

DAFTAR PUSTAKA

- Agustini, N.N.M. & Utami, D.K.I., 2016. Proporsi dan Karakteristik Insomnia Primer Kronis pada Remaja Sekolah Menengah Atas di Denpasar. In *Continuing Medical Education on Neurology*.
- Alloway, C.E.D., Ogilvie, R. & Colin M Shapiro, 1997. The Alpha Attenuation Test Assessing Excessive Daytime Sleepiness in Narcolepsy-Cataplexy. *Sleep*, 2(46), pp.258–66.
- American Psychiatric Association, 2013. Diagnostic and Statistical Manual of Mental Disorders (DSM-5®) - *American Psychiatric Association* -.
- American Sleep Apnea Association, 1999. *The Morning After: A Guide to Understanding Your Sleep Study*.
- Ashida, K. *et al.*, 2015. Effective rocking motion for inducing sleep in adults - Verification of effect of mother ' s embrace and rocking motion. *Journal of Robotics, Networks and Artificial Life*, 1(4), pp.285–290.
- Assefa, S.Z., Wickwire, E.M. & Scharf, S.M., 2015. The Functions of Sleep. *neuroscience*, 2(3), pp.155–171.
- Baehr, M. & Frotscher, M., 2005. *Duus' Topical Diagnosis in Neurology 4th ed.*, Stuttgart, New York: Thieme.
- Baker, F., Turlington, S. & Colrain, I., 2012. Developmental changes in the sleep electroencephalogram of adolescent boys and girls . PubMed Commons. *J Sleep Res*, 21(1), pp.59–67.
- Bannister, K. *et al.*, 2015. Diffuse noxious inhibitory controls and nerve injury : restoring an imbalance between descending monoamine inhibitions and. *Pain*, 156(9), pp.1803–11.
- Bartel, A.K. *et al.*, 2016. Protective and Risk Factors associated with Adolescent Sleep: Findings from Australia , Canada and The Netherlands . *Sleep Medicine*.
- Basta, M. *et al.*, 2007. Chronic Insomnia and Stress System. *Sleep Med Clin*, 2(2), pp.279–291.

- Bastien, Â.H., Vallie, A. & Morin, C.M., 2001. Validation of the Insomnia Severity Index as an outcome measure for insomnia research. *Sleep Med*, 2, pp.297-307.
- Bonnet, M.H. & Arand, D.L., 2010. Hyperarousal and insomnia : State of the science. *Sleep Medicine Reviews*, 14(1), pp.9–15.
- Bonnet, M.H. & Arand, D.L., 2016. Treatment of Insomnia. *UpToDate*.
- Bosco, C. *et al.*, 2000. Hormonal responses to whole-body vibration in men. *Eur J Appl Physiol*, 81, pp.449–54.
- Buckley, T.M. & Schatzberg, A.F., 2005. Review : On the Interactions of the Hypothalamic- Pituitary-Adrenal (HPA) Axis and Sleep : Normal HPA Axis Activity and Circadian Rhythm , Exemplary Sleep Disorders. *J Clin Endocrinol & Metab*, 90(5), pp.3106–3114.
- Burke, S.M., 2016. The Impact of Media Use on Sleep in Adolescents are in a critical The Role of the Pediatric Nurse : Education and K. Goldschmidt, ed. *Journal of Pediatric Nursing*, 31(5), pp.556–558.
- Bush, B.B. & Hudson, T., 2010. The Role of Cortisol in Sleep. *Natural Medicine Journal*, 2(6), pp.1-6.
- Buysse, D. *et al.*, 1989. The Pittsburgh Sleep Quality Index : a new instrument for psychiatric practice and research . PubMed Commons. *Psychiatry Res*, 28(2), pp.193–213.
- Cain, N. & Gradisar, M., 2010. Electronic media use and sleep in school-aged children and adolescents : A review. *Sleep Medicine*, 11(8), pp.735–742.
- Campbell, I. *et al.*, 2012. Sex , puberty , and the timing of sleep EEG measured adolescent brain PubMed Commons. *Proc Natl Acad Sci U S A*, 109(15).
- Cardinali, D.P. & Esquifino, A.I., 2012. Sleep and the Immune System. *Current Immunology Review*, 8, pp.50–62.
- Carskadon, M.A., 2011. S l e e p i n A d o l e s c e n t s : The Perfect Storm. *Pediatr Clin N Am* ,58, 637–647□
- Carskadon, M.A. & Dement, W.C., 2011. Normal Human Sleep : An Overview. , *Principles and practice of sleep medicine*, 5, pp.16–26.
- Chaput, J. *et al.*, 2016. Sleep and cardiometabolic risk in children and adolescents.

