

DAFTAR PUSTAKA

- Abdullatif, A., S, A., G, F., & Alhussain. (2023). Chronotypes and their Association with Obesity-Related Lifestyle Behaviors among Young Female Adults. *International Journal of Environmental Research and Public Health*, 20(2).
- Allee, M. F., Anderson, S. E., Bloom, M. J., Jost, S. R., Keating III, D. P., Lang, A. S. I. D., Mankin, N. V., Mast, Z. W., Nelson, P. P., Spear, E. M., & Valderrama, E. F. (2020). The Influence of Chronotype and Grit on Lifestyle and Physical Activity. *Building Healthy Academic Communities Journal*, 4(2), 57. <https://doi.org/10.18061/bhac.v4i2.7617>
- Almas Khairana, S., Nurani, A., Dian Pranata, B., Nur Fidiyah, N., & Hartina Rahmawati, S. (2021). *Perbandingan Kualitas Tidur Mahasiswa Pre-Klinik dan Klinik selama Sistem Pembelajaran Daring A Comparison Of Sleep Quality Between Pre-Clinic and Clinical Students during Online Learning*. 29(1), 14–22.
- Almoosawi, S., Vingeliene, S., Gachon, F., Voortman, T., Palla, L., Johnston D, J., Dam, R. M. van, Leonidas, D., & Karagounis, C. (2019). Chronotype: Implications for Epidemiologic Studies on Chrono-Nutrition and Cardiometabolic Health. *Advances in Nutrition*, 10(1), 30–42. <https://doi.org/10.1093/advances/nmy070>
- Azad, M. C., Fraser, K., Rumana, N., Abdullah, A. F., Shahana, N., Hanly, P. J., & Turin, T. C. (2022). Sleep disturbances among medical students: A global perspective. *Journal of Clinical Sleep Medicine*, 11(1), 69–74. <https://doi.org/10.5664/jcsm.4370>
- Barrea, L., Muscogiuri, G., Pugliese, G., Modica, R., Laudisio, D., Aprano, S., Faggiano, A., Colao, A., & Savastano, S. (2021). Chronotype: what

- role in the context of gastroenteropancreatic neuroendocrine tumors? *Journal of Translational Medicine*, 19(1), 1–13. <https://doi.org/10.1186/s12967-021-03010-1>
- Bermudez, V. N., Fearon-drake, D., Wheelis, M., Cohenour, M., Suntai, Z., & Scullin, M. K. (2022). *Sleep disparities in the first month of college : implications for academic achievement. November*, 1–12.
- Bianca, N., Budiarsa, I. G. N. K., & Samatra, D. P. G. P. (2021). Gambaran Kualitas Tidur Mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Udayana pada Tahap Preklinik dan Klinik. *Jurnal Medika Udayana*, 10 No 2, 6.
- Blank, Y. (2019). The effects of changes in sleep schedule variability on first-year college students. *ProQuest Dissertations and Theses*, 82.
- Borowska, B., Suder, A., Kliś, K., & Wronka, I. (2022). Associations between Sleep Duration and Anthropometric Indices of Adiposity in Female University Students. *International Journal of Environmental Research and Public Health*, 19(18), 1–9. <https://doi.org/10.3390/ijerph191811681>
- Boua, R. P., Sorgho, H., Rouamba, T., Nakanabo Diallo, S., Bognini, J. D., Konkobo, S. Z., Valia, D., Lingani, M., Ouoba, S., Tougma, A. S., Bihoun, B., Crowther, N. J., Norris, S. A., Ramsay, M., & Tinto, H. (2018). Gender differences in sociodemographic and behavioural factors associated with BMI in an adult population in rural Burkina Faso—an AWI-Gen sub-study. *Global Health Action*, 11(sup2). <https://doi.org/10.1080/16549716.2018.1527557>
- Bragan, M. (2018). *Quality of Sleep and Depression in College Students : A Systematic Review*. 11(4), 290–301. <https://doi.org/10.5935/1984-0063.20180045>
- Depner, C. M., Melanson, E. L., Eckel, R. H., Stothard, E. R., Morton, S. J.,

