

DAFTAR PUSTAKA

- Adams. (2013). Pain Management in the Acute Care Setting. *International journal of therapeutic massage and bodywork*, 3 (1)
- Arikunto, S. (2010). *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta
- Bambang, B. R. (2006). Upaya Prevebtif di Bidang Kesehatan Ibu dan Anak Sebagai Upaya untuk Meningkatkan Daya Saing Bangsa. *Jurnal kemas*, 1 (2):69-74
- Berman, A. (2009). *Buku Ajar Praktik Keperawatan Klinis Koizer & Erb*. Jakarta: EGC
- Bobak. (2005). *Buku Ajar Keperawatan Maternitas. Edisi 4*. Jakarta: EGC
- Buyssse, D. R. (1989). The Pittsburgh Sleep Quality Index (PSQI) : A new Instrument for Psychiatric Research and Practice. *Psychiatric research*, 28:193-213
- Craven, R. F., & Himle, C. J. (2002). *Fundamental of Nursing; Human Health and Function. Edisi 3*. Philadelphia: Lippincott
- Cunha, B. C. M., Zanetti, L., & Hass, J. V. (2008). Sleep Quality in Type 2 Diabetics. *Artigo original: Rev latino-am Enfermagem*, 16 (5):850-5
- Dempsey, P. A. (2002). *Riset Keperawatan: Buku Ajar Latihan Alih Bahasa Widyastuti*, P. Jakarta: EGC
- Diane, M. & Fraser. (2009). *Buku Ajar Bidan Myles*. Jakarta: EGC
- Ezzo, J. (2007). What can be Learned from Cochrane Systematic Reviews of Massage that can Guide Future Research? *J altern complement med*, 13(2): 2916295
- Fahimeh, K., & Parisa, K. (2014). The Effect of Massage Therapy on the Quality of Sleep in Breast Cancer Patients. *Iranian journal of nursing and midwifery research* , 19 (2)
- Faco, L., Kramer, Jamie., & Ho.H, Kim. (2010). Sleep Disturbances in Pregnancy. *Obstetric Gynecology*, 115 (1)
- Falkensteiner, M., Mantovan, F., Miller, I., Them, C. (2011). The use massage therapy for reducing pain, anxiety & depression in oncological palliative care patients: a narrative review of the literature. *Review article. International scholarly research network*, Vol 2011, Article ID 929868, 8 pages.
- Field, T., Diego, M., Reif, M. H., Figueiredo, B., Schan, B. S., Khun, C. (2006). Sleep disturbances in depressed pregnant women and their newborns. *infant behavior and development* , 30(2007):127-13
- Field, T., Diego, M., Reif, M. H., Fraser, M. (2007). Lower back pain and sleep disturbance are reduced following massage therapy. *J Bodyw Mov Ther*, 11: 141-5
- Firdaus. (2011). *Terapi Pijat untuk Kesehatan Kecerdasan Otak dan Kekuatan Daya Ingat*. Yogyakarta: Buku Biru.
- Grace, W., Pien, M., & Richard, J. (2004). Sleep Disorder During Pregnancy. *SLEEP* , 27(7).

- Hidayat,A. A. (2008). *Keterampilan Dasar Praktik Klinik untuk Kebidanan*.Jakarta: Salemba Medika
- Hollenbach, D., Broker, R., Herlehy, S., & Stuber, K. (2013).Non-Pharmacological Interventions for Sleep Quality and Insomnia During Pregnancy: A Systematic Review. *J can chirop r assoc* , 57
- Janiwari, &. P. (2013). *Pendidikan Psikologis untuk Bidan-Suatu Teori dan Terapannya*. Yogyakarta: Bursa Ilmu Karangkajen
- Komalasari, D. (2010). Hubungan Antara Tingkat Kecemasan Dengan Kualitas Tidur Pada Ibu Hamil Trimester III di Puskesmas Jatinangor Kabupaten Sumedang. *Jurnal Keperawatan Universitas Padjadjaran Bandung*, 16 (1)
- Kozier. (2010). *Buku Ajar Fundamental Keperawatan: Konsep, Proses, dan Praktik*. Edisi 7. Jakarta: EGC
- Kripke, D. F., Garfinkel, L., Wingard, D. L., Klauber, M. R., Marler, M. R., (2002). Mortality associated with sleep duration and insomnia. *Arch. Gen. Psychiatry*, 59: 1316136
- Liu, X. (2000). Sleep loss and day time sleepiness in the general adult population of Japan. *Psychiatric research*, 93: 1-11
- Mafikasari, A. & Kartikasari. (2015). *Posisi Tidur Dengan Kejadian Back Pain (NyeriPunggung) pada Ibu Hamil Trimester III*. Lamongan: STIKES Muhammadiyah
- Manjuri & Latheef, F. (2016). Effectiveness of foot reflexology vs back massage on quality of sleep among post cesarean mothers. *International journal of pharma and bio sciences*, 7 (2): 558-562
- Muslikh. (2015). *Ilmu Pijat Pengobatan Refleksi Relaksasi*. Jakarta: DPKP
- Naud & Oullet. (2010). Is sleep disturbed in pregnancy?. JOGC Janvier
- Norma G. Cuellar, &. S. (2008). A comparison of glycemic control, sleep, fatigue, and depression in type 2 diabetic with and without restless legs syndrome.University of Pennsylvania school of nursing, Philadelphia: *Journal of clinical sleep medicine*
- Notoatmodjo, S. (2012). *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta
- Nursalam. (2013). *Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis*. Edisi 3. Jakarta: Salemba Medika
- Okun, M. L. (2012). Disturbed sleep, a novel risk factor for preterm birth? *Journal of women's health* , 21(1): 54660
- Okun., M. L. (2011). Poor sleep quality is associated with preterm birth. *Sleep*, 34 (11):14936
- Padila. (2014). *Keperawatan Maternitas*. Yogyakarta: Nuha Medika

