

DAFTAR PUSTAKA

- ACGMe. Common Program Requirements (Residency). effective July 1, 2020 [cited 2024 February 12]. Available from: <https://www.acgme.org/Portals/0/PFAssets/ProgramRequirements/CPRResidency2020.pdf>
- Aggrawal, M., Grover, S., Basu, D. 2012. Mobile Phone Use by Resident Doctors: Tendency to Addiction-Like Behaviour. *German Journal of Psychiatry* 1433-1055
- AHA. 2023. Caffeine and Heart Disease. Last Reviewed: Sep 12, 2023
- Al Shareef, S.M. 2021. Excessive daytime sleepiness and associations with sleep-related motor vehicle accidents: Results from a nationwide survey. *Sleep Breath.* 25, 1671–1676.
- Alim, I. 2015. Uji Validitas dan Reliabilitas Instrumen Pittsburgh Sleep Quality Index Versi Bahasa Indonesia. Tesis. UI
- Aliyu I, Mohammed II, Lawal To, et al. 2018. Assessment of sleep quality among medical doctors in a Tertiary Hospital in a semi-rural setting. *J Neurosci Rural Pract* Oct 2018;9(04):535–40.
- Alnawwar, M., Alraddadi, M., Algethmi, R., et al. 2023. The Effect of Physical Activity on Sleep Quality and Sleep Disorder: A Systematic Review. *Cureus* 15(8): e43595. DOI 10.7759/cureus.43595
- AlSaif, H.I. 2019. Prevalence of and risk factors for poor sleep quality among residents in training in KSA. *J. Taibah Univ. Med. Sci.*, 14(1): 52–59. <https://doi.org/10.1016/j.jtumed.2018.11.007>.
- Alshoaibi, Y., Bafil, W., Rahim, M. 2023. The effect of screen use on sleep quality among adolescents in Riyadh, Saudi Arabia. *Journal of Family Medicine and Primary Care*. Volume 12, Issue 7
- Anand, N., Jain, PA., Prabhu, S., et al. 2018. Prevalence of excessive internet use and its association with psychological distress among university students in South India. *Ind Psychiatry J.* Jan-Jun;27(1):131-140. doi: 10.4103/ipj.ipj_28_18. PMID: 30416304; PMCID: PMC6198607.
- Antiel, R.M., Thompson, S.M., Reed, D.A., et al. 2010. ACGME Duty-Hour Recommendations — A National Survey of Residency Program Directors. *N. Engl. J. Med.*, 12(1): e12(1)-e12(6).
- APJII. 2022. Survei Asosiasi Penyelenggara Jasa Internet Indonesia
- Ardarsh, S., Shamathmika, R., Shetty, Y., et al. 2023. Consumption of caffeine among medical Students, Interns and Residents: An Overview. *Eur. Chem. Bull.* 12(10), 10252-10260
- Ardizzone, E., Lerchbaumer, E., Heinzl, J.C, et al. 2023. Insomnia—A Systematic Review and Comparison of Medical Resident's Average Off-Call Sleep Times. *Int. J. Environ. Res. Public Health.* 20, 4180. <https://doi.org/10.3390/ijerph20054180>
- Association-of-American-Medical-Colleges. 2016. More Residents building families during training. Medical-Student-Wellness. Available on :

- <https://www.ama-assn.org/medical-residents/medical-resident-wellness/more-residents-building-families-during-training>
- Association-of-American-Medical-Colleges. 2022. 2021-2022 Number of Active Residents, by Type of Medical School, GME Specialty, and Sex. 2022 *Physician Spec. Data B3*. 1–42.
- August KJ. 2022. Marital status, marital transitions, and sleep quality in mid to late life. *Res Aging*. 44:301–11. doi: 10.1177/01640275211027281
- Awasthi AA, Taneja N, Maheshwari S, et al. 2020. Prevalence of Internet Addiction, Poor Sleep Quality, and Depressive Symptoms Among Medical Students: A Cross-Sectional Study. *Osong Public Health Res Perspect*;11(5):303-308.
- Aya, A.G., Mangin, R., Robert, C., et al. 1999. Increased risk of unintentional dural puncture in night time obstetric epidural anesthesia. *Can J Anaesth*, 46(7): pp. 665-669.
- Baldwin DWC, Daugherty SR. 2004. Sleep deprivation and fatigue in residency training: Results of a national survey of first- and second-year residents. *Sleep*. 27(2):217–23
- Basu, M., Saha, SK., Majumder, S., et al. 2019. A study on sleeping pattern among undergraduate medical students of a tertiary care teaching hospital of Kolkata. *Int J Med Public Health*. 9(4):118-24
- Borman, K.R., Biester, T.W., Jones, A.T. et al. 2011. Sleep, supervision, education, and service: Views of junior and senior residents. *J. J Surg*, 68(6): 495–501. <http://dx.doi.org/10.1016/j.j Surg.2011.07.012>.
