

## DAFTAR PUSTAKA

- Al-Ali, F., Elshirbeny, M., Hamad, A., Kaddourah, A., Ghonimi, T., Ibrahim, R., & Fouda, T. (2021). Prevalence of Depression and Sleep Disorders in Patients on Dialysis: A Cross-Sectional Study in Qatar. *International Journal of Nephrology*, 2021, 1–7. <https://doi.org/10.1155/2021/5533416>
- Alim, I. Z. . (2015). *Uji validitas dan reliabilitas instrumen pittsburgh sleep quality index versi Bahasa Indonesia = Test validity and reliability of the instrument pittsburgh sleep quality index Indonesia language version*. Universitas Indonesia Library. <https://lib.ui.ac.id/detail?id=20404062&lokasi=lokal>
- Al-Natour M, Thompson D. Peritoneal Dialysis. *Semin Intervent Radiol*. 2016 Mar;33(1):3-5. doi: 10.1055/s-0036-1571804. PMID: 27011420; PMCID: PMC4803502.
- Alshammari, B., Alkubati, S. A., Pasay-an, E., Alrasheeday, A., Alshammari, H. B., Asiri, S. M., Alshammari, S. B., Sayed, F., Madkhali, N., Laput, V., & Alshammari, F. (2023). Sleep Quality and Its Affecting Factors among Hemodialysis Patients: A Multicenter Cross-Sectional Study. *Healthcare (Switzerland)*, 11(18). <https://doi.org/10.3390/healthcare11182536>
- American Academy of Sleep Medicine. (2014). International Classification of Sleep Disorders-Third Edition. In *Chest* (Vol. 146, Issue 5).
- American Psychiatric Association. (2020, August). *Sleep Disorders: What are Sleep Disorders*. <https://www.psychiatry.org/patients-families/sleep-disorders/what-are-sleep-disorders>
- Andreoli, M. C. C., & Totoli, C. (2020). Peritoneal Dialysis. *Revista Da Associação Médica Brasileira*, 66(suppl 1), s37–s44. <https://doi.org/10.1590/1806-9282.66.s1.37>
- Bai YL, Lai LY, Lee BO, Chang YY, Chiou CP. The impact of depression on fatigue in patients with haemodialysis: a correlational study. *J Clin Nurs*. 2015 Jul;24(13-14):2014-22. doi: 10.1111/jocn.12804. Epub 2015 Mar 31. PMID: 25827047.
- Bargiotas P, Bassetti CL. Sleep-related movement disorders and disturbances of motor control. *Curr Opin Neurol*. 2017 Aug;30(4):405-415. doi: 10.1097/WCO.0000000000000466. PMID: 28582324.
- Baroleh. *Faktor-Faktor Yang Berhubungan Dengan Penyakit Ginjal Kronis*. (2016). <https://ejournal.unsrat.ac.id/index.php/kesmas/article/view/27233/26801>
- Baxter. (2021, June). Peritoneal Dialysis at *Home*. Therapy Example Site. <https://mykidneyjourney.baxterhealthcare.co.uk/treatment-options/peritoneal-dialysis-home>
- Bello, A. K., Okpechi, I. G., Osman, M. A., Cho, Y., Cullis, B., Htay, H., Jha, V., Makusidi, M. A., McCulloch, M., Shah, N., Wainstein, M., & Johnson, D. W. (2022). Epidemiology of peritoneal dialysis outcomes. *Nature*

- Reviews Nephrology*, 779–793. <https://doi.org/10.1038/s41581-022-00623-7>
- Benjamin O, Lappin SL. End-Stage Renal Disease. [Updated 2021 Sep 16]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK499861/>
- Bin, Y. S. (2016). Is sleep quality more important than sleep duration for public health? In *Sleep* (Vol. 39, Issue 9, pp. 1629–1630). Associated Professional Sleep Societies, LLC. <https://doi.org/10.5665/sleep.6078>
- Bindroo S, Quintanilla Rodriguez BS, Challa HJ. Renal Failure. 2022 Aug 8. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. PMID: 30085554.
- Bogale, B., Wolde, A., Mohammed, N., Midaksa, G., & Bekele, B. B. (2022). Poor sleep quality and factors among Reproductive-Age women in Southwest Ethiopia. *Frontiers in Psychiatry*, 13. <https://doi.org/10.3389/fpsy.2022.913821>
- Bordoni, B., Sugumar, K., & Varacallo, M. (2023). *Muscle Cramps Continuing Education Activity*. <https://www.ncbi.nlm.nih.gov/books/NBK499895/>
- Burkart, J. M. (2021). Patient education: Peritoneal dialysis (Beyond the Basics). *Uptodate*. <https://www.uptodate.com/contents/peritoneal-dialysis-beyond-the-basics#H20>
- Buyse DJ, Reynolds CF 3rd, Monk TH, Berman SR, Kupfer DJ. The Pittsburgh Sleep Quality Index: a new instrument for psychiatric practice and research. *Psychiatry Res*. 1989 May;28(2):193-213. <https://www.psychiatry.pitt.edu/sites/default/files/inline-files/PSQI%20Article.pdf>
- Calhoun, D. A., & Harding, S. M. (2010). Sleep and hypertension. In *Chest* (Vol. 138, Issue 2, pp. 434–443). American College of Chest Physicians. <https://doi.org/10.1378/chest.09-2954>
- Casagrande, M., Forte, G., Favieri, F., & Corbo, I. (2022). Sleep Quality and Aging: A Systematic Review on Healthy Older People, Mild Cognitive Impairment and Alzheimer's Disease. *International journal of environmental research and public health*, 19(14), 8457. <https://doi.org/10.3390/ijerph19148457>
- Chen, J., Waite, L. J., & Lauderdale, D. S. (2015). Marriage, Relationship Quality, and Sleep among U.S. Older Adults. *Journal of Health and Social Behavior*, 56(3), 356–377. <https://doi.org/10.1177/0022146515594631>
- Chen, T. K., Knicely, D. H., & Grams, M. E. (2019). Chronic Kidney Disease Diagnosis and Management: A Review. *JAMA*, 322(13), 1294–1304. <https://doi.org/10.1001/jama.2019.14745>
- del Brutto, O. H., & Mera, R. M. (2018). Understanding the direction of the relationship between white matter hyperintensities of vascular origin, sleep quality, and chronic kidney disease—Results from the Atahualpa Project. *Clinical Neurology and Neurosurgery*, 165, 10–14. <https://doi.org/10.1016/j.clineuro.2017.12.019>

