

DAFTAR PUSTAKA

- Adams, N. (2015). Bloom's taxonomy of cognitive learning objectives. *Journal of the Medical Library Association*, 103(July), 152–153. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4511057/>
- Aloulou, A., Duforez, F., Léger, D., De Larochelambert, Q., & Nedelec, M. (2021). The Relationships Between Training Load, Type of Sport, and Sleep Among High-Level Adolescent Athletes. *International Journal of Sports Physiology and Performance*, 16(6), 890–899. <https://doi.org/10.1123/IJSPP.2020-0463>
- Amalina, S., Sitaresmi, M. N., & Gamayanti, I. L. (2016). Hubungan Penggunaan Media Elektronik dan Gangguan Tidur. *Sari Pediatri*, 17(4), 273. <https://doi.org/10.14238/sp17.4.2015.273-8>
- Andriana, L. M., & Ashadi, K. (2019). Perbandingan dua jenis olahraga pada pagi dan malam hari terhadap kualitas tidur. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 5(1), 98. https://doi.org/10.29407/js_unpgri.v5i1.12800
- Ansari, R., Suwarni, L., Selviana, S., Mawardi, M., & Rochmawati, R. (2020). Media Komik Sebagai Alternatif Media Promosi Kesehatan Seksualitas Remaja. *Jurnal Ilmiah Kesehatan*, 19(01), 10–14. <https://doi.org/10.33221/jikes.v19i01.431>
- Antono, R., Kesehatan, F. I., & Pontianak, U. M. (2018). *Pengaruh Media Komik Terhadap Pengetahuan Tentang Makanan Jajanan Pada Siswa Kelas V di SDN 17 Pontianak Utara*.
- Bartel, K. A., Gradisar, M., & Williamson, P. (2015). Protective and risk factors for adolescent sleep: A meta-analytic review. *Sleep Medicine Reviews*, 21, 72–85. <https://doi.org/10.1016/j.smrv.2014.08.002>
- Baso, M. C., Langi, F. L. F. ., & Sekeon, S. A. . (2019). Hubungan Antara Aktivitas Fisik Dengan Kualitas Tidur Pada Remaja Di Sma Negeri 9 Manado. *Kesmas*, 7(5), 5–10.
- Blake, D. D., & Gomez, M. H. (1998). A scale sleep hygiene self test (SHST). *psychological report*, 8, 2–5.
- Brown, F. C., Buboltz, W. C., & Soper, B. (2002). Relationship of sleep hygiene awareness, sleep hygiene practices, and sleep quality in university students. *Behavioral Medicine*, 28(1), 33–38. <https://doi.org/10.1080/08964280209596396>
- Byars, K. C., Yolton, K., Rausch, J., Lanphear, B., & Beebe, D. W. (2012). Prevalence, Patterns, and Persistence of Sleep Problems in the First 3 Years of Life. *Pediatrics*, 129(2), e276. <https://doi.org/10.1542/PEDS.2011-0372>
- Candraditya, Z. (2015). Pengaruh Pendidikan Kesehatan Tentang Hiv-Aids Dengan Media Buku Komik Terhadap Tingkat Pengetahuan, Sikap Dan Daya Terima Siswa Dalam Pencegahan Hiv-Aids Di Sma Surakarta. *Artikel Penelitian*, 1–16.
- Celentano, I., Winer, R. L., Jang, S. H., Ibrahim, A., Mohamed, F. B., Lin, J., Amsalu, F., Ali, A. A., Taylor, V. M., & Ko, L. K. (2021). Development of a theory-based HPV vaccine promotion comic book for East African adolescents in the US. *BMC Public Health*, 21(1). <https://doi.org/10.1186/s12889-021-11005-2>

- Chien-Yun, D., Wan-Fei, C., Yu-Hsi, Y., & Chia-Hung, Y. (2011). A Study on Modification of Knowledge, Attitude and Practice on Vocational High School Electronics Courses Integrated with Nanotechnology Concept. *International Journal of Thermal and Environmental Engineering*, 4(1), 73–79. <https://doi.org/10.5383/ijtee.04.01.011>
- Chimed-Ochir, O., Ando, S., Murakami, S., Kubo, T., Ishimaru, T., Fujino, Y., & Ikaga, T. (2021). Perception of feeling cold in the bedroom and sleep quality. *Nagoya Journal of Medical Science*, 83(4), 705–714. <https://doi.org/10.18999/nagjms.83.4.705>
- Cohen, J. (2013). Statistical Power Analysis for the Behavioral Sciences. *Statistical Power Analysis for the Behavioral Sciences*. <https://doi.org/10.4324/9780203771587>
- Cousins, J. N., Leong, R. L. F., Jamaluddin, S. A., Ng, A. S. C., Ong, J. L., & Chee, M. W. L. (2021). Splitting sleep between the night and a daytime nap reduces homeostatic sleep pressure and enhances long-term memory. *Scientific Reports*, 11(1), 5275. <https://doi.org/10.1038/S41598-021-84625-8>
- Creswell, J. W. (2014). *Research Design, Qualitative, Quantitative, and Mixed Methods Approaches* (4th ed).