- Bunevicius, I & Bunevicius, A. 2020. Prevalence of internet addiction in healthcare professionals: Systematic review and meta-analysis. *International Journal of Social Psychiatry*. 1-9
- CDC. 2020. Coronavirus Disease 2019 (COVID-19). Centers for Disease Control and Prevention. Retrieved February 15, from <https://www.cdc.gov/>
- Chen J-H, Waite LJ, Lauderdale DS. 2015. Marriage, Relationship Quality, and Sleep among U.S. Older Adults. *J Health Soc Behav*. 56(3):356–77. doi: 10.1177/0022146515594631
- Chen, IH, Strong, C, Lin, YC, et al. 2020. Time invariance of three ultra-brief internet-related instruments: Smartphone Application-Based Addiction Scale (SABAS), Bergen Social Media Addiction Scale (BSMAS), and the nine-item Internet Gaming Disorder Scale- Short Form (IGDS-SF9) (Study Part B). *Addict Behav*. Feb; 101:105960. <https://doi.org/10.1016/j.addbeh.2019.04.018> PMID: 3107264
- Chen, YL., dan Gau, SS. 2016. Sleep problems and internet addiction among children and adolescents: a longitudinal study. *J Sleep Res* 25:458–465
- Cheng SH, Shih CC, Lee IH, et al. 2012. A study on the sleep quality of incoming university students. *Psychiatry Res* 197:270–274
- Coo S, Milgrom J, Trinder J. 2014. Mood and objective and subjective measures of sleep during late pregnancy and the postpartum period. *Behav Sleep Med*. 12(4):317–330. doi:10.1080/15402002.2013.801348
- coronavirus/2019-ncov/symptoms-testing/testing.html

- Da Costa, D., Lai, j., Zelkowitz, P. 2021. A prospective study on the course of sleep disturbances in first-time fathers during the transition to parenthood. *Infant Ment Health J*;42:222–232
- Dahlan, M.S. 2016. Besar sampel dalam penelitian kedokteran dan kesehatan. 4th ed. Jakarta: MSD Books
- Denisco, R.A., Drummond, J.N. and Gravenstein, J.S., 1987. The effect of fatigue on the performance of a simulated anesthetic monitoring task. *J Clin Monit*, 3: pp.22-24.
- Doghramji, K. 2007. Melatonin and its receptors: a new class of sleep-promoting agents. *J Clin Sleep Med*. Aug 15;3(5 Suppl):S17-23. PMID: 17824497; PMCID: PMC1978320.
- Dong, H., Zhang, Q., Zhu, C., et al. 2020. Sleep quality of nurses in the emergency department of public hospitals in China and its influencing factors: a cross-sectional study. *Health and Quality of Life Outcomes*. 18:116. <https://doi.org/10.1186/s12955-020-01374-4>
- Dos Santos, A., Prado, W., Tebar, W., et al. 2024. Screen time is negatively associated with sleep quality and duration only in insufficiently active adolescents: A Brazilian cross-sectional school-based study. *Preventive Medicine Reports*. 37. 102579
- Dowdell EB, Clayton BQ. 2019. Interrupted sleep: college students sleeping with technology. *J Am Coll Heal*. 67:640–6. doi: 10.1080/07448481.2018.1499655
- Dresp-Langley, B., Hutt, A. 2022. Digital Addiction and Sleep. *Int. J. Environ. Res. Public Health* 19, 6910. <https://doi.org/10.3390/ijerph1911691>
- Dresp-Langley, B. 2020. Children's Health in the Digital Age. *Int. J. Environ. Res. Public Health*. 17, 3240
- Drews HJ, Wallot S, Weinhold SL, et al. 2017. "Are We in Sync with Each Other?" Exploring the Effects of Cosleeping on Heterosexual Couples' Sleep Using Simultaneous Polysomnography: A Pilot Study. *Sleep Disorder*, 8140672. doi: 10.1155/2017/8140672
- Edwards BA, O'Driscoll DM, Ali A, et al. 2010. Aging and sleep: physiology and pathophysiology. *Semin Respir Crit Care Med*;31:618-33.
- El Asam, A., Samara, M., and Terry, P. 2019. Problematic internet use and mental health among British children and adolescents. *Addictive Behaviors*, 90, 428–436. <https://doi.org/10.1016/j.addbeh.09.007>
- Elder GJ, Wetherell MA, Barclay NL, et al. 2014. The cortisol awakening response – applications and implications for sleep medicine. *Sleep Med Rev*. 18(3):215-224.
- Ellman PI, Law MG, Tache-Leon C, et al. 2004. Sleep deprivation does not affect operative results in cardiac surgery. *Ann Thorac Surg* 2004;78:906-11
- Ergin A, Erdog˘an A, Bozkurt AI, et al. 2013. Quality of sleep in medical students. *J Neurol Sci Suppl*. 333(1):707-708
- Esen, A.D., Mercan, G.N., Kaçar, E. et al. 2017. Sleep Quality and Related Factors in Medical Residents. *TJFMPC*, 11(4): 271–277.