- Wright, K. P., Depner, C. M., Melanson, E. L., Eckel, R. H., Snell-bergeon, J. K., & Perreault, L. (2019). Ad libitum Weekend Recovery Sleep Fails to Prevent Metabolic Dysregulation during a Repeating Pattern of Insufficient Sleep and Weekend Recovery Sleep Article Ad libitum Weekend Recovery Sleep Fails to Prevent Metabolic Dysregulation during a Repeating Pa. *Current Biology*, 29(6), 957-967.e4. <https://doi.org/10.1016/j.cub.2019.01.069>
- El Hangouche, A. J., Jniene, A., Aboudrar, S., Errguig, L., Rkain, H., Cherti, M., & Dakka, T. (2018). Relationship between poor quality sleep, excessive daytime sleepiness and low academic performance in medical students. *Advances in Medical Education and Practice*, 9, 631–638. <https://doi.org/10.2147/AMEP.S162350>
- Gioia, S. C., Guirette, M., Chen, A., Tucker, C., Gray, B. E., Vetter, C., Garaulet, M., Scheer, F. A. J. L., Saxena, R., & Dashti, H. S. (2022). How Accurately Can We Recall the Timing of Food Intake? A Comparison of Food Times from Recall-Based Survey Questions and Daily Food Records. *Current Developments in Nutrition*, 6(2), 1–9. <https://doi.org/10.1093/cdn/nzac002>
- Gomes, J. R. M., Santos, F. K. F., de Freitas, I. F. M., de Oliveira, I. F., dos Santos, H. A., da Silva, J. C., Pai, J. D., Zambrano, L. I., Filho, E. M. T., & Costa, M. V. (2019). The Assessment of Medical Students' Chronotypes. *World Journal of Neuroscience*, 07(03), 275–281. <https://doi.org/10.4236/wjns.2017.73023>
- Goweda, R. A., Hassan-hussein, A., Alqahtani, M. A., Janaini, M. M., Alzahrani, A. H., Sindy, B. M., Alharbi, M. M., & Kalantan, S. A. (2020). *Prevalence of sleep disorders among medical students of Umm Al-Qura University , Makkah , Kingdom of Saudi Arabia*. 9, 45–49.
- Gupta, P., Srivastava, N., Gupta, V., Tiwari, S., & Banerjee, M. (2022). *Association of sleep duration and sleep quality with body mass index*

- among young adults*. 3251–3256. <https://doi.org/10.4103/jfmpc.jfmpc>
- Gupta, S., Bhardwaj, A., Nadda, A., Gill, A., Mittal, A., & Gupta, S. (2020). A comparative study of sleep quality in different phases of the medical course: A study from Haryana (North India). *Journal of Family Medicine and Primary Care*, 9(4), 5. https://doi.org/10.4103/jfmpc.jfmpc_1137_19
- Hall, J., & Hall, M. (2021). *Guyton and Hall Textbook of Medical Physiology* (14th ed.). Elsevier.
- Harvard Division of Continuing Education. (2021). *Why You Should Make a Good Night's Sleep a Priority*. <https://summer.harvard.edu/blog/why-you-should-make-a-good-nights-sleep-a-priority/>
- Hershner, S. D., & Chervin, R. D. (2019). Causes and consequences of sleepiness among college students. *Nature and Science of Sleep*, 6, 73–84. <https://doi.org/10.2147/NSS.S62907>
- J, N., Mankova, D., & M, B. (2023). Sleep quality and duration: A key to life satisfaction among military students. *Military Psychology*, 1–11.
- Jankowski, K. S., Díaz-Morales, J. F., & Vollmer, C. (2023). Chronotype, Time of Day, and Performance on Intelligence Tests in the School Setting. *Journal of Intelligence*, 11(1). <https://doi.org/10.3390/jintelligence11010013>
- Jha, R. K., Yadav, A. K., Shrestha, S., Shrestha, P. R., Shrestha, S., Jha, M., & Nepal, O. (2021). Study of Body Mass Index among Medical Students of a Medical College in Nepal: A Descriptive Cross-sectional Study. *Journal of the Nepal Medical Association*, 59(235).
- Jones, S. E., Lane, J. M., Wood, A. R., Hees, V. T. Van, Tyrrell, J., Beaumont, R. N., Jeffries, A. R., Dashti, H. S., Hillsdon, M., Ruth, K. S., Tuke, M. A., Yaghootkar, H., Sharp, S. A., Jie, Y., Thompson, W. D., Harrison, J. W., Dawes, A., Byrne, E. M., Tiemeier, H., ... Frayling, T.