Sleep Medicine Review, 29, pp.76–100.

- Chebbi, R. *et al.*, 2014. The nucleus raphe magnus OFF-cells are involved in diffuse noxious inhibitory controls. *Experimental Neurology*, 256, pp.39–45.
- Colten, H.R., Altevogt, B.M. & Research, I. of M. (US) C. on S.M. and, 2006. Extent and Health Consequences of Chronic Sleep Loss and Sleep Disorders. *National Academies Press (US)*.
- Crowley, S.J., Acebo, C. & Carskadon, M.A., 2007. Sleep, circadian rhythms, and delayed phase in adolescence. *Sleep Medicine*, 8, pp.602–612.
- Cunnington, D. & Fernando, A.T., 2013. Insomnia: prevalence, consequences and effective treatment. *MJA*, 199(October), pp.36–40.
- Davidson, J.R., 2013. Recognizing and Treating Insomnia. *The Canadian Journal of Diagnosis*, (March), pp.90–93.
- Dmitriev AS, T.G., 1988. Effect of low-frequency whole-body vertical vibration on the serotonergic system of the brain and spinal cord. *Kosm Biol Aviakosm Med*, 22(1), pp.45–9.
- Elder, G.J. *et al.*, 2014. The cortisol awakening response e Applications and implications for sleep medicine. *Sleep Med Rev*, 18(3), pp.215–224.
- Ellis, J.G. *et al.*, 2012. Acute insomnia: Current conceptualizations and future directions. *Sleep Med Rev*, 16, pp.5–14.
- Feinberg, I. & Campbell, I.G., 2010. Brain and Cognition Sleep EEG changes during adolescence: An index of a fundamental brain reorganization. *Brain and Cognition*, 72(1), pp.56–65.
- Fleshner, M. *et al.*, 2011. Circadian regulation of sleep – wake behaviour in nocturnal rats requires multiple signals from suprachiasmatic nucleus. *Phil. Trans. R. Soc. A*, 369, pp.3855–3883.
- Garcia, D., 2008. The Effect of Chronic Disorders on Sleep in the Elderly. *Clin Geriatr Med*, 24, pp.27–38.
- Gellis, L.A. & Lichstein, K.L., 2009. Sleep Hygiene Practices of Good and Poor Sleepers in the United States: An Internet-Based Study. *Behavior Therapy*, 40(1), pp.1–9.
- Gilman, S., 2002. Joint position sense and vibration sense: anatomical

- organisation and assessment., *J Neurol Neurosurg Psychiatry*, 73, pp.473–478.
- Gradisar, M., Gardner, G. & Dohnt, H., 2011. Recent worldwide sleep patterns and problems during adolescence : A review and meta-analysis of age , region , and sleep. *Sleep Medicine*, 12(2), pp.110–118.
- Griffin, M. *et al.*, 2008. Guide to Good Practice on Whole-Body Vibration. *EU Good Practice Guide WBV*, pp.1–65.
- Griffin, M.J., 1990. *Handbook of Human Vibration* , Southampton, U.K.: Academic Press.
- Guyton, A.C. & Hall, J.E., 2006. *Textbook of Medical Physiology*, Pennsylvania: Elsevier Saunders.
- Hagenauer, M.H. & Lee, T.M., 2013. Hormones and Behavior Adolescent sleep patterns in humans and laboratory animals. *Hormones and Behavior*, 64(2), pp.270–279.
- Hale, L. & Guan, S., 2015. Screen time and sleep among school-aged children and adolescents : A systematic literature review. *Sleep Medicine Reviews*, 21, pp.50–58.
- Haryono, A. *et al.*, 2009. Prevalensi Gangguan Tidur pada Remaja Usia 12- 15 Tahun di Sekolah Lanjutan Tingkat Pertama. *Sari Pediatri*, 11(3), pp.149–154.
- Hidalgo, J.L. *et al.*, 2012. Understanding insomnia in older adults. , pp.1086–1093.
- Hirshkowitz, M. *et al.*, 2015. National sleep foundation’s sleep time duration recommendations: Methodology and results summary. *Sleep Health*, 1(1), pp.40–43.
- Hummer, D.L. & Lee, T.M., 2016. Daily timing of the adolescent sleep phase: Insights from a cross-species comparison. *Neuroscience and Biobehavioral Reviews*.
- Hysing, M. *et al.*, 2014. Sleep and use of electronic devices in adolescence: results from a large population-based study. *BMJ open*.
- International Organization for Standardization., 1997. ISO 2631-1:1997(en).