- Dervisoglu, E., Erdogan, A., & Kutlu, A. (2012). *Sleep quality and its correlates in patients on continuous ambulatory peritoneal dialysis*. Taylor & Francis.  
<https://www.tandfonline.com/doi/full/10.3109/00365599.2012.693134?needAccess=true>
- Desjardins, S., Lapierre, S., Hudon, C., & Desgagné, A. (2019). Factors involved in sleep efficiency: A population-based study of community-dwelling elderly persons. *Sleep*, 42(5). <https://doi.org/10.1093/sleep/zsz038>
- Direktorat P2PTM (2018). *Kebutuhan Tidur Sesuai Usia*. <https://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/kebutuhan-tidur-sesuai-usia>
- Empitu, M. A., Kadariswantiningsih, I. N., Thaha, M., Nugroho, C. W., Putri, E. A. C., Hakim, Z. el, Suryansyah, M. M., Alda, R. R., Alsagaff, M. Y., Amin, M., Santoso, D., & Suzuki, Y. (2019). Determiner of Poor Sleep Quality in Chronic Kidney Disease Patients Links to Elevated Diastolic Blood Pressure, hs-CRP, and Blood-count-based Inflammatory Predictors. *The Indonesian Biomedical Journal*, 11(1), 100–106.  
<https://doi.org/10.18585/inabj.v11i1.452>
- Eryavuz, N. (2008, April 22). *Comparison of sleep quality between hemodialysis and peritoneal dialysis patients*. SpringerLink.  
[https://link.springer.com/article/10.1007/s11255-008-9359-2?error=cookies\\_not\\_supported&code=00f355e6-c4d8-4df3-960d-8ada2bb59f86](https://link.springer.com/article/10.1007/s11255-008-9359-2?error=cookies_not_supported&code=00f355e6-c4d8-4df3-960d-8ada2bb59f86)
- Flayou, K. (2016, January 1). *Mechanical complications of continuous ambulatory peritoneal dialysis: Experience at the Ibn Sina University Hospital* Flayou K, Ouzeddoun N, Bayahia R, Rhou H, Benamar L - Saudi J Kidney Dis Transpl. <https://www.sjkd.org/article.asp?issn=1319-2442;year=2016;volume=27;issue=1;spage=107;epage=110;aulast=Flayou>
- Gelder, M. G., Andreasen, N. C., López-Ibor Jr., J. J., & Geddes, J. R. (2009). *Diagnostic And Statistical Manual Of Dsm-5 TM*.
- Goldstein AN, Walker MP. The role of sleep in emotional brain function. *Annu Rev Clin Psychol*. 2014;10:679-708. doi: 10.1146/annurev-clinpsy-032813-153716. Epub 2014 Jan 31. PMID: 24499013; PMCID: PMC4286245.
- González CN, Cortés-Sanabria L, Cueto-Manzano AM, Corona-Figueroa B, Martínez-Ramírez HR, López-Leal J, Martín-Del-Campo F, Rojas-Campos E, Gómez-Navarro B. Prevalence of Pica in Patients on Dialysis and its Association With Nutritional Status. *J Ren Nutr*. 2019 Mar;29(2):143-148. doi: 10.1053/j.jrn.2018.08.002. Epub 2018 Oct 12. PMID: 30322787.
- Güney, B., Biyik, M., Yeksan, M., Biyik, Z., Atalay, H., Solak, Y., Selçuk, N. Y., Tonbul, H. Z., & Türk, S. (2008). Sleep Quality and Depression in Peritoneal Dialysis Patients. *Renal Failure*, 30(10), 1017–1022.  
<https://doi.org/10.1080/08860220802406419>

