardi*. 12.
- Sarifansyah, S., Utami, N. W., & Andinawati, M. (2018). Hubungan kualitas tidur dengan tekanan darah pada ibu hamil trimester III di Puskesmas Dinoyo Malang. *Nursing News: Jurnal Ilmiah Mahasiswa Keperawatan*, 3(1). Retrieved from <https://publikasi.unitri.ac.id/index.php/fikes/article/view/767>
- Shariat, M., Abedinia, N., Noorbala, A. A., & Raznahan, M. (2017). The relationship between sleep quality, depression, and anxiety in pregnant women: A cohort study. *Journal of Sleep Sciences*, 2(1–2), 20–27.
- Simanjutak, T. D., Saraswati, L. D., & Muniroh, M. (2018). Gambaran kualitas tidur pada penderita diabetes mellitus tipe-2 di wilayah kerja Puskesmas Ngesrep. *Jurnal Kesehatan Masyarakat (e-Journal)*, 6(1), 328–335.
- Sinsin, I. (2008). *Seri kesehatan ibu dan anak masa kehamilan dan persalinan*. Jakarta: PT Elex Media Komputindo.
- Siswosuharjo, S., & Chakrawati, F. (2010). *Panduan super lengkap hamil sehat*. Semarang: Penebar plus.
- Sousa, V. P. S. de, Ribeiro, S. O., Aquino, C. M. R. de, Viana, E. de S. R., Sousa, V. P. S. de, Ribeiro, S. O., ... Viana, E. de S. R. (2015). Quality of sleep in pregnant woman with low back pain. *Fisioterapia Em Movimento*, 28(2), 319–326. <https://doi.org/10.1590/0103-5150.028.002.AO12>
- Sukeksi, N. T., Kostania, G., & Suryani, E. (2018). Pengaruh teknik akupressure terhadap nyeri punggung pada ibu hamil di wilayah Puskesmas Jogonalan 1 Klaten. *Jurnal Kebidanan dan Kesehatan Tradisional*, 3(1). Retrieved from <http://jurnal.poltekkes-solo.ac.id/index.php/JKK/article/view/370>
- Sukorini, M. U. (2017). Hubungan gangguan kenyamanan fisik dan penyakit dengan kualitas tidur ibu hamil trimester III. *The Indonesian Journal of Public Health*, 12(1), 1–12.
- Susanti, N. N. (2018). *Psikologi kehamilan*. Jakarta: EGC.
- Swarjana, I. ketut. (2016). *Statistik kesehatan*. Yogyakarta: ANDI.
- Tantrakul, V., Sirijanichune, P., Panburana, P., Pengjam, J., Suwansathit, W., Boonsarngsuk, V., & Guilleminault, C. (2015). Screening of obstructive sleep apnea during pregnancy: Differences in predictive values of questionnaires across trimesters. *Journal of Clinical Sleep Medicine: JCSM: Official Publication of the American Academy of Sleep Medicine*, 11(2), 157–163. <https://doi.org/10.5664/jcsm.4464>
- Tao, L., & Kendall, K. (2013). *Sinopsis organ system reproduksi*. Tangerang Selatan: Karisma Publishing Group.

- Thahir, M. (2018). Pengaruh kinesiotapping terhadap penurunan nyeri akibat low back pain pada ibu hamil trimester III di RSKDIA Pertiwi Makassar. *Media Kesehatan Politeknik Kesehatan Makassar*, 13(1), 18–23. <https://doi.org/10.32382/medkes.v13i1.100>
- Triwulandari, D., & Fourianalistyawati, E. (2017). Is optimism can reduce pregnant pain? *Konselor*, 6, 138. <https://doi.org/10.24036/02017648089-0-00>
- Ulfah, M. (2014). Hubungan diastasis recti abdominis dengan nyeri punggung bawah pada ibu hamil. *Bidan Prada: Jurnal Publikasi Kebidanan Akbid YLPP Purwokerto*, 5(2). Retrieved from <http://ojs.akbidylpp.ac.id/index.php/Prada/article/view/104>
- Uliyah, M., & Hidayat, A. A. A. (2008). *Keterampilan dasar praktik klinik untuk kebidanan edisi 2*. Jakarta: Salemba Medika.
- World Health Organization, UNICEF, United Nations, Department of Economic and Social Affairs, Population Division, & World Bank. (2015). *Trends in maternal mortality: 1990 to 2015 : estimates by WHO, UNICEF, UNFPA, World Bank Group and the United Nations Population Division*. Retrieved from <http://www.who.int/reproductivehealth/publications/monitoring/maternal-mortality-2015/en/>
- Wulandari, A., Retnaningtyas, E., & Wardani, E. K. (2018). *Efektivitas olahraga ringan jalan kaki terhadap kualitas tidur ibu hamil trimester 3 di Desa Silir Kecamatan Wates Kabupaten Kediri*. 10.
- Xu, X., Liu, D., Zhang, Z., Sharma, M., & Zhao, Y. (2017). Sleep duration and quality in pregnant women: A cross-sectional survey in China. *International Journal of Environmental Research and Public Health*, 14(7). <https://doi.org/10.3390/ijerph14070817>
- Yang, Y., Mao, J., Ye, Z., Zeng, X., Zhao, H., Liu, Y., & Li, J. (2018). Determinants of sleep quality among pregnant women in China: a cross-sectional survey. *The Journal of Maternal-Fetal & Neonatal Medicine*, 31(22), 2980–2985. <https://doi.org/10.1080/14767058.2017.1359831>
- Yudianta, Khoirunnisa, N., & Novitasari, R. wahyu. (2015). *Assessment nyeri* (Vol. 42). Retrieved from http://www.kalbemed.com/Portals/6/19_226Teknik-Assessment%20Nyeri.pdf
- Zucconi, M., Galbiati, A., Rinaldi, F., Casoni, F., & Ferini-Strambi, L. (2018). An update on the treatment of restless legs syndrome/willis-ekbom disease: prospects and challenges. *Expert Review of Neurotherapeutics*, 0(0), 1–9. <https://doi.org/10.1080/14737175.2018.1510773>