- Inaba, R., Furuno, T. & Okada, A., 1988. Effects of local vibration exposure on whole blood viscosity in rats. *Sangyo Igaku. Japanese Journal of Industrial Health*, 30(5), pp.392–5.
- Irwin, M. *et al.*, 2003. Nocturnal catecholamines and immune function in insomniacs , depressed patients , and control subjects . PubMed Commons. *Brain Behav Immun*, 17(5), pp.365–72.
- J.Mansfield, N., 2005. Human Response to Vibration, Boca Raton London New York Washington, D.C.: *CRC Press LLC*.
- Johanning, E., 2015. Whole-body vibration-related health disorders in occupational medicine – an international comparison. *Ergonomis*, (February), pp.37–41.
- Joshua Woggon, 2011. Whole Body Vibration Therapy Research Packet.,pp.1–21.
- Kjellberg, A., 1990. Psychological Aspect of Occupational Vibration. *Scand J Work Environ Health*, 16(1), pp.39–43.
- Kimura, H. *et al.*, 2010. Sleep-Inducing Factors in Mechanical. *Journal of Environment and Engineering*, 5(2), pp.275–286.
- Lahorgue, M. & Bruni, O., 2015. Insomnia in childhood and adolescence : clinical aspects , diagnosis , and therapeutic approach & . *Jornal de Pediatria*, 91(6), pp.S26–S35.
- Lakocevic, M. *et al.*, 2011. The alpha attenuation test: Assessment of alpha blockade efficiency in narcolepsy. *Journal of the Neurological Sciences*, 333(2013), p.e621.
- Lee-Chiong, J.T., 2008. Sleep Medicine Essentials and Review, *Oxford University Press*.
- Lemola, S. *et al.*, 2015. Morning cortisol secretion in school-age children is related to the sleep pattern of the preceding night. *Psychoneuroendocrinology*, 52, pp.297–301.
- Levenson, J.C., Kay, D.B. & Buysse, D.J., 2015. The Pathophysiology of Insomnia. *CHEST*, 147.
- Loredo, J.S. *et al.*, 2010. Sleep Health in U . S . Hispanic Population

- Loreto, C.D. *et al.*, 2004. Effect of Whole Body Vibration Exercise on the Endocrine that Might be Used for The Treatment of Obesity 40 Date as No Controlled Trial Has Examined The Effects. *J. Endocrinol. Invest*, 27, pp.323–7.
- Le Bars, D. *et al.*, 1992. Diffuse noxious inhibitory controls (DNIC) in animals and in man . *Patol Fiziol Eksp Ter*, (4).
- Marques, D.R. *et al.*, 2015. Hyperarousal and failure to inhibit wakefulness in primary insomnia : “ Birds of a feather ”? *Sleep and Biological Rhythms*, 13(January), pp.219–228.
- Mastin, L., 2013. Types and Stages of Sleep. *Sleep*.
- Matricciani, L., Olds, T. & Petkov, J., 2012. In search of lost sleep : Secular trends in the sleep time of school-aged children and adolescents. *Sleep Medicine Reviews*, 16(3), pp.203–211.
- Minasian, S. *et al.*, 1985. Biogenic amine content of brain sections, blood and adrenals of rabbits exposed to vibration. *Fiziologicheskii Zhurnal SSSR Imeni I.M Sechenova*, 71(4), pp.439–45.
- Mindell, J.A. *et al.*, 2009. Developmental aspects of sleep hygiene : Findings from the 2004 National Sleep Foundation Sleep in America Poll. *Sleep Medicine*, 10(7),pp.771–779.
- Mistlberger, R.E., 2005. Circadian regulation of sleep in mammals : Role of the suprachiasmatic nucleus. *Brain Research Reviews*, 49, pp.429–454.
- Monaghan, S.J. & Twest, D.C. Van, 2004. Whole Body Vibration-Review of Australian and International Standards and The Future., *Proceeding of ACOUSTICS*, (November), pp.609–614.
- Moraes, W.A.S., 2015. Insomnia in the elderly : the role of age-related changes in sleep. *Sleep Medicine*, 16(1), pp.3–4.
- Morin, C.M. *et al.*, 2011. The Insomnia Severity Index : Psychometric Indicators to Detect Insomnia Cases and Evaluate Treatment Response. *Sleep*, 34(5), pp.601–608.
- Morin, C.M. & Benca, R., 2012. Chronic insomnia. *The Lancet*, 379(9821), pp.1129–1141.