- Guo, X., Meng, Y., Lian, H., Li, Y., Xu, Y., Zhang, R., Xu, J., Wang, H., Xu, S., Cai, W., Xiao, L., Su, T., & Tang, Y. (2023). Marital status and living apart affect sleep quality in male military personnel: a study of the China's Navy during COVID-19. *Frontiers in Psychiatry*, 14. <https://doi.org/10.3389/fpsyt.2023.1178235>
- Hall, M. E., & Hall, J. E. (2020). Guyton and Hall Textbook of Medical Physiology. In *Chapter 60 States of Brain Activity—Sleep, Brain Waves, Epilepsy, Psychoses, and Dementia* (14th ed.). Elsevier.
- Harisa, A., Syahrul, S., Yodang, Y., Abady, R., & Bas, A. G. (2022). Analisis Faktor-Faktor yang Memengaruhi Kualitas Tidur Pasien Lanjut Usia dengan Penyakit Kronis. *Jurnal Kesehatan Vokasional*, 7(1), 1. <https://doi.org/10.22146/jkesvo.62916>
- Harvard Health. (2022, November 2). *Medical Causes of Sleep Problems*. HelpGuide.org. <https://www.helpguide.org/harvard/medical-causes-of-sleep-problems.htm>
- Harvard T.H. Chan. (2022, July 8). *Sleep*. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/sleep/>
- Harvey, A. G., Stinson, K., Whitaker, K. L., Moskovitz, D., & Virk, H. (2008). The Subjective Meaning of Sleep Quality: A Comparison of Individuals with and without Insomnia Subjective Meaning of Sleep Quality-Harvey *et al.* In *Sleep* (Vol. 31, Issue 3).
- Hervinda, S., Suryadi Tjekyan, R., Ilmu Kesehatan Masyarakat, B., Kedokteran, F., & Sriwijaya JIDrMohammad Ali Komplek RSMH, U. K. (2014). *Prevalensi dan Faktor Risiko Penyakit Ginjal Kronik di RSUP Dr. Mohammad Hoesin Palembang Tahun 2012* (Vol. 46, Issue 4).
- Heryana, Ade. (2020). Analisis Data Penelitian Kuantitatif. 10.13140/RG.2.2.31268.91529.
- HHS, Office for Human Research Protections (OHRP). (2022, October 17). *Read the Belmont Report*. HHS.gov. <https://www.hhs.gov/ohrp/regulations-and-policy/belmont-report/read-the-belmont-report/index.html>
- Hird, T. R., Zomer, E., Owen, A. J., Magliano, D. J., Liew, D., & Ademi, Z. (2019). Productivity Burden of Hypertension in Australia A Life Table Modeling Study. *American Heart Association Journal*, 777–784. <https://doi.org/10.1161/HYPERTENSIONAHA.118.12606>
- Hirshkowitz, M., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., DonCarlos, L., Hazen, N., Herman, J., Katz, E. S., Kheirandish-Gozal, L., Neubauer, D. N., O'Donnell, A. E., Ohayon, M., Peever, J., Rawding, R., Sachdeva, R. C., Setters, B., Vitiello, M. v., Ware, J. C., & Adams Hillard, P. J. (2015). National sleep foundation's sleep time duration recommendations: Methodology and results summary. *Sleep Health*, 1(1), 40–43. <https://doi.org/10.1016/j.sleh.2014.12.010>
- Hsu, M. F., Lee, K. Y., Lin, T. C., Liu, W. te, & Ho, S. C. (2021). Subjective sleep quality and association with depression syndrome, chronic diseases and health-related physical fitness in the middle-aged and elderly. *BMC Public Health*, 21(1). <https://doi.org/10.1186/s12889-021-10206-z>

- Humas BPJS Kesehatan RI. (2019, April 29). *Bertahun-Tahun Jalani CAPD dengan JKN-KIS Tanpa Biaya*. BPJS Kesehatan. <https://www.bpjs-kesehatan.go.id/bpjs/post/read/2019/1140/Undergoing-Continuous-Ambulatory-Peritoneal-Dialysis-CAPD-For-Years-Everything-is-Free-with-JKN-KIS>
- Ikeda, Y., Morita, E., Muroi, K., Arai, Y., Ikeda, T., Takahashi, T., Shiraki, N., Doki, S., Hori, D., Oi, Y., Sasahara, S. ichiro, Ishihara, A., Matsumoto, S., Yanagisawa, M., Satoh, M., & Matsuzaki, I. (2022). Relationships between sleep efficiency and lifestyle evaluated by objective sleep assessment: SLeep Epidemiology Project at University of Tsukuba. *Nagoya Journal of Medical Science*, 84(3), 554–569. <https://doi.org/10.18999/nagjms.84.3.554>
- Iliescu EA, Yeates KE, Holland DC. Quality of sleep in patients with chronic kidney disease. *Nephrol Dial Transplant*. 2004 Jan;19(1):95-9. Doi: 10.1093/ndt/gfg423. PMID: 14671044.
- InformedHealth.org [Internet]. Cologne, Germany: Institute for Quality and Efficiency in Health Care (IQWiG); 2006-. How does dialysis work? 2018 Mar 8. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK492981/>
- Iseki, K. (2008). Gender differences in chronic kidney disease. In *Kidney International* (Vol. 74, Issue 4, pp. 415–417). Nature Publishing Group. <https://doi.org/10.1038/ki.2008.261>
- Jain, A. K., Blake, P., Cordy, P., & Garg, A. X. (2012). Global trends in rates of peritoneal dialysis. *Journal of the American Society of Nephrology: JASN*, 23(3), 533–544. <https://doi.org/10.1681/ASN.2011060607>
- John, M. *About the ESS – Epworth Sleepiness Scale*. <https://epworthsleepinessscale.com/about-the-ess/>
- Kadir Bagian, A., Faal, I., Kedokteran, F., Wijaya, U., & Surabaya, K. (2016). HUBUNGAN PATOFISIOLOGI HIPERTENSI DAN HIPERTENSI RENAL. In *Ilmiah Kedokteran* (Vol. 5).
- Kahvecioğlu, S., Gül, Cuma Bülent., Esen., & Selin Aktürk, MP552 Evaluation Of Anxiety, Depression In Peritoneal Dialysis Patients, *Nephrology Dialysis Transplantation*, Volume 32, Issue suppl\_3, May 2017, Page iii632, <https://doi.org/10.1093/ndt/gfx176>.MP55
- Karna B, Sankari A, Tatikonda G. Sleep Disorder. [Updated 2022 Jul 19]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK560720/>
- Kaur H, Spurling BC, Bollu PC. Chronic Insomnia. [Updated 2022 Jul 12]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK526136/>
- Kementerian Kesehatan Republik Indonesia. (2019). *Laporan nasional Riskesdas 2018*. Lembaga Penerbit Balitbangkes, Kementerian Kesehatan, Republik Indonesia, Badan Penelitian dan Pengembangan Kesehatan.



