

## DAFTAR PUSTAKA

- AlOmar, R. S., AlShamlan, N. A., Alawashiz, S., Badawood, Y., Ghwoidi, B. A., & Abugad, H. (2021). Musculoskeletal symptoms and their associated risk factors among Saudi office workers: a cross-sectional study. *BMC Musculoskeletal Disorders*, 22(1), 1–10. <https://doi.org/10.1186/s12891-021-04652-4>
- Althomali, O. W., Amin, J., Alghamdi, W., & Shaik, D. H. (2021). Prevalence and factors associated with musculoskeletal disorders among secondary schoolteachers in Hail, Saudi Arabia: A cross-sectional survey. *International Journal of Environmental Research and Public Health*, 18(12). <https://doi.org/10.3390/ijerph18126632>
- Aulianingrum, P., & Hendra, H. (2022). Risk Factors of Musculoskeletal Disorders in Office Workers. *The Indonesian Journal of Occupational Safety and Health*, 11(SI), 68–77. <https://doi.org/10.20473/ijosh.v11isi.2022.68-77>
- Bleyer, F. T. de S., Barbosa, D. G., Andrade, R. D., Teixeira, C. S., & Felden, É. P. G. (2015). Sleep and musculoskeletal complaints among elite athletes of Santa Catarina. *Revista Dor*, 16(2), 102–108. <https://doi.org/10.5935/1806-0013.20150020>
- Bulmer, S., Aisbett, B., Drain, J. R., Roberts, S., Gastin, P. B., Tait, J., & Main, L. C. (2022). Sleep of recruits throughout basic military training and its relationships with stress, recovery, and fatigue. *International Archives of Occupational and Environmental Health*, 95(6), 1331–1342. <https://doi.org/10.1007/s00420-022-01845-9>
- Campanini, M. Z., González, A. D., Andrade, S. M., Giroto, E., Cabrera, M. A. S., Guidoni, C. M., Araujo, P. C. A., & Mesas, A. E. (2022). Bidirectional associations between chronic low back pain and sleep quality: A cohort study with schoolteachers. *Physiology and Behavior*, 254(June). <https://doi.org/10.1016/j.physbeh.2022.113880>
- Clementine Grandou; Lee Wallace; Hugh HK Fullagar; Rob Duffield; Simon

- Burley. (2019). The effects of sleep loss on military physical performance. *Sport & Exercise Discipline Group, University of Technology 10 Sydney, Moore Park, Australia*, 4(1), 3–4.
- Cooper. (2005). Journal of Exercise Physiology online. *Journal of Exercise Physiology*, 8(1), 11–25.
- Fabbri, M., Beracci, A., Martoni, M., Meneo, D., Tonetti, L., & Natale, V. (2021). Measuring subjective sleep quality: A review. *International Journal of Environmental Research and Public Health*, 18(3), 1–57. <https://doi.org/10.3390/ijerph18031082>
- Herrero Babiloni, A., De Koninck, B. P., Beetz, G., De Beaumont, L., Martel, M. O., & Lavigne, G. J. (2020). Sleep and pain: recent insights, mechanisms, and future directions in the investigation of this relationship. *Journal of Neural Transmission*, 127(4), 647–660. <https://doi.org/10.1007/s00702-019-02067-z>
- Holder, S., & Narula, N. S. (2022). Common Sleep Disorders in Adults: Diagnosis and Management. *American Family Physician*, 105(4), 397–405. <http://dx.doi.org/>
- Huang, K., & Ihm, J. (2021). Sleep and Injury Risk. *Current Sports Medicine Reports*, 20(6), 286–290. <https://doi.org/10.1249/JSR.0000000000000849>
- Jiska Cohen-Mansfield, Maha Dakheel-Ali, MD, Marcia S. Marx, PhD, Khin Thein, MD, and Natalie G. Regier, P., & Waage et al. (2017). 乳鼠心肌提取 HHS Public Access. *Physiology & Behavior*, 176(1), 139–148. <https://doi.org/10.1002/ajim.22626>.Differences
- John E. Hall, Michael E. Hall, A. C. G. (2021). *Guyton and Hall Textbook of Medical Physiology. 14th ed.* (Issue 1).
- KATHLEEN J. SEXTON-RADEK GRACI, A. G. (2022). Sleep Disorders : Elements, History, Treatments, and Research. In *Angewandte Chemie International Edition*, 6(11), 951–952.
- Li, X., Yang, X., Sun, X., Xue, Q., Ma, X., & Liu, J. (2021). Associations of musculoskeletal disorders with occupational stress and mental health