- Esen, D., Mercan, G., Kacar, E., et al. 2017. Sleep Quality and Related Factors in Medical Residents. *TJFMPC.tr*; 11 (4)

- Ezati M, Keshavarz M, Barandouzi ZA, et al., 2020. The effect of regular aerobic exercise on sleep quality and fatigue among female student dormitory residents. *BMC Sports Sci Med Rehabil.* 12:44.10.1186/s13102-020-00190-z
- Fabbri, M., Beracci, A., Martoni, M., et al. 2021. Measuring Subjective Sleep Quality: A Review. A Review. *Int. J. Environ. Res. Public Health.* 18, 1082. <https://doi.org/10.3390/ijerph18031082>
- Figueiro MG, Bierman A, Plitnick B, et al. 2009. Preliminary evidence that both blue and red light can induce alertness at night. *BMC Neurosci.* Aug 27;10(1):105. doi: 10.1186/1471-2202-10-105. <https://bmcneurosci.biomedcentral.com/articles/10.1186/1471-2202-10-105> .1471-2202-10-105 [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Fikri, Z., Mu' jizah, K., Pratama, Y. 2023. Relationship Between Sleep Quality and Body Mass Index in Nursing Students in the University of Muhammadiyah Malang. *International Conference on Medical Health Science, KnE Medicine*, pages 333–342. DOI 10.18502/kme.v3i2.13068
- Gardiner C, Weakley J, Burke LM, et al. 2023. The effect of caffeine on subsequent sleep: A systematic review and meta-analysis. *Sleep Medicine Reviews.* Feb 6:101764.
- Gentile DA, Choo H, Liau A et al. 2011. Pathological video game use among youths: a two-year longitudinal study. *Pediatrics* 127:e319–e329
- Giesinger, K., Hamilton, D., Erschbamer, M, et al. Black medicine: an observational study of doctors' coffee purchasing patterns at work. *BMJ*;351:h6446 doi: 10.1136/bmj.h6446
- Giri PA, Bavishar MP, Phalke DB. 2013. Study of Sleep Habits and Sleep Problems Among Medical Students of Pravara Institute of Medical Sciences Loni, Western Maharashtra, India. *Annals of Medical and Health Sciences Research*, Jan;3(1):51-4. Doi:10.4103/2141-9248.109488
- Goldberg I. 2018. Internet Addictive Disorder (IAD) Diagnostic Criteria. Available from: <https://www.psycom.net/iadcriteria.html>
- Grandner MA, Schopfer EA, Sands-Lincoln M, et al. 2015. A Relationship between sleep duration and body mass index depends on age. *Silver Spring.* 23(12):2491–2498. <https://doi.org/10.1002/oby.21247>
- Grantcharov, T.P., Bardram, L., Funch-Jensen, P. and Rosenberg, J., 2001. Laparoscopic performance after one night on call in a surgical department: prospective study. *BMJ*, 323: pp. 1222–1223.
- Gregory, A.M, Buysse, D.J, Willis, T.A. et al. 2011. Associations between sleep quality and anxiety and depression symptoms in a sample of young adult twins and siblings. *J. Psychosom. Res.* 71, 250–255. [CrossRef]
- Grover, S., Sahoo, S., Bhalla, A., 2018. Problematic Internet use and its correlates among resident doctors of a tertiary care hospital of North India: A cross-sectional study, *Asian Journal of Psychiatry.* <https://doi.org/10.1016/j.ajp.2018.11.018>
- Gude, D. 2012. A Slice of a Postgraduate Medical Resident's Life. *Mens Sana Monogr.*, 10: 189–193

- Guo X, Meng Y, Lian H, et al. 2023. Marital status and living apart affect sleep quality in male military personnel: a study of the China's Navy during COVID-19. *Front. Psychiatry* 14:1178235. doi: 10.3389/fpsy.2023.1178235
- Hale L, Guan S. 2015. Screen time and sleep among school-aged children and adolescents: a systematic literature review. *Sleep Med Rev.* 21:50–8. doi: 10.1016/j.smr.2014.07.007
- Hall JE, Sullivan JP, Richardson GS. 2005. Brief wake episodes modulate sleep-inhibited luteinizing hormone secretion in the early follicular phase. *J Clin Endocrinol Metab* 90:2050–2055 [PubMed: 15671093]
- Haynes, D.F., Schwedler, M., Dyslin, D.C., et al. 1995. Are postoperative complications related to resident sleep deprivation? *South Med J*, 88(3): pp.283-289.
- Hendawy, H., Abdelnaser, O., Sohair, E., et al. 2022. Quality of sleep in a sample of Egyptian medical residency. *Middle East Current Psychiatry*: 29.26
- Hollander JE, Carr BG. 2020. Virtually Perfect? Telemedicine for Covid-19. *N Engl J Med.* ;382(18):1679-1681. doi: 10.1056/NEJMp2003539. Epub 2020 Mar 11. PMID: 32160451.