- Cusick, C. N., Langberg, J. M., Breaux, R., Green, C. D., & Becker, S. P. (2020). Caffeine Use and Associations With Sleep in Adolescents With and Without ADHD. *Journal of Pediatric Psychology*, 45(6), 643. <https://doi.org/10.1093/JPEPSY/JSAA033>
- Darsini, D., Fahrurrozi, F., & Cahyono, E. A. (2019). Pengetahuan; Artikel Review. *Jurnal Keperawatan*, 12(1), 13.
- De, B., Pati, A., Pandit, L., Tutor, S., Principal, A., Nursing, P., Bengal, W., & Lecturer, S. (2022). *EFFECT OF SLEEP PROMOTION EDUCATION ON SLEEP HYGIENE KNOWLEDGE , SLEEP BEHAVIOUR PRACTICE OF ADOLESCENTS IN SELECTED SCHOOLS OF BANKURA , WEST BENGAL* ., 10(5), 51–59.
- Dewi, N. R., & Arini, F. Y. (2018). Uji keterbacaan pada pengembangan buku ajar kalkulus berbantuan geogebra untuk meningkatkan kemampuan pemecahan masalah dan representasi matematis. *PRISMA, Prosiding Seminar Nasional Matematika*, 1, 299–303. <https://journal.unnes.ac.id/sju/index.php/prisma/article/view/19592>
- Doan, N., Parker, A., Rosati, K., van Beers, E., & Ferro, M. A. (2022). Sleep duration and eating behaviours among adolescents: a scoping review. *Health Promotion and Chronic Disease Prevention in Canada : Research, Policy and Practice*, 42(9), 384. <https://doi.org/10.24095/HPCDP.42.9.02>
- Eliana, S. S. (2017). Kesehatan Masyarakat. *Kemenkes*.
- Estévez-López, F., Maestre-Cascales, C., Russell, D., Álvarez-Gallardo, I. C., Rodríguez-Ayllon, M., Hughes, C. M., Davison, G. W., Sañudo, B., & McVeigh, J. G. (2021). Effectiveness of Exercise on Fatigue and Sleep Quality in Fibromyalgia: A Systematic Review and Meta-analysis of Randomized Trials. *Archives of Physical Medicine and Rehabilitation*, 102(4), 752–761. <https://doi.org/10.1016/j.apmr.2020.06.019>
- Farhadian, N., Alipourian, A., Zereshki, E., & Khazaie, S. (2021). *Relationship of*

- sleep hygiene related factors with sleep quality among university students: a systematic review and meta-analysis. 1(1), 57–64.*
- Fernando, A. T., Samaranayake, C. B., Blank, C. J., Roberts, G., & Arroll, B. (2013). Sleep disorders among high school students in New Zealand. *undefined*, 5(4), 276–282. <https://doi.org/10.1071/HC13276>
- Galland, B. C., Gray, A. R., Hons, B., Penno, J., Smith, C., Lobb, C., & Taylor, R. W. (2017). Gender differences in sleep hygiene practices and sleep quality in New Zealand adolescents aged 15 to 17 years ☆. *Sleep Health: Journal of the National Sleep Foundation*, 3(2), 77–83. <https://doi.org/10.1016/j.sleh.2017.02.001>
- Gipson, C. S., Chilton, J. M., & Stocks, E. (2021). Refinement and Psychometric Properties of the Self-Efficacy for Sleep Hygiene Inventory. *Western Journal of Nursing Research*, 43(2), 156–162. <https://doi.org/10.1177/0193945920940977>
- Goodman, R. (1997). The strengths and difficulties questionnaire: A research note. *Journal of Child Psychology and Psychiatry and Allied Disciplines*, 38(5), 581–586. <https://doi.org/10.1111/j.1469-7610.1997.tb01545.x>
- Green, M. J., & Myers, K. R. (2010). Graphic medicine: use of comics in medical education and patient care. *BMJ*, 340(7746), 574–577. <https://doi.org/10.1136/BMJ.C863>
- Groenewald, C. B., Rabbitts, J. A., Tham, S. W., Law, E. F., & Palermo, T. M. (2021). Associations between insufficient sleep and prescription opioid misuse among high school students in the United States. 17(11).
- Hannanti, H., Ilmi, I. M. B., & Syah, M. N. H. (2021). The Effect Of Nutrition Education Using Comic And Leaflet On The Improvement Of Anemia Knowledge In Adolescents Girl In Sma Negeri 14 Jakarta. *Jurnal Gizi Kesehatan*, 13(1), 40–53.
- Hardani, Ustiawaty, J. A. H. (2020). *Buku Metode Penelitian Kualitatif dan Kuantitatif* (Nomor Maret).