- Kennedy C, Ryan SA, Kane T, Costello RW, Conlon PJ. The impact of change of renal replacement therapy modality on sleep quality in patients with end-stage renal disease: a systematic review and meta-analysis. *J Nephrol.* 2018 Feb;31(1):61-70. doi: 10.1007/s40620-017-0409-7. Epub 2017 Jun 1. PMID: 28573387
- Khanna, R. (2017, March 1). *Solute and Water Transport in Peritoneal Dialysis: A Case-Based Primer*. American Journal of Kidney Diseases. [https://www.ajkd.org/article/S0272-6386\(16\)30636-9/fulltext](https://www.ajkd.org/article/S0272-6386(16)30636-9/fulltext)
- Kharbanda, K., Iyasere, O., Caskey, F., Marlais, M., & Mitra, S. (2021). Commentary on the NICE guideline on renal replacement therapy and conservative management. *BMC Nephrology*, 22(1), 282. <https://doi.org/10.1186/s12882-021-02461-4>
- Kidney Disease Death Rate By Country.* (2020). World Life Expectancy. <https://www.worldlifeexpectancy.com/cause-of-death/kidney-disease/by-country/>
- Kidney Disease Improving Global Outcomes. (2013). KDIGO 2012 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease. *International Society of Nephrology*, 3(1).
- Kidney Health Australia. (2020). *Chronic Kidney Disease (CKD) Management in Primary Care Guidance and clinical tips to help detect, manage and refer patients in your practice with CKD* (4th ed.).
- Kido K, Hatakeyama S, Imai A, Yamamoto H, Tobisawa Y, Yoneyama T, Yoneyama T, Hashimoto Y, Koie T, Nakaji S, Ohyama C. Sleep Disturbance Has a Higher Impact on General and Mental Quality of Life Reduction than Nocturia: Results from the Community Health Survey in Japan. *Eur Urol Focus.* 2019 Nov;5(6):1120-1126. doi: 10.1016/j.euf.2018.04.017. Epub 2018 May 4. PMID: 29735367.
- Kim MJ, Lee JH, Duffy JF. Circadian Rhythm Sleep Disorders. *J Clin Outcomes Manag.* 2013 Nov 1;20(11):513-528. PMID: 25368503; PMCID: PMC4212693.
- Kohyama, J. (2021). Which is more important for health: Sleep quantity or sleep quality? *Children*, 8(7). <https://doi.org/10.3390/children8070542>
- Komunitas Pasien Cuci Darah Indonesia. (2020, May 17). *Bagaimana Cara Kerja Dialisis Peritoneal? KPCDI*. <https://kpcdi.org/2020/02/23/bagaimana-cara-kerja-dialisis-peritoneal>
- Kovesdy CP. Epidemiology of chronic kidney disease: an update 2022. *Kidney Int Suppl* (2011). 2022 Apr;12(1):7-11. doi: 10.1016/j.kisu.2021.11.003. Epub 2022 Mar 18. PMID: 35529086; PMCID: PMC9073222.
- Kovesdy, C. P. (2022). Epidemiology of chronic kidney disease: an update 2022. *Kidney International Supplements*, 12(1), 7–11. <https://doi.org/10.1016/j.kisu.2021.11.003>
- Kwong, V. W.-K., & Li, P. K.-T. (2015). Peritoneal Dialysis in Asia. *Kidney Diseases (Basel, Switzerland)*, 1(3), 147–156. <https://doi.org/10.1159/000439193>
- Lakshmi, B. S., Kumar, A. C. V., Reddy, H. K., Gopal, J., Chaitanya, V., Chandra, V. S., Sandeep, P., Nagaraju, R. D., Ram, R., & Kumar, V. S. (2017).

- Employment status of patients receiving maintenance dialysis - Peritoneal and hemodialysis: A cross-sectional study. *Indian Journal of Nephrology*, 27(5), 384–388. [https://doi.org/10.4103/ijn.IJN\\_151\\_16](https://doi.org/10.4103/ijn.IJN_151_16)
- Law, M. C., Chow, K. M., Fung, J. S. F., Szeto, C. C., & Li, P. K. T. (2016). Employment status in peritoneal-dialysis patients. *Hong Kong Journal of Nephrology*, 18, 11–14. <https://doi.org/10.1016/j.hkijn.2015.10.002>
- Lederman O, Ward PB, Firth J, Maloney C, Carney R, Vancampfort D, Stubbs B, Kalucy M, Rosenbaum S. Does exercise improve sleep quality in individuals with mental illness? A systematic review and meta-analysis. *J Psychiatr Res*. 2019 Feb;109:96-106. doi: 10.1016/j.jpsychires.2018.11.004. Epub 2018 Nov 3. PMID: 30513490.
- Lew, S. Q., & Centron, P. (2020). Psychosocial Aspects of Chronic Kidney Disease: Exploring the Impact of CKD, Dialysis, and Transplantation on Patients. In D. Cukor, S. D. Cohen, & P. L. Kimmel (Eds.), Chapter 15 - *Psychiatric challenges in patients treated with peritoneal dialysis*, 311–333. *Elsevier Gezondheidszorg*.
- Li, M., Yan, S., Jiang, S., Ma, X., Gao, T., & Li, B. (2019). Relationship between sleep duration and hypertension in northeast China: A cross-sectional study. *BMJ Open*, 9(1). <https://doi.org/10.1136/bmjopen-2018-023916>
- Lin J, Guo Q, Ye X, Li J, Yi C, Zhang X, Wu X, Cao P, Yu X, Zhu L, Lin X, Yang X, Yu X. The effect of social support and coping style on depression in patients with continuous ambulatory peritoneal dialysis in southern China. *Int Urol Nephrol*. 2013 Apr;45(2):527-35. doi: 10.1007/s11255-012-0309-7. Epub 2012 Oct 11. PMID: 23054324.
- Lindner, A. v., Novak, M., Bohra, M., & Mucsi, I. (2015). Insomnia in Patients With Chronic Kidney Disease. *Seminars in Nephrology*, 35(4), 359–372. <https://doi.org/10.1016/j.semnephrol.2015.06.007>
- Littner MR, Kushida C, Wise M, Davila DG, Morgenthaler T, Lee-Chiong T, Hirshkowitz M, Daniel LL, Bailey D, Berry RB, Kapen S, Kramer M; Standards of Practice Committee of the American Academy of Sleep Medicine. Practice parameters for clinical use of the multiple sleep latency test and the maintenance of wakefulness test. *Sleep*. 2005 Jan;28(1):113-21. doi: 10.1093/sleep/28.1.113. PMID: 15700727.
- Liu, G. L., Zhan, Q. N., Zhao, Y. L., Xiong, Z. Y., Liao, J. L., Ren, Y. P., Wang, Q., Duan, L. P., Zheng, Z. X., Hao, L., & Dong, J. (2021). Risk factors for sleep disorders in patients undergoing peritoneal dialysis. *Sleep and Biological Rhythms*, 19(3), 255–264. <https://doi.org/10.1007/s41105-021-00311-2>
- Liyanage, T., Toyama, T., Hockham, C., Ninomiya, T., Perkovic, V., Woodward, M., Fukagawa, M., Matsushita, K., Praditpornsilpa, K., Hooi, L. S., Iseki, K., Lin, M.-Y., Stirnadel-Farrant, H. A., Jha, V., & Jun, M. (2022). Prevalence of chronic kidney disease in Asia: a systematic review and analysis. *BMJ Global Health*, 7(1). <https://doi.org/10.1136/bmjgh-2021-007525>