- Hong, W, Liu, R, Ding, Y., et al. 2020. Mobile phone addiction and cognitive failures in daily life: The mediating roles of sleep duration and quality and the moderating role of trait self-regulation. *Addict. Behav.* 107, 106383. [CrossRef]
- Hu, Z, Xiang, Y. 2022. Who Is the Chief Culprit, Loneliness, or Smartphone Addiction? Evidence from Longitudinal Study and Weekly Diary Method. *Int. J. Ment. Health Addict.* 5, 1–16.
- Ibáñez, V., Silva, J. and Cauli, O. 2018. A survey on sleep assessment methods. *PeerJ*: 1–26.
- Ibda, F., 2015. Perkembangan Kognitif: Teori Jean Piaget. *J. INTELEKTUALITA.* V (3) 1, Januari-Juni
- Jaafar, N., Idris, I., Ahmad, N., et al. 2021. Internet addiction and its association with depression, anxiety, and stress symptoms among allied health students in Malaysia. *Med J Indones.* 2022;31:56–61.
- Jaradat, R., Lahlouh, A., Aldabbour, B., et al. 2022. The Impact of Duty Hour Limits on Sleep Quality of Resident: A Cross-sectional Study. *Oman Medical Journal*: Vol. 37, No. 4: e403
- Jassem, M., Abdelwahed, R., Alyousbashi, A, et al. 2022. Evaluation of daytime sleepiness and sleep quality among resident physicians of Damascus: A cross-sectional study. *Sleep Epidemiology* 2: 100035
- Jerome, G., Boyer, W., Bustamate, E., et al. 2023. Increasing Equity of Physical Activity Promotion for Optimal Cardiovascular Health in Adults: A Scientific Statement From the American Heart Association. *Circulation* 147;(25) 1951-1962
- Jewett, M.e., Wyatt, J.K., Ritz-De Cecco, et al., 1999. Time course of sleep inertia dissipation in human performance an alertness. *Journal of Sleep Research*, 8(1): pp. 1-8.

- Jin, Y.C, Wang, Y.N, An, J.X. 2022. Research on the impact of employees' perceived stress on sleep quality: Moderating effect of mindfulness and mediating effect of anxiety. *J. Psychol. Sci.* 45, 433–438. [CrossRef]
- Júnior ML., Valença MM., Rocha-Filho PAS. 2022. Individual and residency program factors related to depression, anxiety and burnout in physician residents - a Brazilian survey. *BMC Psychiatry*. 19;22(1):272. doi: 10.1186/s12888-022-03916-0. PMID: 35436910; PMCID: PMC9016975.
- Kancherla BS, Upender R, Collen JF, et al. 2020. Sleep, fatigue and burnout among physicians: an American Academy of sleep medicine position statement. *J Clin Sleep Med* May 15;16(5):803–5.
- Kaneita, Y. and Ohida, T. 2011. Association of Current Work and Sleep Situations with Excessive Daytime Sleepiness and Medical Incidents among Japanese Physicians. *J Clin Sleep Med*, 7(5): 512–522.
- Kang JH, Chen SC. 2009. Effects of an irregular bedtime schedule on sleep quality, daytime sleepiness, and fatigue among university students in Taiwan. *BMC Public Health*. 19;9:248. doi: 10.1186/1471-2458-9-248. PMID: 19615098; PMCID: PMC2718885.
- Kaur S, Arora C, Kaur S. 2020. Effect of physical activity on perceived stress, sleep quality and subjective happiness during middle age. *Saudi J Humanities Soc Sci*. 5:730-9. [10.36348/sjhss.2020.v05i12.004](https://doi.org/10.36348/sjhss.2020.v05i12.004)
- Kayis, A. R., Satıcı, S. A., Yilmaz, M. F., et al. 2016. Big five-personality trait and internet addiction: A meta-analytic review. *Computers in Human Behavior*, 63, 35–40. <https://doi.org/10.1016/j.chb.2016.05.012>
- Kazemi R, Motamedzade M, Golmohammadi R, et al. 2018. Field study of effects of night shifts on cognitive performance, salivary melatonin, and sleep. *Saf Health Work*.9(2):203–9
- Kharaba, Z., Sammani, N., Ashour, S., et al. 2022. Caffeine Consumption among Various University Students in the UAE, Exploring the Frequencies, Different Sources and Reporting Adverse Effects and Withdrawal Symptoms. *Journal of Nutrition and Metabolism* Volume 2022, Article ID 5762299
- Khayat, M, Qari, H, Almutairi, BS, et al. 2018. Sleep quality and Internet addiction level among university students. *Egypt J Hosp Med* 73(7):7042–7047
- Kim Y, Ramos AR, Carver CS, et al. 2020. Marital status and gender associated with sleep health among Hispanics/Latinos in the US: results from HCHS/SOL and Sueño ancillary studies. *Behav Sleep Med*. 20:531–42. doi: 10.1080/15402002.2021.1953499
- Király, O., Potenza, M, N., Stein, et al. (2020). Preventing problematic internet use during the COVID-19 pandemic: Consensus guidance. *Comprehensive Psychiatry*, 100, 152180. <https://doi.org/10.1016/j.comppsy.2020.152180>
- Knutson KL, Van Cauter E. 2008. Associations between sleep loss and increased risk of obesity and diabetes. *Ann N Y Acad Sci*. 1129(29):287–304.