- Hartini, S., Nisa, K., & Herini, E. S. (2021). Faktor-Faktor yang Berhubungan dengan Masalah Tidur Remaja Selama Pandemi Covid-19. *Sari Pediatri*, 22(5), 311. <https://doi.org/10.14238/sp22.5.2021.311-7>
- Heryana, A. (2020). *Etika Penelitian*. July. <https://doi.org/10.13140/RG.2.2.13880.16649>
- Hicks, R. A., Lucero-Gorman, K., Bautista, J., & Hicks, G. J. (1999). Ethnicity, sleep hygiene knowledge, and sleep hygiene practices. *Perceptual and Motor Skills*, 88(3 PART 2), 1095–1096. <https://doi.org/10.2466/pms.1999.88.3c.1095>
- Ho, S. C., & Chung, J. W. Y. (2013). The effects of caffeine abstinence on sleep: a pilot study. *Applied nursing research: ANR*, 26(2), 80–84. <https://doi.org/10.1016/J.APNR.2012.08.004>
- Hoffmann, T. C., Glasziou, P. P., Boutron, I., Milne, R., Perera, R., Moher, D., Altman, D. G., Barbour, V., Macdonald, H., Johnston, M., Kadoorie, S. E. L., Dixon-Woods, M., McCulloch, P., Wyatt, J. C., Phelan, A. W. C., & Michie, S. (2014). Better reporting of interventions: Template for intervention description and replication (TIDieR) checklist and guide. *BMJ (Online)*,

- 348(March), 1–12. <https://doi.org/10.1136/bmj.g1687>
- Hosler, J., & Boomer, K. B. (2011). Are Comic Books an Effective Way to Engage Nonmajors in Learning and Appreciating Science?1. *CBE Life Sciences Education*, 10(3), 309. <https://doi.org/10.1187/CBE.10-07-0090>
- Hysing, M., Pallesen, S., Stormark, K. M., Jakobsen, R., Lundervold, A. J., & Sivertsen, B. (2015). Sleep and use of electronic devices in adolescence: Results from a large population-based study. *BMJ Open*, 5(1), 1–7. <https://doi.org/10.1136/bmjopen-2014-006748>
- Illingworth, G., Sharman, R., Harvey, C. J., Foster, R. G., & Espie, C. A. (2020). The Teensleep study: the effectiveness of a school-based sleep education programme at improving early adolescent sleep. *Sleep Medicine: X*, 2. <https://doi.org/10.1016/J.SLEEPX.2019.100011>
- Irish, L. A., Kline, C. E., Gunn, H. E., Buysse, D. J., & Hall, M. H. (2015). The Role of Sleep Hygiene in Promoting Public Health: A Review of Empirical Evidence. *Sleep medicine reviews*, 22, 23. <https://doi.org/10.1016/J.SMRV.2014.10.001>
- Jaehne, A., Unbehau, T., Feige, B., Lutz, U. C., Batra, A., & Riemann, D. (2012). How smoking affects sleep: A polysomnographical analysis. *Sleep Medicine*, 13(10), 1286–1292. <https://doi.org/10.1016/J.SLEEP.2012.06.026>
- Jakubowski, K. P., Hall, M. H., Lee, L., & Matthews, K. A. (2017). Temporal Relationships Between Napping and Nocturnal Sleep in Healthy Adolescents. *Behavioral sleep medicine*, 15(4), 257. <https://doi.org/10.1080/15402002.2015.1126595>
- Jawabri, K. H., & Raja, A. (2021). Physiology, Sleep Patterns. *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK551680/>
- Katz, M. L., Oldach, B. R., Goodwin, J., Reiter, P. L., Ruffin, M. T., & Paskett, E. D. (2014). Development and initial feedback about a human papillomavirus (HPV) vaccine comic book for adolescents. *Journal of cancer education : the official journal of the American Association for Cancer Education*, 29(2), 318. <https://doi.org/10.1007/S13187-013-0604-8>
- Keswara, U. R. (2019). Perilaku penggunaan gadget dengan kualitas tidur pada remaja. *Holistik Jurnal Kesehatan*, 13 No 3, 233–239.
- Kilkus, J. M., Booth, J. N., Bromley, L. E., Darukhanavala, A. P., Imperial, J. G., & Penev, P. D. (2012). Sleep and eating behavior in adults at risk for type 2 diabetes. *Obesity*, 20(1), 112–117. <https://doi.org/10.1038/oby.2011.319>
- Kirkpatrick, D., & Jim, K. (2013). *Kirkpatrick Four Levels*. 58. [https://www.kirkpatrickpartners.com/Portals/0/Products/Kirkpatrick Four Levels - Audio Recordings Study Guide.pdf](https://www.kirkpatrickpartners.com/Portals/0/Products/Kirkpatrick_Four_Levels_-_Audio_Recordings_Study_Guide.pdf)
- Krathwohl, D. R. (2002). A Revision Of Bloom's Taxonomy Of Educational Objectives. *Theory into Practice*, 41, 302. <http://www.citeulike.org/user/mapto/article/961573%5Cnhttp://www.mendel ey.com/research/a-taxonomy-for-learning-teaching-and-assessing-a-revision-of-blooms-taxonomy-of-educational-objectives-abridged-edition-1/%5Cnhttp://www.amazon.ca/exec/obidos/redirect?>
- Kubitz, K. A., Landers, D. M., Petruzzello, S. J., & Han, M. (2012). The Effects of Acute and Chronic Exercise on Sleep. *Sports Medicine* 1996 21:4, 21(4), 277–

291. <https://doi.org/10.2165/00007256-199621040-00004>
- Laila, Q. N. (2015). *Pemikiran Pendidikan Moral Albert Bandura*.