- Lo K, Woo B, Wong M, Tam W. Subjective sleep quality, blood pressure, and hypertension: a meta-analysis. *J Clin Hypertens*. 2018; 20: 592–605. <https://doi.org/10.1111/jch.13220>
- Losso RL, Minhoto GR, Riella MC. Sleep disorders in patients with end-stage renal disease undergoing dialysis: comparison between hemodialysis, continuous ambulatory peritoneal dialysis and automated peritoneal dialysis. *Int Urol Nephrol*. 2015 Feb;47(2):369-75. doi: 10.1007/s11255-014-0860-5. Epub 2014 Oct 31. PMID: 25358390.
- Luca G, Peris L. Sleep Quality and Sleep Disturbance Perception in Dual Disorder Patients. *J Clin Med*. 2020 Jun 26;9(6):2015. doi: 10.3390/jcm9062015. PMID: 32604951; PMCID: PMC7355436.
- Lukela, J. R., Harrison, R. van, Jimbo, M., Mahallati, A., Saran, R., & Sy, A. Z. (2019). Management of Chronic Kidney Disease. *UMHS Chronic Kidney Disease Guideline*.
- Lv, J.-C., & Zhang, L.-X. (2019). Prevalence and Disease Burden of Chronic Kidney Disease. *Advances in Experimental Medicine and Biology*, 1165, 3–15. [https://doi.org/10.1007/978-981-13-8871-2\\_1](https://doi.org/10.1007/978-981-13-8871-2_1)
- MacDowell, R. (2023). Nightmares: Symptoms, Causes, and Treatment. *Sleepopolis*. <https://sleepopolis.com/education/nightmares/#the-stuff-of-nightmares>
- Maggard MD, Sankari A, Cascella M. Upper Airway Resistance Syndrome. [Updated 2022 Jun 11]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK564402/>
- Malhotra, R. K., & Avidan, A. Y. (2014). Chapter 3 Sleep Stages and Scoring Technique. *Atlas of Sleep Medicine*, 77–99. <https://doi.org/10.1016/b978-1-4557-1267-0.00003-5>
- Maninet, S., Nakrit, B., & Suttavat, P. (2023). Prevalence and influencing factors of fatigue among patients undergoing continuous ambulatory peritoneal dialysis: A cross-sectional study. *Belitung Nursing Journal*, 9(4), 391–398. <https://doi.org/10.33546/bnj.2715>
- Matsui K, Yoshiike T, Nagao K, Utsumi T, Tsuru A, Otsuki R, Ayabe N, Hazumi M, Suzuki M, Saitoh K, Aritake-Okada S, Inoue Y, Kuriyama K. Association of Subjective Quality and Quantity of Sleep with Quality of Life among a General Population. *Int J Environ Res Public Health*. 2021 Dec 6;18(23):12835. doi: 10.3390/ijerph182312835. PMID: 34886562; PMCID: PMC8657737.
- Mauk, K. L. (2006). *Gerontical Nursing Competencies For Care*. Jones and Bartlett Publishers. [https://repository.poltekkes-kaltim.ac.id/595/1/Gerontological%20Nursing%20\(%20PDFDrive.com%20\).pdf](https://repository.poltekkes-kaltim.ac.id/595/1/Gerontological%20Nursing%20(%20PDFDrive.com%20).pdf)
- Maung SC, El Sara A, Chapman C, Cohen D, Cukor D. Sleep disorders and chronic kidney disease. *World J Nephrol*. 2016 May 6;5(3):224-32. doi: 10.5527/wjn.v5.i3.224. PMID: 27152260; PMCID: PMC4848147.
- Mayo Clinic. (2021). *Nightmare disorder*. <https://www.mayoclinic.org/diseases-conditions/nightmare-disorder/symptoms-causes/syc-20353515>