- M. (2019). circadian rhythms. *Nature Communications*.
<https://doi.org/10.1038/s41467-018-08259-7>
- Karan, M., Bai, S., Almeida, D. M., Irwin, M. R., McCreath, H., & Fuligni, A. J. (2021). Sleep–Wake Timings in Adolescence: Chronotype Development and Associations with Adjustment. *Journal of Youth and Adolescence*, *50*(4), 628–640. <https://doi.org/10.1007/s10964-021-01407-1>
- Kementerian Kesehatan RI. (2018). *Hasil Utama Riskesdas 2018*.
https://kesmas.kemkes.go.id/assets/upload/dir_519d41d8cd98f00/files/Hasil-riskesdas-2018_1274.pdf
- Kim, L. J., Coelho, F. M., Hirotsu, C., Bittencourt, L., Tufik, S., & Andersen, M. L. (2019). Is the chronotype associated with obstructive sleep apnea? *Sleep and Breathing*, *19*(2), 645–651.
<https://doi.org/10.1007/s11325-014-1070-1>
- Kudrnáčová, M., & Kudrnáč, A. (2023). Better sleep, better life? testing the role of sleep on quality of life. *PLoS ONE*, *18*(3 March), 1–18.
<https://doi.org/10.1371/journal.pone.0282085>
- Kuula, L., Pesonen, A. K., Merikanto, I., Gradisar, M., Lahti, J., Heinonen, K., Kajantie, E., & Räikkönen, K. (2018). Development of Late Circadian Preference: Sleep Timing From Childhood to Late Adolescence. *Journal of Pediatrics*, *194*, 182-189.e1.
<https://doi.org/10.1016/j.jpeds.2017.10.068>
- Li, Q. (2021). The association between sleep duration and excess body weight of the American adult population: a cross-sectional study of the national health and nutrition examination survey 2015–2016. *BMC Public Health*, *21*(1), 1–9. <https://doi.org/10.1186/s12889-021-10369-9>
- Li, Y., Bai, W., Zhu, B., Duan, R., Yu, X., Xu, W., Wang, M., Hua, W., & Yu, W. (2020). *Prevalence and correlates of poor sleep quality among*

college students : a cross- sectional survey. 2, 1–11.

- Lyu, S. qi, Yang, Y. min, Zhu, J., Wang, J., Wu, S., Zhang, H., Shao, X. hui, & Ren, J. meng. (2020). Gender-specific association between body mass index and all-cause mortality in patients with atrial fibrillation. *Clinical Cardiology, 43*(7), 706–714. <https://doi.org/10.1002/clc.23371>
- Merikanto, I., Pesonen, A. K., Kuula, L., Lahti, J., Heinonen, K., Kajantie, E., & Rääkkönen, K. (2019). Eveningness as a risk for behavioral problems in late adolescence. *Chronobiology International, 34*(2), 225–234. <https://doi.org/10.1080/07420528.2016.1267739>
- Miller, N. L., Tvaryanas, A. P., & Shattuck, L. G. (2019). Accommodating adolescent sleep-wake patterns: The effects of shifting the timing of sleep on training effectiveness. *Sleep, 35*(8), 1123–1136. <https://doi.org/10.5665/sleep.2002>
- Mokolensang, O. G., Manampiring, A. E., & . F. (2021). Hubungan Pola Makan Dan Obesitas Pada Remaja Di Kota Bitung. *Jurnal E-Biomedik, 4*(1). <https://doi.org/10.35790/ebm.4.1.2016.10848>
- Moreno, J. P., Wood, A., Reichek, B., Baranowski, T., & Thompson, D. (2023). Examination of parent-reported differences in children’s daily screen use, sleep, and sleep hygiene behaviors during the school year and summer and their association with BMI. *Journal of the National Sleep Foundation. https://www.sleephealthjournal.org/article/S2352-7218(23)00026-8/fulltext*
- Morris, J. L., Rohay, J., & Chasens, E. R. (2018). Sex Differences in the Psychometric Properties of the Pittsburgh Sleep Quality Index. *Journal of Women’s Health, 27*(3), 278–282. <https://doi.org/10.1089/jwh.2017.6447>
- Mosavat, M., Mirsanjari, M., Arabiat, D., Smyth, A., & Whitehead, L. (2021). The Role of Sleep Curtailment on Leptin Levels in Obesity and