- Lailatussa'adah, Widyawati, W. (2021). *Pengaruh Aplikasi Komik Pendidikan Kesehatan Reproduksi Remaja Berbasis Kesetaraan Gender (Commander) Terhadap Tingkat Pengetahuan Siswa Smkn Di Kota Yogyakarta*. 4(1), 6.
- Lakens, D. (2013). Calculating and reporting effect sizes to facilitate cumulative science: A practical primer for t-tests and ANOVAs. *Frontiers in Psychology*, 4(NOV). <https://doi.org/10.3389/FPSYG.2013.00863/ABSTRACT>
- Laras, P. B. (2019). Pengembangan Komik Edukatif tentang Dampak Pacaran pada Remaja. *Prophetic : Professional, Empathy and Islamic Counseling Journal*, 2(1), 41. <https://doi.org/10.24235/prophetic.v2i1.4748>
- Leonidis, A., Korozi, M., Sykianaki, E., Tsolakou, E., Kouroumalis, V., Ioannidi, D., Stavridakis, A., Antona, M., & Stephanidis, C. (2021). Improving stress management and sleep hygiene in intelligent homes. *Sensors*, 21(7). <https://doi.org/10.3390/s21072398>
- Malow, B. A., Crowe, C., Henderson, L., McGrew, S. G., Wang, L., Song, Y., & Stone, W. L. (2009). A sleep habits questionnaire for children with autism spectrum disorders. *Journal of Child Neurology*, 24(1), 19–24. <https://doi.org/10.1177/0883073808321044>
- Mardiana. (2020). *Pengaruh Edukasi Terhadap Pengetahuan Siswa Sekolah Dasar di Kecamatan Muara Pawan Ketapang Tentang Penggunaan Obat melalui Program Apoteker Cilik*. 8(75), 147–154. <https://doi.org/10.1016/j.jnc.2020.125798> <https://doi.org/10.1016/j.smr.2020.02.002> <http://www.ncbi.nlm.nih.gov/pubmed/810049> <http://doi.wiley.com/10.1002/anie.197505391> <http://www.sciencedirect.com/science/article/pii/B9780857090409500205>
- Marlian, J., Nugraheni, S. A., & Istiarti, T. (2016). *Pengaruh Pendidikan Proteksi Pornografi melalui Video dan Komik terhadap Perilaku Seks Remaja di SMKN Jakarta*.
- Marrone, P. (2013). Quasi-Experimental Research Designs. In *Etica e Politica* (Vol. 15, Nomor 1). <https://doi.org/10.1093/acprof>
- Mastin, D. F., Bryson, J., & Corwyn, R. (2006). Assessment of sleep hygiene using the sleep hygiene index. *Journal of Behavioral Medicine*, 29(3), 223–227. <https://doi.org/10.1007/S10865-006-9047-6/FIGURES/1>
- Mathew, G. M., Reichenberger, D. A., Master, L., Buxton, O. M., Chang, A., & Hale, L. (2022). *Too Jittery to Sleep? Temporal Associations of Actigraphic Sleep and Caffeine in Adolescents*. 1–18.
- Mazar, D., Gilleles-Hilel, A., & Reiter, J. (2021). Sleep education improves knowledge but not sleep quality among medical students. *Journal of Clinical Sleep Medicine*, 17(6), 1211–1215. <https://doi.org/10.5664/JCSM.9170>
- Mead, M. P., Huynh, P., Le, T. Q., & Irish, L. A. (2022). Temporal Associations Between Daytime Napping and Nocturnal Sleep: An Exploration of Random Slopes. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/ABM/KAAC006>
- Meidiana, R., Simbolon, D., & Wahyudi, A. (2018). *Pengaruh Edukasi melalui Media Audio Visual terhadap Pengetahuan dan Sikap Remaja Overweight*.

- 9(November), 478–484.
- Miller, C. J., Smith, S. N., & Pugatch, M. (2020). Experimental and Quasi-Experimental Designs in Implementation Research. *Psychiatry research*, 283. <https://doi.org/10.1016/J.PSYCHRES.2019.06.027>
- Mindell, J. A., Meltzer, L. J., Carskadon, M. A., & Chervin, R. D. (2009). Developmental aspects of sleep hygiene: Findings from the 2004 National Sleep Foundation Sleep in America Poll. *Sleep Medicine*, 10(7), 771–779. <https://doi.org/10.1016/j.sleep.2008.07.016>
- Mulyono, P. (2021). *Peraturan Rektor Universitas Gadjah Mada Nomor 14 Tahun 2021 tentang Penelitian*.