- Kokka, I., Mourikis, I., Nicolaides, N.C., et al., 2021. Exploring the Effects of Problematic Internet Use on Adolescent Sleep: A Systematic Review. *Int. J. Environ. Res. Public Health*. 18, 760. [CrossRef] [PubMed]

- Korkeila J, Kaarlas S, Jääskeläinen M et al. 2010. Attached to the web—harmful use of the internet and its correlates. *Eur Psychiatry* 25:236–241 27.
- Kowalenko, T., Kowalenko, J., Gryzbowski, M. and Rabinovich, A., 2000. Emergency medicine resident related auto accidents-Is sleep deprivation a risk factor? *Acad Emerg Med*, 7(10): pp. 1171.
- Kruk J, Aboul-Enein BH, Duchnik E., 2021. Exercise-induced oxidative stress and melatonin supplementation: current evidence. *J Physiol Sci*. 2021, 71:27. 10.1186/s12576-021-00812-2
- Lai, J., Ma, S., Wang, Y., et al. 2020. Factors associated with mental health outcomes among health care workers exposed to coronavirus disease 2019. *JAMA Network Open*, 3(3), e203976. <https://doi.org/10.1001/jamanetworkopen.2020.3976>
- LeBlanc, M., Merette, C., Savard, J., et al. 2009. Incidence and risk factors of insomnia in a population-based sample. *Sleep*, 32(8), 1027–1037
- LeBourgeois MK, Hale L, Chang A-M, et al. 2017. Digital media and sleep in childhood and adolescence. *Pediatrics*. 140:S92–6. doi: 10.1542/peds.2016-1758J
- Lemma, S., Berhane, Y., Worku, A., et al. 2014. Good quality sleep is associated with better academic performance among University Students in Ethiopia. *Sleep Breath*. 18:257-63.
- Li, Y., Li, G., Liu, L. et al. 2020. Correlations between mobile phone addiction and anxiety, depression, impulsivity, and poor sleep quality among college students: A systematic review and meta-analysis. *J. Behav. Addict*, 9, 551–571. [CrossRef]
- Lin PH, Lee YC, Chen KL, et al. 2019. The Relationships between Sleep Quality and Internet Addiction among Female College Students. *Front Neurosci* ;13:599
- Lin, CY., Broström, A., Nilsen, P., et al. 2017. Psychometric validation of the Bergen Social Media Addiction Scale using classic test theory and Rasch models. *Journal of Behavioral Addictions*. 6(4): 620–629. <https://doi.org/10.1556/2006.6.2017.071> PMID: 29130330
- Lingenfelser, T.H., Kaschel, R., Weber, A, Zaiser-Kaschel, H., et al., 1994. Young hospital doctors after night duty: their task-specific cognitive status and emotional condition. *Med Edu*, 28(6): pp. 566-572.
- Lobelo F, & de Quevedo IG. 2013. Weighing in on residents' body mass index: a teachable moment for physicians and patients alike? *J Grad Med Educ*. Sep;5(3):521-3. doi: 10.4300/JGME-D-13-00203.1. PMID: 24404323; PMCID: PMC3771190.
- Longstreet, P., Brooks, S., Gonnzalez, E. 2019. Internet Addiction: When the positive emotions are not so positive. *Technology in Society*: Vol 57 (5), 76-85
- Maheshwari, G., Shaukat, F. 2019. Impact of Poor Sleep Quality on Academic Performance of Medical Students. *Cureus*. 11, e4357.
- Mahmoud, O., Hadad, S., Sayed, T.A. 2022. The association between Internet addiction and sleep quality among Sohag University medical

- students. *Middle East Curr Psychiatry*. <https://doi.org/10.1186/s43045-022-00191-3>
- Mansukhani, M.P., Kolla, B.P., Surani, S., et al., 2012. Sleep deprivation in resident physicians, work hour limitations, and related outcomes: a systematic review of the literature. *Postgrad Med*, 124(4): pp. 241-249.
- Manzar, M.D., BaHammam, A.S., Hameed, U.A., et al. 2018. Dimensionality of the Pittsburgh Sleep Quality Index: A systematic review. *Health Qual. Life Outcomes*, 16(89): 1–22.
- Mattis J, Sehgal A. 2016. Circadian rhythms, sleep, and disorders of aging. *Trends Endocrinol Metab* ;27:192-203.
- McCartney CR, Prendergast KA, Blank SK, et al. 2009. Maturation of luteinizing hormone (gonadotropin-releasing hormone) secretion across puberty: evidence for altered regulation in obese peripubertal girls. *J Clin Endocrinol Metab* 94:56–66 [PMCID: PMC2630866] [PubMed: 18957503]
- Medic, G., Wille, M., Hemels, ME. 2017. Short- and long-term health consequences of sleep disruption. *Nat Sci Sleep*.19;9:151-161. doi: 10.2147/NSS.S134864. PMID: 28579842; PMCID: PMC5449130.