- Media Info BPJS Kesehatan. (2022). INFOBPJS Kesehatan Perkuat Kolaborasi Program JKN-KIS melalui Inpres 1/2022. *BPJSKESEHATAN*. <https://www.bpjs-kesehatan.go.id/bpjs/dmdocuments/462929625f36a0d9c93fe60f05c98af0.pdf>
- Medic G, Wille M, Hemels ME. Short- and long-term health consequences of sleep disruption. *Nat Sci Sleep*. 2017 May 19;9:151-161. doi: 10.2147/NSS.S134864. PMID: 28579842; PMCID: PMC5449130.
- Michishita, R., Matsuda, T., Kawakami, S., Kiyonaga, A., Tanaka, H., Morito, N., & Higaki, Y. (2016). The association between unhealthy lifestyle behaviors and the prevalence of chronic kidney disease (CKD) in middle-aged and older men. *Journal of Epidemiology*, 26(7), 378–385. <https://doi.org/10.2188/jea.JE20150202>
- Momin RR, Ketvertis K. Short Term Insomnia. [Updated 2022 Jul 19]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK554516/>
- MSD Manuals. 2022. *Table: Indications and Contraindications to Common Renal Replacement Therapies*. MSD Manual Professional Edition. <https://www.msdmanuals.com/en-gb/professional/multimedia/table/indications-and-contraindications-to-common-renal-replacement-therapies>
- Mujahid, M., Nasir, K., Qureshi, R., Dhrolia, M., & Ahmad, A. (2022). Comparison of the Quality of Sleep in Patients With Chronic Kidney Disease and End-Stage Renal Disease. *Cureus*, 14(4), e23862. <https://doi.org/10.7759/cureus.23862>
- Mustofa, S., Kristini, P., Profesi Ners, P., Ilmu Kesehatan, F., Muhammadiyah Surakarta, U., & Sakit Umum Daerah Pandan Arang Boyolali, R. (2022). Gambaran Kualitas Tidur Pada Pasien Gagal Ginjal Kronik. *Jurnal Perawat Indonesia* 1196, 6(3), 1196–1200.
- National Institute of Diabetes and Digestive and Kidney Diseases. (2022, November 8). *Hemodialysis*. <https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/hemodialysis>
- National Kidney Foundation. (2022, November 4). *Choosing Dialysis: Which type is right for me?* <https://www.kidney.org/atoz/content/choosing-dialysis-which-type-right-me>
- National Sleep Foundation. (2020, November 1). *What Is Sleep Quality?* <https://www.thensf.org/what-is-sleep-quality/>
- Neborak, J., & Mokhlesi, B. (2021). Short sleep, sleep apnoea-associated hypoxaemic burden and kidney function: more questions than answers. *Thorax*, 76, 638 - 639. <https://doi.org/10.1136/thoraxjnl-2020-216618>.
- Nelson KL, Davis JE, Corbett CF. Sleep quality: An evolutionary concept analysis. *Nurs Forum*. 2022 Jan;57(1):144-151. doi: 10.1111/nuf.12659. Epub 2021 Oct 5. PMID: 34610163.

- Ng, J. K., Than, W. H., & Szeto, C. C. (2022, June 28). *Obesity, Weight Gain, and Fluid Overload in Peritoneal Dialysis*. *Frontiers*.  
<https://www.frontiersin.org/articles/10.3389/fneph.2022.880097/full>
- NHS. (2021, November 18). *Sleepwalking*. *nhs.uk*.  
<https://www.nhs.uk/conditions/sleepwalking/#:~:text=Sleepwalking%20is%20when%20someone%20walks,few%20hours%20after%20falling%20asleep>.
- NHS. (2022, March 28). *Restless legs syndrome*. *nhs.uk*.  
<https://www.nhs.uk/conditions/restless-legs-syndrome/>
- NIH National Institute of Neurological Disorders and Stroke. (2022, September 26). *Brain Basics: Understanding Sleep | National Institute of Neurological Disorders and Stroke*. National Institute of Neurological Disorders and Stroke. <https://www.ninds.nih.gov/health-information/public-education/brain-basics/brain-basics-understanding-sleep>
- NIH NIDDK. (2018, January). *Peritoneal Dialysis | NIDDK*. National Institute of Diabetes and Digestive and Kidney Diseases. Retrieved November 1, 2022, from <https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/peritoneal-dialysis>
- Nowakowski, S., Meers, J., & Heimbach, E. (2013). Sleep and Women's Health. *Sleep medicine research*, 4(1), 1–22.  
<https://doi.org/10.17241/smr.2013.4.1.1>
- Okpechi, I. G., Jha, V., Cho, Y., Ye, F., Ijezie, C. I., Jindal, K., Klarenbach, S., Makusidi, M. A., Okpechi-Samuel, U. S., Okwuonu, C., Shah, N., Thompson, S., Tonelli, M., Johnson, D. W., & Bello, A. K. (2022). The case for increased peritoneal dialysis utilization in low- and <scp>lower-middle-income</scp> countries. *Nephrology*, 27(5), 391–403. <https://doi.org/10.1111/nep.14024>
- Oktaria Batubara, S., Yetti, K., Sukmarini, L., Prodi Ilmu Keperawatan, D., Keperawatan Medikal Bedah Fakultas Ilmu Kesehatan, B., Kristen Satya Wacana Salatiga, U., & Tengah, J. (2018). *Analisis Faktor Risiko Terhadap Komplikasi Continuous Ambulatory Peritoneal Dialysis Di Rsud Dr. Moewardi Surakarta Dan Rsup Dr. Sardjito Yogyakarta*. <https://repository.unri.ac.id/xmlui/bitstream/handle/123456789/7476/Artikel%20Sakti%20Okta%20%28Salatiga%29.pdf?sequence=1&isAllowed=y>
- Pacheco, D. (2023). Restless Legs Syndrome (RLS). *Sleep Foundation*. <https://www.sleepfoundation.org/restless-legs-syndrome>
- Park, S., Lee, S., Kim, Y., Lee, Y., Kang, M. W., Kim, K., Kim, Y. C., Han, S. S., Lee, H., Lee, J. P., Joo, K. W., Lim, C. S., Kim, Y. S., & Kim, D. K. (2020). Short or long sleep duration and CKD: A mendelian randomization study. *Journal of the American Society of Nephrology*, 31(12), 2937–2947. <https://doi.org/10.1681/ASN.2020050666>
- Perl J, Bargman JM. Peritoneal dialysis: from bench to bedside and bedside to bench. *Am J Physiol Renal Physiol*. 2016 Nov 1;311(5):F999-F1004. doi: 10.1152/ajprenal.00012.2016. Epub 2016 Mar 23. PMID: 27009336.