- Nisa, K., Herini, E. S., & Hartini, S. R. I. (2021). Improving adolescent's knowledge and attitudes regarding sleep through video education. *International Journal of Pharmaceutical Research*, 13(03), 536–542. <https://doi.org/10.31838/ijpr/2021.13.03.084>
- Norton, B. (2003). The motivating power of comic books: Insights from Archie comic readers. *Reading Teacher*, 57(2), 140–147.
- Notoatmodjo. (2012). *Metodologi Penelitian Kesehatan*. <https://www.scribd.com/document/378259162/Metodologi-Penelitian-Kesehatan-Notoatmodjo>
- Notoatmodjo, S. (2007). *Promosi Kesehatan dan Ilmu Perilaku*. Rineka cipta. https://scholar.google.co.id/citations?view_op=view_citation&hl=en&user=t4hTra0AAAAJ&citation_for_view=t4hTra0AAAAJ:J_g5lzvAfSwC
- Notoatmodjo, S. (2012a). *Metodologi Penelitian Kesehatan*. Rineka Cipta. https://scholar.google.co.id/citations?view_op=view_citation&hl=en&user=t4hTra0AAAAJ&citation_for_view=t4hTra0AAAAJ:hFOr9nPyWt4C
- Notoatmodjo, S. (2012b). *Promosi Kesehatan dan Perilaku Kesehatan* (ix). Rineka Cipta.
- Nursalam. (2016). *Metodologi Penelitian Ilmu Keperawatan*. Salimba Medika. https://scholar.google.co.id/citations?view_op=view_citation&hl=id&user=SfIVStsAAAAJ&citation_for_view=SfIVStsAAAAJ:0sTkTiv_uMkC
- Octaviani, R. A. (2018). *Model Pembentukan Sikap Siswa Melalui Pembelajaran Aqidah Akhlak di MTs Negeri 2 Tulungagung*.
- Oerbeck, B., Overgaard, K. R., Hjellvik, V., Bramness, J. G., Hansen, B. H., & Lien, L. (2020). The Use of Sleep Medication in Youth Residential Care. *Journal of Child and Adolescent Psychopharmacology*, 30(5), 335–341. <https://doi.org/10.1089/cap.2019.0172>
- Palacios-Ceña, D., Jiménez-Trujillo, I., Hernández-Barrera, V., Florencio, L. L., & Carrasco-Garrido, P. (2019). Time Trends in the Co-use of Cannabis and the Misuse of Tranquilizers, Sedatives and Sleeping Pills among Young Adults in Spain between 2009 and 2015. *International Journal of Environmental Research and Public Health*, 16(18). <https://doi.org/10.3390/IJERPH16183423>
- Palupi, D., Wardani, K., Sari, S. P., & Nurhidayah, I. (2013). *Hubungan Persepsi dengan Perilaku Ibu Membawa Balita ke Posyandu The Relationship between Mother ' s Perception and Behavior on Attending Posyandu*. 3(April 2015), 1–10.

- Paruthi, S., Brooks, L. J., D'Ambrosio, C., Hall, W. A., Kotagal, S., Lloyd, R. M., Malow, B. A., Maski, K., Nichols, C., Quan, S. F., Rosen, C. L., Troester, M. M., & Wise, M. S. (2016). Consensus Statement of the American Academy of Sleep Medicine on the Recommended Amount of Sleep for Healthy Children: Methodology and Discussion. *Journal of Clinical Sleep Medicine : JCSM : Official Publication of the American Academy of Sleep Medicine*, 12(11), 1549. <https://doi.org/10.5664/JCSM.6288>
- Pertiwi, D. (2015). Status Dehidrasi Jangka Pendek Berdasarkan Hasil Pengukuran PURI (Periksa Urin Sendiri) Menggunakan Grafik Warna Urin Pada Remaja Kelas 1 dan 2 DI SMAN 63 Jakarta Tahun 2015. In *Teaching and Teacher Education* (Vol. 12, Nomor 1). <http://dx.doi.org/10.1080/01443410.2015.1044943><http://dx.doi.org/10.1016/j.sbspro.2010.03.581><https://publications.europa.eu/en/publication-detail/-/publication/2547ebf4-bd21-46e8-88e9-f53c1b3b927f/language-en><http://europa.eu/><http://www.leg.st>
- Posner, D., & Gehrman, P. R. (2011). *Sleep Hygiene*. <https://doi.org/10.1016/B978-0-12-381522-4.00003-1>
- Purnama, N. luh A., & Silalahi, V. (2020). Efektifitas pendidikan kesehatan dengan media booklet dan audioviisual terhadap perilaku sleep Hygiene dan kualitas tidur remaja dengan gangguan tidur. *Jurnal Keperawatan Muhammadiyah bengkulu*, 5(1), 56–62.