- Melo, M.C.A., Das Chagas Medeiros, F., De Bruin, et al. 2016. Sleep quality among psychiatry residents. *Can. J. Psychiatry*, 61(1): 44–49.
- Milner, J., DeFroda, S., Cruz, A. 2020. Fitness habits and barriers to exercise during residency training. *Orthopedic Reviews*. 12:8507
- Miner B, Kryger MH. 2020. Sleep in the aging population. *Sleep Med Clin* ;15:311-8.
- Mollayeva, T., Thurairajah, P., Burton, K., et al. 2016. The Pittsburgh Sleep Quality Index as a screening tool for sleep dysfunction in clinical and non-clinical samples: A systematic review and meta-analysis. *Sleep Med. Rev.* 25, 52–73.
- Morphy, H., Dunn, K. M., Lewis, M., et al. 2007. Epidemiology of insomnia: A longitudinal study in a UK population. *Sleep*, 30(3), 274–280.
- Motag, C., Bey, K., Sha, P., et al. 2014. Is it meaningful to distinguish between generalized and specific Internet addiction? Evidence from a cross-cultural study from Germany, Sweden, Taiwan and China. *Pacific Rim College of Psychiatrists*. 1758-5864
- Nagasaki, K., Kobayashi, H., Nishizaki, Y., et al. 2024. Association of sleep quality with duty hours, mental health, and medical errors among Japanese postgraduate residents: a cross-sectional study. *Scientific Reports*. 14:1481
- Nelson, K., Davis J., Corbett, F. 2022. Sleep quality: An evolutionary concept analysis. *Nurs Forum*. Jan;57(1):144-151. doi: 10.1111/nuf.12659. *Epub* Oct 5. PMID: 34610163
- Netsi, E., Santos, I.S., Stein, A., et al. 2017. A different rhythm of life: sleep patterns in the first 4 years of life and associated sociodemographic characteristics in a large Brazilian birth cohort. *Sleep Med*. 37,77–87. <https://doi.org/10.1016/j.sleep.2017.06.001>.

- Nikolic, A., Bukurov, B., Kocic, I., et al. 2023. Smartphone addiction, sleep quality, depression, anxiety, and stress among medical students. *Front. Public Health* 11:1252371. doi: 10.3389/fpubh.2023.1252371
- Nofzinger EA, Buysse DJ, Miewald JM, et al. 2002. Human regional cerebral glucose metabolism during non-rapid eye movement sleep in relation to waking. *Brain* 125:1105–1115 [PubMed: 11960899]
- Ocampo-Lim B, Guo W, DeMott-Friberg R. 1996. Nocturnal growth hormone (GH) secretion is eliminated by infusion of GH-releasing hormone antagonist. *J Clin Endocrinol Metab* 81:4396–4399 [PubMed: 8954048]
- Ohayon, M., Wickwire, E.M., Hirshkowitz, M., et al. 2017. National Sleep Foundation's sleep quality recommendations: first report. *Sleep Heal.*, 3(1): 6–19. <http://dx.doi.org/10.1016/j.sleh.2016.11.006>.
- Osborn, L.M., Harris, D.L., Reading, J.C. et al., 1990. Outcome of pregnancies experienced during residency. *The Journal of Family Practice*, 31(6): pp. 618-622.
- Pappa, S., Ntella, V., Giannakas, T., et al. 2020. Prevalence of depression, anxiety, and insomnia among healthcare workers during the COVID-19 pandemic: A systematic review and meta-analysis. *Brain, Behavior, and Immunity* 88, 901– 907. <https://doi.org/10.1016/j.bbi.2020.05.026>
- Park, S., Jeon, H. J., Bae, J. N., et al. 2017. Prevalence and psychiatric comorbidities of Internet addiction in a nationwide sample of Korean adults. *Psychiatry Investigation*, 14(6), 879–882. <https://doi.org/10.4306/pi.2017.14.6.879>
- Peterfi Z, McGinty D, Sarai E, Szymusiak R. 2010. Growth hormone-releasing hormone activates sleep regulatory neurons of the rat preoptic hypothalamus. *Am J Physiol Regul Integr Comp Physiol* 298:R147–R156 [PMCID: PMC2806209] [PubMed: 19889861]
- Petry, NM., O'Brien, CP. 2013. Internet gaming disorder and the DSM-5. *Addiction* 108:7
- Poon, K. 2018. Unpacking the mechanisms underlying the relation between ostracism and Internet addiction. *Psychiatry Research*, 270, 724–730.