- among coal miners in Xinjiang, China: a cross-sectional study. *BMC Public Health*, 21(1), 1–10. <https://doi.org/10.1186/s12889-021-11379-3>
- Mallapiang, F., Azriful, Nildawati, Syarfaini, Muis, M., & Adriansyah. (2021). The relationship of posture working with musculoskeletal disorders (MSDs) in the weaver West Sulawesi Indonesia. *Gaceta Sanitaria*, 35, S15–S18. <https://doi.org/10.1016/j.gaceta.2020.12.005>
- Mireku, M. O., & Rodriguez, A. (2021). Sleep duration and waking activities in relation to the national sleep foundation's recommendations: An analysis of us population sleep patterns from 2015 to 2017. *International Journal of Environmental Research and Public Health*, 18(11). <https://doi.org/10.3390/ijerph18116154>
- Motaqi, M., & Ghanjal, A. (2019). Musculoskeletal Disorders (Definition , Causes , Risk Factors , and Prevention): Part I . *International Journal of Musculoskeletal Pain Prevention*, 4(1), 127–131. <https://doi.org/10.52547/ijmpp.4.1.127>
- Okezue, O. C., Anamezie, T. H., Nene, J. J., & Okwudili, J. D. (2020). Work-Related Musculoskeletal Disorders among Office Workers in Higher Education Institutions: A Cross-Sectional Study. *Ethiopian Journal of Health Sciences*, 30(5), 715–724. <https://doi.org/10.4314/ejhs.v30i5.10>
- Rahmanianda, M. (2018). Hubungan Kualitas Tidur Terhadap Keluhan Musculoskeletal Disorders (MSDs) Pada Mahasiswa Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang. *Convention Center Di Kota Tegal*, 4(80), 4.
- Ramar, K., Malhotra, R. K., Carden, K. A., Martin, J. L., Abbasi-Feinberg, F., Aurora, R. N., Kapur, V. K., Olson, E. J., Rosen, C. L., Rowley, J. A., Shelgikar, A. V., & Trotti, L. M. (2021). Sleep is essential to health: An American Academy of Sleep Medicine position statement. *Journal of Clinical Sleep Medicine*, 17(10), 2115–2119. <https://doi.org/10.5664/jcsm.9476>
- Robert, B., & Brown, E. B. (2019). *Ergonomics and musculoskeletal*

*disorders (MSDs) in the workplace: a forensic and epidemiological analysis* (Issue 1).

- Silverthorn, D. (2019). PSL300: Human Physiology I. In *Human physiology: an integrated approach*, Eight ed. [http://library.wur.nl/WebQuery/clc/1836027%5Cnhttps://bb.tulsacc.edu/bbcswebdav/institution/Syllabus/archives/20092/Metro/Science-Math/BIO\\_2154\\_106\\_30426\\_20092.doc](http://library.wur.nl/WebQuery/clc/1836027%5Cnhttps://bb.tulsacc.edu/bbcswebdav/institution/Syllabus/archives/20092/Metro/Science-Math/BIO_2154_106_30426_20092.doc)
- Singh, S., & Jain, S. (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>
- Sofyan, D. K., & Amir. (2019). Determination of Musculoskeletal Disorders (MSDs) complaints level with Nordic Body Map (NBM). *IOP Conference Series: Materials Science and Engineering*, 505(1), 0–6. <https://doi.org/10.1088/1757-899X/505/1/012033>
- Suszyński, M., Butlewski, M., & Stempowska, R. (2017). Ergonomic solutions to support forced static positions at work. *MATEC Web of Conferences*, 137. <https://doi.org/10.1051/mateconf/201713701015>
- Syifa Annisa Zakirah. (2019). *Syifa Annisa Zakirah Gambaran Kualitas Tidur Wanita Yang Mengikuti Senam Terapi Ling Tien Kung Universitas Pendidikan Indonesia* I [respiratory.upi.edu](http://respiratory.upi.edu) I [perpustakaan.upi.edu](http://perpustakaan.upi.edu).
- Tanzila, R. A., Prameswarie, T., Hartanti, M. D., & Denaneer, T. (2021). The Correlation between Position and Duration Use of Laptops with Musculoskeletal Disorders (MSDs). *Mutiara Medika: Jurnal Kedokteran Dan Kesehatan*, 21(2), 79–85. <https://doi.org/10.18196/mmjkk.v21i2.11375>
- Troxel, W. M., Shih, R. a, Pedersen, E., Geyer, L., Fisher, M. P., Griffin, B. A., Haas, A. C., Kurz, J. R., & Steinberg, P. S. (2015). *Sleep Military*. [www.rand.org/t/rr739](http://www.rand.org/t/rr739)
- Vermetten, E., Germain, A., & Neylan, T. C. (2017). Sleep and combat-related post traumatic stress disorder. *Sleep and Combat-Related Post Traumatic Stress Disorder*, 1–424. <https://doi.org/10.1007/978-1-4939->

7148-0

Walker, J. (2020). Skeletal system 2: structure and function of the musculoskeletal system. *Nursing Times*, 116(3), 52–56.

Wang, F., & Bíró, É. (2021). Determinants of sleep quality in college students: A literature review. *Explore*, 17(2), 170–177. <https://doi.org/10.1016/j.explore.2020.11.003>