- Purnomo, B. I., Roesdiyanto, R., & Gayatri, R. W. (2018). Hubungan Faktor Predisposisi, Faktor Pemungkin, Dan Faktor Penguat Dengan Perilaku Merokok Pelajar Smkn 2 Kota Probolinggo Tahun 2017. *Preventia : The Indonesian Journal of Public Health*, 3(1), 66. <https://doi.org/10.17977/um044v3i1p66-84>
- Putri, S. A. (2014). Pengaruh Terapi Sleep Hygiene Terhadap Gangguan Tidur pada Anak Usia Sekolah yang Menjalani Hospitalisasi. *Universitas Brawijaya*, 39(1), 1–15. <http://dx.doi.org/10.1016/j.biochi.2015.03.025><http://dx.doi.org/10.1038/nature10402><http://dx.doi.org/10.1038/nature21059><http://journal.sta inkudus.ac.id/index.php/equilibrium/article/view/1268/1127><http://dx.doi.org/10.1038/nrmicro2577>
- Rachmawati, W. C. (2019). *Promosi Kesehatan Dan Ilmu Perilaku*. Wineka Media.
- Rahadian, B. T. (2017). Komik Digital : Revolusi Komik Di Media Sosial. *Jurnal Seni Rupa GALERI*, 3(2), 7–19. <http://repository.ikj.ac.id/id/eprint/216>
- Ramirez, T. V. (2017). On Pedagogy of Personality Assessment: Application of Bloom's Taxonomy of Educational Objectives. *Journal of Personality Assessment*, 99(2), 146–152. <https://doi.org/10.1080/00223891.2016.1167059>
- Ranjita, L., & Sarada, N. (2014). Progressive Muscle Relaxation therapy in Anxiety: A Neurophysiological Study. *IOSR Journal of Dental and Medical Sciences*, 13(2), 25–28. <https://doi.org/10.9790/0853-13212528>
- Ratnasari, D., Merawati, D., & Andiana, O. (2018). Gaya Hidup Sehat Remaja Putri di SMAN 2 Batu. *Jurnal Pengabdian Pendidikan dan Teknologi*, 5, 1–16.
- Reichert, C. F., Veitz, S., Bühler, M., Gruber, G., Deuring, G., Rehm, S. S., Rentsch, K., Garbazza, C., Meyer, M., Slawik, H., Lin, Y. S., & Weibel, J.

- (2021). Wide awake at bedtime? Effects of caffeine on sleep and circadian timing in male adolescents – A randomized crossover trial. *Biochemical Pharmacology*, 191, 114283. <https://doi.org/10.1016/J.BCP.2020.114283>
- Riera-Sampol, A., Rodas, L., Martínez, S., Moir, H. J., & Tauler, P. (2022). Caffeine Intake among Undergraduate Students: Sex Differences, Sources, Motivations, and Associations with Smoking Status and Self-Reported Sleep Quality. *Nutrients*, 14(8). <https://doi.org/10.3390/nu14081661>
- Rosinger, A. Y., Chang, A. M., Buxton, O. M., Li, J., Wu, S., & Gao, X. (2019). Short sleep duration is associated with inadequate hydration: cross-cultural evidence from US and Chinese adults. *Sleep*, 42(2). <https://doi.org/10.1093/SLEEP/ZSY210>
- Rozkosz & Wiorogórska, Z. (2016). “ *Bibliostory — Educational Comic Stories .* ” *A Social Constructivist Approach to Media and Information Literacy Education for Children and Adolescents* Ewa A . Rozkosz , Zuza Wiorogórska Citation : Rozkosz , E . A . , & Wiorogórska , Z . (2016) . “ *Biblios*. 718–728. <https://doi.org/10.1007/978-3-319-52162-6>
- Safarzade, S., & Tohidinik, H. (2019). The sleep quality and prevalence of sleep disorders in adolescents. *Journal of Research & Health*, 471–479. <https://doi.org/10.32598/JRH.9.6.471>
- Saifah, A., Mulyono, S., & Permatasari, H. (2019). Edukasi Sebaya Terhadap Praktik Gizi Dan Indeks Massa Tubuh Anak Usia Sekolah Yang Mengalami Gizi Lebih. *Healthy Tadulako Journal (Jurnal Kesehatan Tadulako)*, 5(3), 55. <https://doi.org/10.22487/j25020749.2019.v5.i3.14058>
- Salmela-Aro, K. (2011). Stages of Adolescence. *Encyclopedia of Adolescence*, 1, 360–368. <https://doi.org/10.1016/B978-0-12-373951-3.00043-0>
- Saputro, K. Z. (2018). Memahami Ciri dan Tugas Perkembangan Masa Remaja. *Aplikasia: Jurnal Aplikasi Ilmu-ilmu Agama*, 17(1), 25. <https://doi.org/10.14421/aplikasia.v17i1.1362>
- Saraswati, A. L. (2021). *Uji Psikometrik Instrumen Sleep Hygiene Awareness And Practice Scale (SHAPS) Versi Bahasa Indonesia Pada Remaja*.