- Prakash, S. 2017. Internet Addiction among Junior Doctors: A Cross-sectional Study. *Indian J. Psychol. Med.* 39, 422-425. <https://doi.org/10.4103/0253-7176.211746>
- Purbanova, et al., 2021. Pengaruh Kecanduan Internet Terhadap Insomnia pada Mahasiswa Tingkat III di Akademi Keperawatan 17 Karangayar. *Jurnal Kesehatan Tujuh Belas (Jurkes TB)*. Vol. 1, No. 2 Mei
- Qqila, B, Zkza, B, Xjya, B. 2017. Mobile phone addiction and sleep quality among chinese adolescents: A moderated mediation model. *Comput. Hum. Behav.* 72, 108–114. [CrossRef]
- Reichert CF, Deboer T, Landolt HP. 2022. Adenosine, caffeine, and sleep–wake regulation: state of the science and perspectives. *Journal of Sleep Research*. Aug;31(4):e13597.
- Reshidi, A. 2016. Level of Physical Activity of Physicians Among Residency Training Program At Prince Sultan Military Medical City, Riyadh, KSA 2014. *International Journal of Health Sciences, Qassim University*, Vol. 10, No. 1

- Richter D, Kramer MD, Tang NKY, et al. 2019. Long-term effects of pregnancy and childbirth on sleep satisfaction and duration of first-time and experienced mothers and fathers. *Sleep*. 42:4. doi:10.1093/sleep/zsz015\
- Richter K, Adam S, Geiss L, et al. 2016. Two in a bed: the influence of couple sleeping and chronotypes on relationship and sleep. An overview. *Chronobiol Int*. 33:1464–72. doi: 10.1080/07420528.2016.1220388
- Sanfey H, Fromson J, Mellinger J, et al. 2015. Surgeons in difficulty: An exploration of differences in assistance-seeking behaviors between male and female surgeons. *J Am Coll Surg*; 221:621-627.
- Schmidt, G., Valdez, M., Farrell, M., et al. 2019. Behaviors associated with internet use in military medical students and residents. *Military Medicine*, 184(11–12), 750–757. <https://doi.org/10.1093/milmed/usz043>
- Sengupta, D., Gupta, S, Mukherjee, S., et al. 2021. Relationship between Sleep Quality and Internet Addiction among First Year Medical Students in a Government Medical College in West Bengal: A Cross-sectional Study. *Journal of Clinical and Diagnostic Research* Vol-15(10): LC32-LC35
- Setyowati, A., Chung, MH. 2021. Validity and reliability of the Indonesian version of the Pittsburgh Sleep Quality Index in adolescents. *Int J Nurs Pract*. 27(5):e12856. doi: 10.1111/ijn.12856. Epub PMID: 32632973.
- Shalaby, R., Oluwasina, Folajimni., Eboreime, E., et al. 2023. Burnout among Residents: Prevalence and Predictors of Depersonalization, Emotional Exhaustion and Professional Unfulfillment among Resident Doctors in Canada. *Int. J. Environ. Res. Public Health*, 20, 3677. <https://doi.org/10.3390/ijerph20043677>
- Shaw ND, Butler JP, McKinney SM, et al. 2012. Insights into puberty: the relationship between sleep stages and pulsatile LH secretion. *J Clin Endocrinol Metab*;97(11):E2055-62
- Shi, C., Luo, J., Xiao, Y., 2023. The association of sleep quality and burnout among Chinese medical residents under standardized residency training in a tertiary hospital. *Sleep and Breathing* 27:379–386
- Siste, K., Suwartono, C., Nasrun, M., et al. 2021. Validation study of the Indonesian internet addiction test among adolescents. *PLoS ONE* 16(2): e0245833. <https://doi.org/10.1371/journal.pone.0245833>
- Sivertsen B, Hysing M, Dørheim SK, et al. 2015. Trajectories of maternal sleep problems before and after childbirth: a longitudinal population-based study. *BMC Pregnancy Childbirth*.;15(1):129. doi:10.1186/s12884-015-0577-1
- Smith-Coggins, R., Rosekind, M.R., Buccino, K.R., et al. 1994. Rotating shiftwork schedules: can we enhance physician adaptation to night shift? *Academic Emergency Medicine* 4(10): pp. 951-961.
- Sochacki, K., Dong, D., Peterson, L., et al. 2018. The Measurement of Orthopaedic Surgeon Quality and Quantity of Sleep Using a Validated Wearable Device. *JAAOS Glob Res Rev*;2:e065
- Stoller, E.P., Papp, K.K., Aikens, J.E., et al. 2005. Strategies Resident-Physicians Use to Manage Sleep Loss and Fatigue. *Med Educ Online* [serial online] 10: 9. Available from <http://www.med-ed-online.org>.

- Sudira, P. 2019. Implikasi Kekurangan Durasi Tidur terhadap Derajat Keparahan Tingkat Kantuk dan Kelelahan Dokter Residen di RSUP Dr. Sardjito. (Thesis, Universitas UGM) Diakses dari <http://etd.repository.ugm.ac.id/>
- Sudira, P. 2019. Analisis Determinan Kualitas Tidur Dokter Residen. (Thesis, Universitas UGM) Diakses dari <http://etd.repository.ugm.ac.id/>
- Taffinder, N.J., McManus I.C., Gul, Y., et al., 1998. Effect of sleep deprivation on surgeons' dexterity on laparoscopy simulator. *Lancet*, 352(9135): p. 1191.
