

DAFTAR PUSTAKA

- American Psychiatric Association (2000). Diagnostic and Statistical Manual of Mental Disorder (4th ed) Text Revision. Washington, DC: Author.
- Alapin, I., Fichten, S.C., Libman, E., Creti, L., Bailes, S., & Wright, J. (2000). How is good and poor sleep in older adults and college students related to daytime sleepiness, fatigue, and ability to concentrate?. *Journal of Psychosomatic Research*, Vol. 49, Issue. 5. 381 – 390. Available online January 24, 2001. <http://omega.dawsoncollege.qc.ca/cfichten>
- Bachtiar, Wardhana, W. (2000). Kenapa Miras Harus Dilarang. www.Indomedia.com
- Baillargeon, L., Demers, M., & Ladoucer, R. (1998). Stimulus Control: Non-pharmacological treatment for insomnia. *Canada Family Physician*, 44, 73 – 79
- Barlow, D.H., & Hersen, M. (1984). Single Case Experimental Design: Study for Studying Behavior Change (second edition). USA: Pergamon Press.Inc
- Cara Efektif Hilangkan Insomnia. (2002). www.sinarharapan.co.id/ipitek/kesehatan/index/html
- Cendrakasih, Anita. (2000). Harapan Penyembuhan untuk Penderita insomnia. www.Indomedia.com
- Cheek, R.E., Shayer, J.L., & Lentz, M.J. (2004). Lifestyle Practices and Nocturnal Sleep in Midlife Women With and Without Insomnia. *Biological Research For Nursing*. Vol.6, No.1,46 – 58.
- Cochran, H. (2003). Diagnose and Treat Primary Insomnia. *The Nurse Practitioner*, Vol. 28, No. 9, 13 – 29
- Creti, L., Libman, E., Brender, W., Amsel, R., & Fichten, C.S. (1997). What Do Older Good and Poor Sleepers Do During Periods of Nocturnal Wakefulness? The Sleep Behaviors Scale: 60+. *Psychology and Aging*. Vol.12. No. 1. 170 – 182
- Currie, S.R., Wilson, K.G., Pontefract, A.J., & deLapante, L. (2000). Cognitive-Behavioral Treatment of Insomnia Secondary To Chronic Pain. *Journal of Consulting and Clinical Psychology*, 68 (3), 407-416.
- Departemen Kesehatan Republik Indonesia. (2005). Pemerintah Berupaya Turunkan Konsumsi Rokok. www.depkes.go.id Download 24-06-2005



- Espie, C.A. (2002). Insomnia: Conceptual Issues in the Development, Persistence, and Treatment of Sleep Disorder in Adults. *Annual Review Psychology*, 53: 215 – 43
- Gunawan, L. (2001). Insomnia Gangguan Sulit Tidur. Yogyakarta: Penerbit Kanisius.
- Halgin, R.P., & Whitbourne, S.K. (1994). Abnormal Psychology: The human experience of psychology disorders. USA: Harcourt Brace & Company.
- Hardjanta, G. (1993). Pengaruh Terapi Kontrol Stimulus dan Logoterapi Terhadap Insomnia. *Tesis*. (tidak diterbitkan). Yogyakarta: Program Pascasarjana Fakultas Psikologi Universitas Gadjah Mada.
- Hollbrook, A.M., Crowther, R., Lotter, A., Cheng, C., & King, D. (2000). The diagnosis and management of insomnia in clinical practice: a practical evidence-based approach. *Journal of Canadian Medical Association*, 162 (2), 216-220.
- Iskandar, Yul., & Setyonegoro, R.K. (1985). Psikiatri Biologik: Diagnosa dan Terapi dari Insomnia. (Volume 3). Jakarta : Yayasan Dharma Graha.
- Kaplan, H.I., Saddock, B.J., & Grebb, J.A. (1997). Sinopsis Psikiatri: Ilmu Pengetahuan Perilaku: Psikiatri Klinis Jilid II. Jakarta: Binarupa Aksara.
- Kazdin, Alan, E. (1994). Behavior Modification In Applied Settings. California: Brooks/Cole Publishing Company.
- Krakov, B., Johnston, L., Melendrez, D., Hollifield, M., Warner, T.D., Kennedy, Debby, C., Herlan, M.J. (2001). An Open-Label Trial of Evidence-Based Cognitif Behavior Therapy for Nightmares and Insomnia in Crime Victims With PTSD. *American Journal Psychiatry*, 158, 2043-2047.
- Kupfer, D.J., & Reynolds, C.F. (1997). Management of Insomnia. Current Concepts. *The New England Journal of Medicine*. Vol. 336. No. 5. 341 – 346. Download from www.nejm.org January 12, 2005
- Kusuma, W. (1997). Kedaruratan Psikiatrik dalam Praktek. Jakarta: Professional Books
- Lacks, P., & Morin, C.M. (1992). Recent Advances in the Assesment and Treatment of Insomnia. *Journal of Consulting and Clinical Psychology*, 60 (4), 586-594.

- Leopando, Z.E., Cruz, A.D., Dexter, D., Marcos, J.A & Alba, M.E. (2002). Clinical practice guideline on the diagnosis and management of insomnia in family practice. *Asia Pacific Family Medicine*. 1: 94 – 100.
- Lichstein, K.L., Wilson, N.M., & Johnson, C.T. (2000). Psychological Treatment of Secondary Insomnia. *Psychology and Aging*, 15, 2, 232 – 240.
- Lichstein, K.L., Cooper, T.V., & Aguillard, N. (2003). Hypnotic Dependent Insomnia in an Older Adult with Addiction Prone Personality. *Clinical Case Studies*, Vol. 2, No. 4. p.247
- Lushington, K., & Lack, L. (2002). Non-Pharmacological Treatments of Insomnia. *Israel Journal Psychiatry Relat Science*. Vol. 39. No. 1. 36 – 49
- Maas, James, B. (1998). Power Sleep: Kiat-kiat Tidur Sehat untuk Mencapai Kondisi dan Prestasi Puncak. Bandung: Kaifa
- Maramis, W.F. (1980). Catatan Ilmu Kedokteran Jiwa. Surabaya: Airlangga University Press.
- Meyer, Thomas, B. (2001). Evaluation and Management of Insomnia. www.hosprract.com
- Morin, C.M., & Lichstein, K.L. (2000). Treatment of late-life insomnia. USA: Sage Publications Inc.
- Morin, C.M., Kowatch, R.A, Barry, T., & Walton E. (1993). Cognitif–Behavior Therapy for Late–Life Insomnia. *Journal of Consulting and Clinical Psychology*, Vol. 61, No.1, 137-146.
- Morin, M.C., Stone, J., Trinkle, D., Mercer, J., & Remsberg, S. (1993). Dysfunctional Beliefs and Attitudes About Sleep Among Older Adults With and Without Insomnia Complaints. *Psychology and Aging*. Vol. 8. No. 3. 463 – 467
- National Heart, Lung, and Blood Institute Working Group On Insomnia, (1999). Insomnia: Assessment and Management in Primary Care. www.aafp.org/afp
- National Institutes of health. (October 1995). Insomnia. No. 95-3801
- Panteri, I.G.P. (1993). Gangguan Tidur (Insomnia) dan Terapinya Suatu Kajian Pustaka. *Majalah Ilmiah Unud*, 37, 29-35.