- Sasmita, A. S. (2015). Peningkatan Pengetahuan Anemia dan Perilaku Makan pada Remaja Putri Sesudah diberikan Pendidikan Gizi dengan Media Komik. *Ekp*, 13(3), 1576–1580.
- Sastroasmoro, S. (2014). *Dasar-dasar metodologi penelitian klinis* (5 ed.). Sagung Seto. https://www.researchgate.net/publication/325265072_Dasar-dasar_Metodologi_Penelitian_Klinis
- Schober, P., & Schwarte, L. A. (2018). Correlation coefficients: Appropriate use and interpretation. *Anesthesia and Analgesia*, 126(5), 1763–1768. <https://doi.org/10.1213/ANE.0000000000002864>
- Setyawati, A. R. (n.d.). *Gambaran pengetahuan sleep hygiene pada mahasiswa di wilayah Depok = Descriptive study of knowledge about sleep hygiene in university students in Depok / Amalia Reza Setyawati*. 52.
- Shankar, P. . (2008). (PDF) *Knowledge, attitude and behavior towards sleep among fourth semester medical undergraduates in Pokhara, Nepal*. *Journal of Clinical and Diagnostic Research*. https://www.researchgate.net/publication/267980516_Knowledge_attitude_a

nd_behavior_towards_sleep_among_fourth_semester_medical_undergraduates_in_Pokhara_Nepal

- Shin, M. B., Ko, L. K., Ibrahim, A., Mohamed, F. B., Lin, J., Celentano, I., Shankar, M., Amsalu, F., Ali, A. A., Richardson, B. A., Taylor, V. M., & Winer, R. L. (2022). The Impact of a Comic Book Intervention on East African-American Adolescents' HPV Vaccine-Related Knowledge, Beliefs and Intentions. *Journal of immigrant and minority health*, 24(6). <https://doi.org/10.1007/S10903-022-01359-Z>
- Sholehah, L. R. (2013). Penanganan insomnia. *E-Jurnal Universitas Udayana*, 1–21.
- Skeldon, A. C., Derks, G., & Dijk, D. J. (2016). Modelling changes in sleep timing and duration across the lifespan: Changes in circadian rhythmicity or sleep homeostasis? *Sleep Medicine Reviews*, 28, 96–107. <https://doi.org/10.1016/j.smr.2015.05.011>
- Spadola, C. E., Guo, N., Johnson, D. A., Sofer, T., Bertisch, S. M., Jackson, C. L., Rueschman, M., Mittleman, M. A., Wilson, J. G., & Redline, S. (2019). Evening intake of alcohol, caffeine, and nicotine: Night-to-night associations with sleep duration and continuity among African Americans in the Jackson Heart Sleep Study. *Sleep*, 42(11), 1–7. <https://doi.org/10.1093/sleep/zsz136>
- Spiegel, A. N., McQuillan, J., Halpin, P., Matuk, C., & Diamond, J. (2013). Engaging Teenagers with Science Through Comics. *Research in science education*, 43(6), 2309–2326. <https://doi.org/10.1007/S11165-013-9358-X>
- Stores, G. (2009). Aspects of sleep disorders in children and adolescents. *Dialogues in Clinical Neuroscience*, 11(1), 81. <https://doi.org/10.31887/DCNS.2009.11.1/GSTORES>
- Strong, C., Lin, C. Y., Jalilolghadr, S., Updegraff, J. A., Broström, A., & Pakpour, A. H. (2018). Sleep hygiene behaviours in Iranian adolescents: an application of the Theory of Planned Behavior. *Journal of Sleep Research*, 27(1), 23–31. <https://doi.org/10.1111/jsr.12566>
- Sugiyono, D. (2013). *Metode Penelitian Kuantitatif, Kualitatif, dan Tindakan*.
- Sugiyono, D. (2018). *Quantitative, qualitative, and R&D research methods*. Bandung:(ALFABETA, Ed.). https://scholar.google.com/citations?view_op=view_citation&hl=en&user=uUIIujUAAAAJ&citation_for_view=uUIIujUAAAAJ:BqipwSGYUEgC
- Supit, I. C., Langi, F. L. F. G., & Wariki, W. M. V. (2018). Hubungan Antara Merokok Dengan Kualitas Tidur Pada Pelajar. *Kesmas*, 7(5), 1–7.
- Syakriah, A. (2022). *Suara lantang pemuda dalam menyerukan masa depan bebas tembakau* / UNICEF Indonesia. https://www.unicef.org/indonesia/id/kesehatan/cerita/suara-lantang-pemuda-dalam-menyerukan-masa-depan-bebas-tembakau?gclid=CjwKCAiAs8acBhA1EiwAgRFdw-KdiBZ_m1C1M8V52j8G0779wYCUfqSLksgD-jsTacLHurX-LYajVRoCxroQAvD_BwE
- Takasu, N. N., Takenaka, Y., Fujiwara, M., & Toichi, M. (2012). Effects of regularizing sleep-wake schedules on daytime autonomic functions and psychological states in healthy university students with irregular sleep-wake

- habits. *Sleep and Biological Rhythms*, 10(2), 84–93.