- Tahir, M., Malik, N., Ullah, I., et al. 2021. Internet addiction and sleep quality among medical students during the COVID-19 pandemic: A multinational cross-sectional survey. *PLoS ONE* 16(11): e0259594. <https://doi.org/10.1371/journal.pone.0259594>
- Tao, R, Huang, X, Wang, J, et al. 2010. Proposed diagnostic criteria for internet addiction. *Addiction*;105(3):556-64
- Thomee S, Harenstam A, Hagberg M. 2011. Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults - a prospective cohort study. *BMC Public Health*, 11:66-76
- Thomee, S. 2018. Mobile Phone Use and Mental Health. A Review of the Research That Takes a Psychological Perspective on Exposure. *Int. J. Environ. Res. Public Health* 15, 2692
- Tsegay, Y., Nurhusen, R., Arefayne, et al. 2023. Assessment of sleep quality and its factors among clinicians working in critical care units and operation theaters at North West Ethiopia, 2022: a multicenter cross-sectional study. *Annals of Medicine and Surgery*. 85:3870–3879
- Van Rooij, A. J., & Prause, N. 2014. A critical review of "Internet addiction" criteria with suggestions for the future. *Journal of Behavioral Addictions*, 3(4), 203–213. <https://doi.org/10.1556/JBA.3.2014.4.1>
- Valko, R.J., Clayton, P.J., 1975. Depression in the internship. *Diseases of the Nervous System*, 36(1): pp. 26-29.
- Verma A, Verma S, Garg P, Godara R. 2020. Online teaching during COVID-19: perception of medical undergraduate students. *Indian Journal of Surgery*. 82(3):299–300. <https://doi.org/10.1007/s12262-020-02487-2> PMID: 32837080
- Volkow, N.D., Michaelides, M., Baler, R. 2019. The Neuroscience of Drug Reward and Addiction. *Physiol. Rev.* 99, 2115–2140.
- Wang F, Boros S. 2021. The effect of physical activity on sleep quality: a systematic review. *Eur J Physiother.* 23:11-8. 10.1080/21679169.2019.1623314
- Wang, W., Du, X., Guo, Y., et al., 2021. Association between problematic internet use and behavioral/emotional problems among Chinese adolescents: The mediating role of sleep disorders. *PeerJ.* 9, e10839.
- WHO. Public health implications of excessive use of the Internet and other communication and gaming platforms 2018. <https://www.who.int/news-room/detail/13-09-2018-public-health-implications-of-excessive-use-of-the-internet-and-other-communication-and-gaming-platforms>. Accessed Mar 2, 2023

- Williamson, A.M., Feyer, A.M., 2000. Moderate Sleep Deprivation Produces Impairments in Cognitive and Motor Performance Equivalent to Legally 89 Prescribed Levels of Alcohol Intoxication. *J Occup Environ Med*, 57: pp.649-655.
- Wise, R.A.; Robble, M.A. 2020. Dopamine and Addiction. *Annu. Rev. Psychol.* 71, 79–106. [CrossRef] [PubMed]
- Wosik, J., Fudim, M., Cameron B, et al. 2020. Telehealth transformation: COVID-19 and the rise of virtual care. *J Am Med Inform Assoc.* 27(6):957-962. doi: 10.1093/jamia/ocaa067. PMID: 32311034; PMCID: PMC7188147.
- Wunsch K, Kasten N, Fuchs R. 2017. The effect of physical activity on sleep quality, well-being, and affect in academic stress periods. *Nat Sci Sleep.* 9:117-26. 10.2147/NSS.S132078
- You, Z., Mei, W., Ye, N., et al. 2020. Mediating effects of rumination and bedtime procrastination on the relationship between Internet addiction and poor sleep quality. *J Behav Addict* 10:1556
- Younes F, Halawi G, Jabbour H et al. 2016. Internet addiction and relationships with insomnia, anxiety, depression, stress and self-esteem in university students: a cross-sectional designed study. *PLoS One* 11:e0161126
- Young, K. S. 1998. Internet addiction: The emergence of a new clinical disorder. *CyberPsychology and Behavior*, 1(3), 237-244. <https://doi.org/10.1089/cpb.1998.1.237>
- Zhang, M.W.B., Lim, R., Lee, C., et al. 2018. Prevalence of Internet Addiction in Medical Students: a Meta-analysis. *Academi. Psychiatry J. Am. Assoc. Dir. Psychiatr. Resid. Train. Assoc. Acad. Psychiatry* 42, 88–93. <https://doi.org/10.1007/s40596-017-0794-1>
- Zhao H, Lu C, Yi C. 2023. Physical activity and sleep quality association in different populations: a meta-analysis. *Int J Environ Res Public Health.* 2023, 20:1864. 10.3390/ijerph20031864
- Zonfrillo, M.R., Leventer-Roberts, M., Dziura, J.D., et al. 2013. Overweight physicians during residency: a cross-sectional and longitudinal study. *J Grad Med Educ*; 5(3): pp. 405–411