- Padula, R. S., & De Abreu, G., J. (2012). Assessment quality of sleep and sleepiness in workers with rotating shifts. *Work*, 41 (1): 5801-5802 Retrieved from www.scopus.com
- Palagini, L. G. (2014). Chronic sleep loss during pregnancy as a determinant of stress: impact on pregnancy outcome. *Sleep Medicine*, 15(8): 853-69
- Perry, & Potter. (2009). *Fundamental Keperawatan*. Edisi 7. Jakarta: Salemba Medika
- Pieter, H. Z. (2010a). *Pengantar Psikologi dalam Keperawatan*. Jakarta: Kencana.
- Pieter, H. Z. (2010b). *Pengantar Psikologi untuk Kebidanan*. Jakarta: Prenada Media
- Prawirohardjo, S. (2010). *Ilmu Kebidanan*. Edisi 4. Jakarta: PT Bina Pustaka Sarwono Prawirohardjo
- Rafknowledge. (2004). *Insomnia dan Gangguan Tidur Lainnya*. Jakarta: PT. Elex Media Komputindo
- Saifuddin, A. B., Adriaansz, G., Winkjostro, G. H., & Waspodo, D. (2009). *Buku Acuan Nasional Pelayanan Kesehatan Maternal Dan Neonatal*. Edisi 1. Jakarta: PT Bina Pustaka Sarwono Prawirohardjo
- Santiago J. R., Nolledo, M. S., & Kinzier, W. (2001). Sleep and disorders in pregnancy. *Annals of internal medicine*, 134 (5): 396-408
- Sastroasmoro, S. & Ismael, S. (2011). *Dasar-Dasar Metodologi Penelitian Klinis*. Edisi 4. Jakarta: Sagung Seto
- Sharma S., & Franco, R. (2004). Sleep and its disorders in pregnancy. *Wisconsin medical journal*, 103 (5)
- Sugiyono. (2010). *Statistika Untuk Penelitian*. Bandung: Alfabeta
- Susanti. (2008). *Psikologi Kehamilan*. Jakarta: EGC
- Szetkiry, A., Madarasz, C., & Nova, M. (2009). Sleep disorder: impact on daytime functioning and quality of life. *Expert review of pharmacoeconomics & outcomes research*, 9 (1): 49-64
- Taufan. (2014). *Askep Kehamilan*. Yogyakarta: Nuhu Medika
- Ulualp, S. O. (2010). Snoring and obstructive sleep apnea. *Med clin N Am*, 94 (10): 47-55
- Urva & Wasisto, U. (2012). Hubungan persepsi Ibu hamil tentang kehamilan dengan tingkat kecerdasan emosional. *Jurnal ners Indonesia*, 2 (2)
- Venkata, C., & Venkatashiah, S. B. (2009). Sleep disordered breathing during pregnancy. *The journal of the American board of family medicine*, 22(2):158-168
- Wahyuni & Ni'mah, L. (2013). Manfaat senam hamil untuk meningkatkan durasi tidur Ibu hamil. *Jurnal kesehatan masyarakat*, 8 (2): 145-152
- Wita J, S. (2011). *Ilmu Kebidanan*. Jakarta: EGC

Wulandari, P. Y. (2006). Efektivitas senam hamil sebagai pelayanan prenatal dalam menurunkan kecemasan menghadapi persalinan pertama. *INSAV*, 8(2): 144