<https://doi.org/10.1111/j.1479-8425.2011.00524.x>
- Tekle-Haimanot, R., Pierre-Marie, P., Daniel, G., Worku, D. K., Belay, H. D., & Gebrewold, M. A. (2016). Impact of an educational comic book on epilepsy-related knowledge, awareness, and attitudes among school children in Ethiopia. *Epilepsy and Behavior*, 61, 218–223.
<https://doi.org/10.1016/j.yebeh.2016.05.002>
- Terlouw, G., van'T Veer, J. T. B., Prins, J. T., Kuipers, D. A., & Pierie, J. P. E. N. (2020). Design of a Digital Comic Creator (It's Me) to Facilitate Social Skills Training for Children With Autism Spectrum Disorder: Design Research Approach. *JMIR Ment Health* 2020;7(7):e17260
<https://mental.jmir.org/2020/7/e17260>, 7(7), e17260.
<https://doi.org/10.2196/17260>
- Thyer, B. A. (2012). Quasi-Experimental Research Designs. *Quasi-Experimental Research Designs*, 1–216.
<https://doi.org/10.1093/ACPROF:OSO/9780195387384.001.0001>
- Vidafar, P., Cain, sean w, & Shechter, A. (2020). Relationship between Sleep and Hedonic Appetite in Shift Workers. *Nutrients*, 12(9), 2835., 1–9.
- Voinescu, B. I., & Szentagotai-Tatar, A. (2015). Sleep hygiene awareness: its relation to sleep quality and diurnal preference. *Journal of Molecular Psychiatry* 2015 3:1, 3(1), 1–7. <https://doi.org/10.1186/S40303-015-0008-2>
- Vollmer, C., Hammer, J., Keller, C., Maxand, A. K., DíazMorales, J. F., & Randler, C. (2014). Development And Evaluation of A Sleep Education Program in Middle School Pupils Based on Self-Determination Theory. *International Journal Of Biology Education*, 3(1b). <https://doi.org/10.20876/ijobed.66052>
- Wahyuningrum, E. (2021). Pengaruh Pendidikan Kesehatan Tentang Sleep Hygiene pada Orangtua terhadap Masalah Tidur Anak Prasekolah. *Jurnal Kesehatan*, Vol. 10(No. 1), hlm. 35.
- Wang, J., Chen, L., Yu, M., & He, J. (2020). Impact of knowledge, attitude, and practice (KAP)-based rehabilitation education on the KAP of patients with intervertebral disc herniation. *Annals of Palliative Medicine*, 9(2), 38893–38393. <https://doi.org/10.21037/APM.2020.03.01>
- WHO. (2018). Handout for Module A Introduction. In *Department of Child and Adolescent Health and Development*.
https://www.who.int/maternal_child_adolescent/documents/pdfs/924159126_9_op_handout.pdf
- Windiani, I. G. A. T., Noviyani, N. M. R., Adnyana, I. G. A. N. S., Murti, N. L. S. P., & Soetjningsih, S. (2021). Prevalence of Sleep Disorders in Adolescents and its Relation with Screen Time during the COVID-19 Pandemic Era. *Open Access Macedonian Journal of Medical Sciences*, 9(B), 297–300.
<https://doi.org/10.3889/oamjms.2021.5974>
- Wolfson, A. R., Harkins, E., Johnson, M., & Marco, C. (2015). Effects of the Young Adolescent Sleep Smart Program on sleep hygiene practices, sleep health efficacy, and behavioral well-being. *Sleep Health*, 1(3), 197–204.
<https://doi.org/10.1016/J.SLEH.2015.07.002>
- Wong, M., Roberson, G., & Dyson, R. (2015). Prospective relationship between

- poor sleep and substance- related problems in a national sample of adolescents. *Bone*, 23(1), 1–7. <https://doi.org/10.1111/acer.12618>.Prospective
- Yazdi, Z., Loukzadeh, Z., Moghaddam, P., & Jalilolghadr, S. (2016). Sleep Hygiene Practices and Their Relation to Sleep Quality in Medical Students of Qazvin University of Medical Sciences. *Journal of Caring Sciences*, 5(2), 153. <https://doi.org/10.15171/JCS.2016.016>
- Youngstedt, S. D., Ito, W., Passos, G. S., Santana, M. G., & Youngstedt, J. M. (2021). Testing the sleep hygiene recommendation against nighttime exercise. *Sleep and Breathing*, 25(4), 2189–2196. <https://doi.org/10.1007/s11325-020-02284-x>
- Zamaa, M. S., Kamariana, & Annisa, A. N. (2022). Hubungan Adiksi Game Online dengan Gangguan Pola Tidur pada Remaja. *An Idea Health Journal*, 2(1), 5–9.