

DAFTAR PUSTAKA

- Baattaiah, B. A., Alharbi, M. D., Babteen, N. M., Maqbool, H. M. Al, Babgi, F. A., & Albatati, A. A. (2023). The relationship between fatigue , sleep quality , resilience , and the risk of postpartum depression : an emphasis on maternal mental health. *BMC Psychology*, 1–17. <https://doi.org/10.1186/s40359-023-01043-3>
- Berens, P. (2025). *Overview of the postpartum period: Normal physiology and routine maternal care*. <https://www.uptodate.com/contents/overview-of-the-postpartum-period-normal-physiology-and-routine-maternal-care#H722333968>
- Boulanger, T., & Pigeon, P. (2024). *Diagnostic challenges and burden of idiopathic hypersomnia : a systematic literature review*. August.
- Bryan, L. (2025). *Postpartum Insomnia*. <https://www.sleepfoundation.org/insomnia/postpartum-insomnia>
- Carr, C., Borges, D., Lewis, K., Heron, J., Wilson, S., Broome, M. R., Jones, I., Florio, A. Di, & Morales-muñoz, I. (2023). *Sleep and Postpartum Psychosis : A Narrative Review of the Existing Literature*.
- Considerations, P., & Sleep, A. (2024). 28 . 2 : *Factors Affecting Sleep and Rest*. 1–14.
- Dhillon, J. K., Robinson, S., & Lane, R. (2025). *Evaluation of Obstructive Sleep Apnea Comorbidities in Primary Care Settings : A Retrospective Study*. 4785.
- Fatmawati, R. (2021). *Gambaran Pola Tidur Ibu nifas*. 9(2), 44–47.
- Fitri, E., Andriyani, R., & Megasari, M. (2023). *Jurnal Kebidanan Terkini (Current Midwifery Journal) menggunakan abpk di pmb ernita kota pekanbaru tahun 2022*. 2, 1–6.
- Hamang, S. H., Kebidanan, B., Masyarakat, F. K., & Indonesia, U. M. (2023). *Faktor-Faktor yang Berpengaruh pada Gangguan Pemenuhan Istirahat Tidur Ibu Nifas*. 4. <https://doi.org/10.30595/pshms.v4i.566>
- Juariah, S., & Diyanti, L. (2024). *Pengaruh Titik Akupresur Ht7 Terhadap Insomnia Pada Ibu Nifas Di Puskesmas Lurah Kabupaten Cirebon*.
- Kulczycka-, A. (2025). *The influence of Hypothalamic-Pituitary-Adrenal (HPA) axis dysregulation on postpartum mental disorders- literature review and new perspectives* Zuzanna Kościuszko Florian Ceynowy Specialist Hospital in Wejherowo.
- Lalita, E. M. F., Keb, S. T., Kes, M., Indarsita, D., Kes, M., Melly, N., Kep, S., & Kes, M. (2025). *Editor : La Ode Alifariki , S . Kep ., Ns ., M . Kes*.
- Rilyani, A. (2021). *Pengaruh Postnatal Yoga Terhadap Kualitas Tidur Ibu Postnatal*. 3, 318–329.

- Safrudin, Partum, P., Pertama, H., Hari, S., & Di, K. (2023). *Faktor-Faktor Yang Berhubungan Dengan Gangguan Tidur Pada Ibu Post Partum Hari Pertama Sampai Hari Ketiga Di Puskesmas Kelurahan Aren Jaya Bekasi Timur Tahun 2020*. 203–212.
- SDKI, T. P. D. P. (2017). *Standar Diagnosis Keperawatan Indonesia* (1st ed.). Dewan Pengurus Pusat PPNI.
- Singh, S., Kaur, H., Singh, S., & Khawaja, I. (2018). *Parasomnias : A Comprehensive Review*. 10(12), 1–7. <https://doi.org/10.7759/cureus.3807>
- Subramanian, L., Oluoch, D., Maina, M., & Mutua, E. (2025). *Beyond survival : The impact of birth complications on postpartum wellbeing for mothers , babies , and households in Kenya*. 1–21. <https://doi.org/10.1371/journal.pgph.0004845>
- Sultan, P., Guo, N., Kawai, M., Barwick, F. H., Carvalho, B., Mackey, S., Gould, C. E., Butwick, A. J., Guo, N., Kawai, M., Barwick, F. H., Carvalho, B., & Mackey, S. (2023). Prevalence and predictors for postpartum sleep disorders : a nationwide analysis. *The Journal of Maternal-Fetal & Neonatal Medicine*, 36(1). <https://doi.org/10.1080/14767058.2023.2170749>
- Sutardi, G. (2021). *Tata Laksana Insomnia*. 03(01), 1703–1708. <https://jurnalmedikahutama.com/index.php/JMH/article/download/344/241/>
- Takaesu, Y., Komada, Y., Shimura, A., Okajima, I., & Matsui, K. (2023). *Delayed sleep – wake phase disorder and its related sleep behaviors in the young generation*. May, 1–16. <https://doi.org/10.3389/fpsy.2023.1174719>
- Varallo, G., Musetti, A., Filosa, M., Rapelli, G., Pizza, F., Plazzi, G., & Franceschini, C. (2025). *Narcolepsy Beyond Medication : A Scoping Review of Psychological and Behavioral Interventions for Patients with Narcolepsy*. 1–19.
- Widia, L. (2022). *Gambaran pola dan kualitas tidur ibu menyusui pada tiga bulan pertama di kecamatan lumban julu kabupaten toba provinsi sumatera utara*. 2012, 283–292.
- Yang, Y., Li, W., Ma, T., Zhang, L., & Hall, B. J. (2020). *Prevalence of Poor Sleep Quality in Perinatal and Postnatal Women : A Comprehensive Meta-Analysis of Observational Studies*. 11(March), 1–10. <https://doi.org/10.3389/fpsy.2020.00161>
- Zhang, J. (2025). *Postpartum continuous epidural analgesia on pain , sleep quality , and emotional state in childbearing women : a randomized controlled trial*. September, 1–9. <https://doi.org/10.3389/fmed.2025.1582458>