Diabetes Mellitus. *Obesity Facts*, 14(2), 214–221.
<https://doi.org/10.1159/000514095>

Mysliwiec, I., Pruiksma, K. E., Brock, M. S., Straud, C., Taylor, D. J., Hansen, S., Foster, S. N., Gerwell, K., Moor, B. A., Carrizales, F. A., Young-McCaughan, S., Vanecek, R., Mintz, J., & Peterson, A. L. (2021). The Military Service Sleep Assessment: an instrument to assess factors precipitating sleep disturbances in U.S. military personnel. *Journal of Clinical Sleep Medicine*, 17(7), 1401–1407.

Nicholson, L. M., Egbert, A. H., Moreno, J. P., & Bohnert, A. M. (2020). *Variability of Sleep and Relations to Body Weight Among First-Year College Students*.

Nsengimana, A., Mugabo, E., Niyonsenga, J., Hategekimana, J. C., Biracyaza, E., Mutarambirwa, R., Ngabo, E., & Nduwayezu, R. (2023). Sleep quality among undergraduate medical students in Rwanda: a comparative study. *Scientific Reports*, 13(1), 1–10.
<https://doi.org/10.1038/s41598-023-27573-9>

Ohayon, M., Wickwire, E. M., Hirshkowitz, M., Albert, S. M., Avidan, A., Daly, F. J., Dauvilliers, Y., Ferri, R., Fung, C., Gozal, D., Hazen, N., Krystal, A., Lichstein, K., Mallampalli, M., Plazzi, G., Rawding, R., Scheer, F. A., Somers, V., & Vitiello, M. V. (2017). National Sleep Foundation's sleep quality recommendations: first report. *Sleep Health*, 3(1), 6–19. <https://doi.org/10.1016/j.sleh.2016.11.006>

Park, H., Chiang, J. J., Irwin, M. R., Bower, J. E., McCreath, H., Fuligni, A. J., Mawr, B., Sciences, B., Angeles, L., Angeles, L., Angeles, L., Comprehensive, J., & Angeles, L. (2020). *Developmental Trends in Sleep During Adolescent's Transition to Young Adults*. 202–210.
<https://doi.org/10.1016/j.sleep.2019.04.007>. Developmental

Rafkhani, T., Fanani, M., & Nuhriawangsa, A. M. P. (2021). Pengaruh chronotype dan tingkat stres terhadap status gizi dengan mediator

- perilaku makan pada mahasiswa perkuliahan daring. *Jurnal Gizi Klinik Indonesia*, 18(2), 59. <https://doi.org/10.22146/ijcn.70661>
- Reddy, S., Reddy, V., & Sharma, S. (2023). *Physiology, Circadian Rhythm*. StatPearls Publishing LLC.
- Ross, K. M., Graham Thomas, J., & Wing, R. R. (2020). Successful weight loss maintenance associated with morning chronotype and better sleep quality. *Journal of Behavioral Medicine*, 39(3), 465–471. <https://doi.org/10.1007/s10865-015-9704-8>
- Sa, J., Choe, S., Cho, B., Chaput, J., Kim, G., Park, C., Chung, J., Choi, Y., Nelson, B., & Kim, Y. (2020). *Relationship between sleep and obesity among U . S . and South Korean college students*. 1–11.
- Saalwirth, C., & Leipold, B. (2021). Sleep and chronotype in relation to work-related stress and negative affect: The moderating role of a flexible start of work. *Somnologie*, 25(2), 119–125. <https://doi.org/10.1007/s11818-021-00294-9>
- Scott, H., & Woods, H. C. (2019). Understanding Links Between Social Media Use, Sleep and Mental Health: Recent Progress and Current Challenges. *Current Sleep Medicine Reports*, 5(3), 141–149. <https://doi.org/10.1007/s40675-019-00148-9>
- Sharma, A., & Kaushik, N. K. (2023). Morningness-eveningness Preferences among Medical Students: A Cross-sectional Study. *Journal of Clinical and Diagnostic Research*, 1–4. <https://doi.org/10.7860/jcdr/2023/57592.17208>
- Sherwood, L. (2016). *Human Physiology From Cells to Systems* (G. World (ed.); 9th ed.). Cengage Learning.
- Siswanto, A., Faradisa, N., Lestari, N., Basuki, S. W., Ady, K., & Alamat, S. (2020). Hubungan Aktivitas Fisik dan Tingkat Stres Terhadap Kualitas Tidur Pada Mahasiswa Fakultas Kedokteran Universitas