- Nakamura, H. *et al.*, 1992. Activation of cerebral dopaminergic systems by noise and whole-body vibration. *Environmental Research*, 57(1), pp.10–8.
- National Sleep Foundation, 2006. *Sleep-Wake Cycle : Its Physiology and Impact on Health*.
- Nedberg, D.F., 2015. *Vibrations ' Influence on Human Physiology*. , (February).
- Ngoerah, I.G.N.G., 1991. *Dasar-dasar Ilmu Penyakit Saraf*, Airlangga University Press.
- National Sleep Foundation, 2017. *Sleeptionary-Definition of Common Sleep Term*, Natinal Sleep Foundation
- Ohayon, M Maurice, C.F.R., 2009. Epidemiological and clinical relevance of insomnia diagnosis algorithms according to the DSM-IV and the International Classification of Sleep Disorders (ICSD). *Sleep Med*, 10(9), pp.952–960.
- Ohio Sleep Medicine Institute, 2015. *Sleep Hygiene Guidelines*, OSMI.
- Okada, A., 1986. Physiological response of the rat to different vibration frequencies. *Scandinavian Journal of Work, Environment & Health*, 12(4), pp.362–4.
- Okada, A., Arizumi, M. & Okamoto, G., 1983. Changes in cerebral norepinephrine induced by vibration or noise stress. *European Journal of Applied Physiology and Occupational Physiology*, 52(1), pp.94–7.
- Parthasarathy, S. *et al.*, 2015. Persistent Insomnia is Associated with Mortality Risk. *The American Journal of Medicine*, 128(3), p.268–275.e2.
- Perlis, M.L., Smith, M.T. & Pigeon, W., 2005. Etiology and Pathophysiology of Insomnia. In *Principles and Practice of Sleep Medicine*. pp. 714–725.
- Polos, P.G. *et al.*, 2015. The impact of Sleep Time-Related Information and Communication Technology (STRICT) on sleep patterns and daytime functioning in American adolescents. *Journal of Adolescence*, 44, pp.232–244.
- Rasmussen, G., 1983. Human Body Vibration Exposure and Its Measurement. *J Acoust Soc Am*, 73(1), pp.1–27.
- Richardson, G.S., 2008. Human physiological models of insomnia. *Sleep*

Medicine, 4, pp.9–14.

Riemann, D. *et al.*, 2002. Nocturnal cortisol and melatonin secretion in primary insomnia . PubMed Commons. *Psychiatry Res*, 113(1–2).

Riemann, D. *et al.*, 2010. The hyperarousal model of insomnia : A review of the concept and its evidence. *Sleep Medicine Reviews*, 14(1), pp.19–31.

Rodenbeck, A. *et al.*, 2002. Interactions between evening and nocturnal cortisol secretion and sleep parameters in patients with severe chronic primary insomnia . PubMed Commons. *Neurosci Lett*, 324(2), pp.159–63.

Roth, Ñ.T., Roehrs, T. & Pies, R., 2007. Insomnia : Pathophysiology and implications for treatment. *Sleep Medicine Reviews*, 11, pp.71–79.

Roth, T. *et al.*, 2011. Prevalence and perceived health associated with insomnia based on DSM- IV-TR ; International Statistical Classification of Diseases and Related Health Problems , Tenth Revision ; and Research Diagnostic Criteria / International Classification of Sleep Dis. *Biol Psychiatry*, 69(6), pp.592–600.

Sá-caputo, D.C. *et al.*, 2015. Alterations on the plasma concentration of hormonal and non hormonal biomarkers in human beings submitted to whole body vibration exercises. *Academic Journals*, 10(914), pp.287–297.

Saper, C.B. & Fuller, P.M., 2017. ScienceDirect Wake – sleep circuitry : an overview. , pp.186–192.