- PERNEFRI. (2018). 11 th Report Of Indonesian Renal Registry; <https://www.indonesianrenalregistry.org/data/IRR%202018.pdf>
- Prodjosudjadi, W., & Suhardjono, A. (2009). End-stage renal disease in Indonesia: treatment development. *Ethnicity & Disease*, 19(1 Suppl 1), S1-33–36.
- Purves, D., Augustine, G. J., Fitzpatrick, D., Hall, W. C., LaMantia, A.-S., Mooney, R. D., Platt, M. L., & White, L. E. (2018). *Neuroscience Sixth Edition* (6th ed.). Sinauer Associates Oxford University Press.
- Putri, Rizqina, *et al.* "Gambaran Kualitas Hidup Pasien Gagal Ginjal Kronik yang Menjalani Terapi Continuous Ambulatory Peritoneal Dialysis di RSUD Arifin Achmad Provinsi Riau dengan Menggunakan Kuesioner KDQOL-SFTM." *Jurnal Online Mahasiswa Fakultas Kedokteran Universitas Riau*, vol. 1, no. 2, Oct. 2014, pp. 1-16
- Raghupathi, V., & Raghupathi, W. (2020). The influence of education on health: An empirical assessment of OECD countries for the period 1995-2015. *Archives of Public Health*, 78(1). <https://doi.org/10.1186/s13690-020-00402-5>
- Restless Legs Syndrome*. (2023, February). National Institute of Neurological Disorders and Stroke. <https://www.ninds.nih.gov/health-information/disorders/restless-legs-syndrome>
- Ricardo, A. C., Knutson, K., Chen, J., Appel, L. J., Bazzano, L., Carmona-Powell, E., Cohan, J., Tamura, M. K., Steigerwalt, S., Thornton, J. D., Weir, M., Turek, N. F., Rahman, M., van Cauter, E., & Lash, J. P. (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>
- Romagnani, P., Remuzzi, G., Glasscock, R., Levin, A., Jager, K. J., Tonelli, M., Massy, Z., Wanner, C., & Anders, H.-J. (2017). Chronic kidney disease. *Nature Reviews Disease Primers*, 3(1), 17088. <https://doi.org/10.1038/nrdp.2017.88>
- Rompas, A. B., J. Tangka, dan J. Rotti. 2013. Hubungan Kadar Hemoglobin Dengan Kualitas Tidur Pasien Penyakit Ginjal Kronik di Poli Ginjal dan Hipertensi BLU RSUP Prof. Dr. D. Kandou Manado. *ejournal keperawatan* 1(1).
- Roth T. Effects of excessive daytime sleepiness and fatigue on overall health and cognitive function. *J Clin Psychiatry*. 2015 Sep;76(9):e1145. doi: 10.4088/JCP.14019tx1c. PMID: 26455683.
- RSUP Dr. Sardjito. (2022). *Instalasi Dialisis – RSUP Dr. Sardjito*. RSUP DR.SARDJITO. <https://sardjito.co.id/layanan/instalasi-dialisis/>
- Sachdeva B, Zulfiqar H, Aeddula NR. Peritoneal Dialysis. [Updated 2022 Aug 10]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK5329>
- Salifu, I., Tedla, F., Pandey, A., Ayoub, I., Brown, C., McFarlane, S. I., & Jean-Louis, G. (2014). Sleep Duration and Chronic Kidney Disease: Analysis of the National Health Interview Survey. *Cardiorenal Medicine*, 4(3–4), 210–216. <https://doi.org/10.1159/000368205>

- Sarfriyanda, J., Karim, D., & Dewi, A. P. (2015). Hubungan Antara Kualitas Tidur Dan Kuantitas Tidur Dengan Prestasi Belajar Mahasiswa. *JOM*, 2(2), 1178–1185.
- Seglem, K. B., Ørstavik, R., Torvik, F. A., Røysamb, E., & Vollrath, M. (2020). Education differences in sickness absence and the role of health behaviors: a prospective twin study. *BMC Public Health*, 20(1). <https://doi.org/10.1186/s12889-020-09741-y>
- Shrivastava, D., Jung, S., Saadat, M., Sirohi, R., & Crewson, K. (2014). How to interpret the results of a sleep study. *Journal of Community Hospital Internal Medicine Perspectives*, 4(5), 24983. <https://doi.org/10.3402/jchimp.v4.24983>
- Singh, S., Jain, S., & Yadav. (2019). Sleep and Health—An Introduction. *International Journal of Head and Neck Surgery*, 10(1), 1–3. <https://doi.org/10.5005/jp-journals-10001-1361>
- Slama, H., Chylinski, D. O., Deliens, G., Leproult, R., Schmitz, R., & Peigneux, P. (2017). Sleep Deprivation Triggers Cognitive Control Impairments in Task-Goal Switching. *Sleep*, 41(2). <https://doi.org/10.1093/sleep/zsx200>
- Su-Ah Sung, Young Youl Hyun, Kyu Beck Lee, Hayne Cho Park, Woogyung Chung, Yeong Hoon Kim, Yong-Soo Kim, Sue Kyung Park, Kook-Hwan Oh and Curie Ahn; on behalf of the KNOW-CKD Study Investigators. Sleep Duration and Health-Related Quality of Life in Predialysis CKD. *CJASN* June 2018, 13 (6) 858-865; DOI: <https://doi.org/10.2215/CJN.11351017>
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, Dan R&D* (Sutopo, Ed.; 2nd ed.). ALFABET.
- Suhardjono. (2008). The development of a continuous ambulatory peritoneal dialysis program in Indonesia. *Peritoneal Dialysis International: Journal of the International Society for Peritoneal Dialysis*, 28 Suppl 3, S59-62.
- Suni, E. (2022, March 11). *How To Determine Poor Sleep Quality*. Sleep Foundation. <https://www.sleepfoundation.org/sleep-hygiene/how-to-determine-poor-quality-sleep>
- Suni, E., & Adavadar. (2023, October 20). *How does testosterone affect sleep?* Sleep Foundation. <https://www.sleepfoundation.org/physical-health/sleep-and-testosterone>
- Suni, E., & Singh, A. (2023, March 23). *Nightmares*. Sleep Foundation. <https://www.sleepfoundation.org/nightmares#references-79260>
- Suni, E., & Suni, E. (2023, March 7). *How is sleep different for men and women?* Sleep Foundation. <https://www.sleepfoundation.org/how-sleep-works/how-is-sleep-different-for-men-and-women>
- Teitelbaum, I. (2021). Peritoneal Dialysis. *New England Journal of Medicine*, 385(19), 1786–1795. <https://doi.org/10.1056/NEJMra2100152>
- Tian C, Zhang B, Liang W, Yang Q, Xiong Q, Jin Q, Xiang S, Zhao J, Ying C, Zuo X. Fatigue in Peritoneal Dialysis Patients and an Exploration of Contributing Factors: A Cross-Sectional Study. *J Pain Symptom*