- Muhammadiyah Surakarta Selama Pandemi Covid-19. *Proceeding Book Call for Papers Fakultas Kedokteran Universitas Muhammadiyah Surakarta*, 40, 1059–1068.
- Sun, J., Chen, M., Cai, W., Wang, Z., Wu, S., Sun, X., & Liu, H. (2019). Chronotype: implications for sleep quality in medical students. *Chronobiology International*, 36(8), 1115–1123. <https://doi.org/10.1080/07420528.2019.1619181>
- Sundas, N., Ghimire, S., Bhusal, S., Pandey, R., Rana, K., & Dixit, H. (2020). Sleep quality among medical students of a tertiary care hospital: A descriptive cross-sectional study. *Journal of the Nepal Medical Association*, 58(222), 76–79. <https://doi.org/10.31729/jnma.4813>
- Taylor, B. J., & Hasler, B. P. (2018). Chronotype and Mental Health: Recent Advances. *Current Psychiatry Reports*, 20(8). <https://doi.org/10.1007/s11920-018-0925-8>
- van der Merwe, C., Münch, M., & Kruger, R. (2022). Chronotype Differences in Body Composition, Dietary Intake and Eating Behavior Outcomes: A Scoping Systematic Review. In *Advances in Nutrition* (Vol. 13, Issue 6). <https://doi.org/10.1093/advances/nmac093>
- Viñuela, A., Jos, J., Criado-, Á., Aceituno-g, J., Durantez-fern, C., Mart, L., Mart, F., Miguel, L., Mart, C., Miquel, C. M., Polonio-I, B., & Mohedano-moriano, A. (2021). *How Relevant Is the Place Where First-Year College Students Live in Relation to the Increase in Body Mass Index?* 1–10.
- Wahl, S., Engelhardt, M., Schaupp, P., Lappe, C., & Ivanov, I. V. (2019). The inner clock—Blue light sets the human rhythm. *Journal of Biophotonics*, 12(12), 1–14. <https://doi.org/10.1002/jbio.201900102>
- Walsh, N. A., Repa, L. M., & Garland, S. N. (2022). Mindful larks and lonely

owls: The relationship between chronotype, mental health, sleep quality, and social support in young adults. *Journal of Sleep Research*, 31(1), 1–9. <https://doi.org/10.1111/jsr.13442>

Wangsa, C. L., Prastowo, N. A., Juliawati, V. D. J., & Tjhay, F. (2022). the Difference in Grade Points Between Morning and Evening Chronotypes Among Preclinical Medical Students. *Jurnal Pendidikan Kedokteran Indonesia: The Indonesian Journal of Medical Education*, 11(2), 148. <https://doi.org/10.22146/jpki.65919>

Zaffyr, D. R., Sundari, L. P. R., Primayanti, I. D. A. I. D., & Adiatmika, I. P. G. (2021). Correlation Between Sleep Quality and Body Mass Index in Adolescents in Denpasar. *Sport and Fitness Journal*, 9(3), 176. <https://doi.org/10.24843/spj.2021.v09.i03.p05>

Zou, H., Zhou, H., Yan, R., Yao, Z., & Lu, Q. (2022). Chronotype, circadian rhythm, and psychiatric disorders: Recent evidence and potential mechanisms. *Frontiers in Neuroscience*, 16(August), 1–24. <https://doi.org/10.3389/fnins.2022.811771>