Sateia, M.J., 2014. International Classification of Sleep Disorders-Third Edition. , pp.1387–1394.

Satou, Y. *et al.*, 2009. Effect of Short-term Exposure to Whole Body Vibration in Humans : Relationship between Wakefulness Level and Vibration Frequencies. *Kurume Medical Journal*, 56(1–2), pp.17–23.

Schutte-Rodin, S. *et al.*, 2008. Clinical Guideline for the Evaluation and Management of Chronic Insomnia in Adults. *Journal of Clinical Sleep Medicine*, 4.

Shochat, T., Cohen-zion, M. & Tzischinsky, O., 2014. Functional consequences of inadequate sleep in adolescents : A systematic review. *Sleep Medicine Reviews*, 18(1), pp.75–87.

- Sisk, C.L. & Zehr, J.L., 2005. Pubertal hormones organize the adolescent brain and behavior. , 26, pp.163–174.
- Smith, M. *et al.*, 2013. On the Influence of Freight Trains on Humans : A Laboratory Investigation of the Impact of Nocturnal Low Frequency Vibration and Noise on Sleep and Heart Rate. , 8(2).
- Smith, M.G. *et al.*, 2015. Physiological reaction thresholds to vibration during sleep. *EuroNoise*, pp.1–6.
- Smith, M.G., 2012. Vibration and Noise induced sleep disturbance from freight trains-The importance of vibration direction. *Proceedings of meetings on acoustics Acoustical Society of America 15(1)*, (4).
- Tarokh, L., Saletin, J.M. & Carskadon, M.A., 2016. Sleep in adolescence: Physiology, cognition and mental health. *Neuroscience and Biobehavioral Reviews*.
- Thorpy, M., 2016. Sleep Hygiene. *National Sleep Foundation*.
- Troxel, W.M. *et al.*, 2015. Evaluating the Impact of Whole-Body Vibration (WBV) on Fatigue and the Implications for Driver Safety, *RAND Corporation*.
- Tuomi, J., Kuune-Koivisto, M. & Partinen, M., 2016. The effects of Whole-Body Vibration Therapy on Patients with Primary Insomnia.
- Utami, D.K.I. *et al.*, 2018. Building Design and Performance Test of Vibration Beds with Whole Body Vibration. , *Journal of Global Pharma Technology* pp.35–41.
- Vgontzas, A.N. *et al.*, 2001. Chronic Insomnia Is Associated with Nyctohemeral Activation of the Hypothalamic-Pituitary-Adrenal Axis : Clinical Implications. *The Journal of Clinical Endocrinology & Metabolism*, 86(8), pp.3787–3794.
- Voinescu, B.I. & Szentagotai-tatar, A., 2015. Sleep hygiene awareness : its relation to sleep quality and diurnal preference. , *JMP*, pp.1–7.
- W H O, 2004. WHO technical meeting on sleep and health European Centre for Environment and Health. , (January), pp.22–24.
- Watson, N.F. *et al.*, 2015. Joint Consensus Statement of the American Academy

of Sleep Medicine and Sleep Research Society on the Recommended Amount of Sleep for a Healthy Adult: Methodology and Discussion. *Journal of Clinical Sleep Medicine*, 11(8), pp.931–952.

Wennberg, A.M. *et al.*, 2013. Optimizing sleep in older adults : Treating insomnia. *Maturitas*, 76(3), pp.247–252.

WHO Expert Committee, 2006. Guidelines on good manufacturing practices : validation. , 4(937), pp.75–86.

Wijk, G. Van & Veldhuijzen, D.S., 2010. Perspective on Diffuse Noxious Inhibitory Controls as a Model of Endogenous Pain Modulation in Clinical Pain Syndromes. *The Journal of Pain*, 11(5), pp.408–419.

Wong, J.Y., 2001. Theory of Ground Vehicles 3rd ed., United States of America: *John Wiley & Sons, Inc.*

Yamaguchi, Y., 1985. The response of monoamines in the rat brain to local vibration exposure. *Sangyo Igaku. Japanese Journal of Industrial Health*, 27(2), pp.73–82.

Zucconi, M. & Raffaele Ferri, 2014. B. Assessment of sleep disorders and diagnostic procedure 1. Classification of Sleep Disorders. *European Sleep Research Society*.pp. 95-109