- Manage. 2020 May;59(5):1074-1081.e2. doi: 10.1016/j.jpainsymman.2019.12.351. Epub 2019 Dec 20. PMID: 31866487.
- Topan, R., Vork, L., Fitzke, H., Pandya, S., Keszthelyi, D., Cornelis, J., Ellis, J., van Oudenhove, L., van den Houde, M., & Aziz, Q. (2023). Poor Subjective Sleep Quality Predicts Symptoms in Irritable Bowel Syndrome Using the Experience Sampling Method. *American Journal of Gastroenterology*. <https://doi.org/10.14309/ajg.0000000000002510>
- Triwibawa\_Hubungan Tingkat Pendidikan Dengan Kepatuhan Diet Pada Pasien. (2018).
- Troxel, W. M., Buysse, D. J., Matthews, K. A., Kravitz, H. M., Bromberger, J. T., Sowers, M., & Hall, M. H. (2010). Cohabitation Status And Sleep In Women At Midlife Marital/Cohabitation Status and History in Relation to Sleep in Midlife Women. In *Sleep* (Vol. 33, Issue 7).
- Uhlin, P. Y. (2011). *Sleep Problems In Patients On Peritoneal Dialysis - Prevalence, Effects On Daily Life And Evaluation Of Nonpharmacological Interventions*. Linköping: LiU-Tryck Linköping. Retrieved from <https://www.diva-portal.org/smash/get/diva2:415415/fulltext01.pdf>
- UNAIR News. (2020, April 17). *Sleep Disorders in Chronic Kidney Disease Patients*. *Unair News*. <https://news.unair.ac.id/2020/04/17/sleep-disorders-in-chronic-kidney-disease-patients/?lang=en>
- Vaidya SR, Aeddula NR. Chronic Renal Failure. [Updated 2022 Aug 10]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK535404/>
- Widome, R., Berger, A. T., Lenk, K. M., Erickson, D. J., Laska, M. N., Iber, C., Kilian, G., & Wahlstrom, K. (2019). Correlates of short sleep duration among adolescents. *Journal of Adolescence*, 77(1), 163–167. <https://doi.org/10.1016/j.adolescence.2019.10.011>
- Williams SW, Tell GS, Zheng B, Shumaker S, Rocco MV, Sevic MA. Correlates of sleep behavior among hemodialysis patients. The kidney outcomes prediction and evaluation (KOPE) study. *Am J Nephrol*. 2002 Jan-Feb;22(1):18-28. doi: 10.1159/000046670. PMID: 11919399.
- 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*, 13(12), 1825–1832. <https://doi.org/10.2215/CJN.01340118>
- Yan, C., Zeng, C., Ma, Y., Zhan, X., & Min, Y. (2022). Prevalence and risk factors of poor sleep quality in continuous ambulatory peritoneal dialysis patients in Nanchang, Southeast China. *Renal Failure*, 44(1), 1144–1149. <https://doi.org/10.1080/0886022x.2022.2097406>
- Yang, Z., Heizhati, M., Wang, L., Li, M., Pan, F., Wang, Z., Abudureyimu, R., Hong, J., Yao, L., Yang, W., Liu, S., & Li, N. (2021). Subjective poor sleep quality is associated with higher blood pressure and prevalent



hypertension in general population independent of sleep disordered breathing. *Nature and Science of Sleep*, 13, 1759–1770. <https://doi.org/10.2147/NSS.S329024>

Ying Zhou, Peiran Yin, Bin Li, Jianying Li, Naya Huang, Haishan Wu, Habib Ullah, Xiao Yang, Xueqing Yu; Effect of Sedative-Hypnotic Medicines on Mortality in Peritoneal Dialysis Patients with Sleep Disorders: A Retrospective Cohort Study. *Blood Purif* 20 April 2018; 45 (1-3): 95–101. <https://doi.org/10.1159/000484922>

Zhao, Y., Zhang, Y., Yang, Z., Wang, J., Xiong, Z., Liao, J., Hao, L., Liu, G., Ren, Y., Wang, Q., Duan, L., Zheng, Z., & Dong, J. (2019). Sleep Disorders and Cognitive Impairment in Peritoneal Dialysis: A Multicenter Prospective Cohort Study. *Kidney and Blood Pressure Research*, 44(5), 1115–1127. <https://doi.org/10.1159/000502355>