

- Luckman, J., (1997). *Saunders Manual of Nursing*, Mosby-Year Book Inc, St.Louis, Missouri.
- Lumbantobing, S. M. (2004). *Gangguan tidur*. Jakarta: Balai Penerbit FK UI.
- Marchira, C.R., (2005). Kontribusi dukungan sosial terhadap insomnia pada lansia di Poli Geriatri RS Dr. Sardjito Yogyakarta, *Journal kedokteran Jiwa FKUGM* , Juni, Vol.XI, No.1.
- Miller, C.A., (1999). *Nursing Care of Older Adult: Theory and Practice*, Second Edition, JB.Lippincott, Philadelphia.
- Ninawaty, dkk. (2007). Hubungan antara resiliensi dan tingkat stres pada masa persiapan pensiun. Di akses 15 April 2007, dari <http://www.psikologi-untar.com/psikologi/skripsi/tampil.php?id=341>
- Nugroho, W., (2000). *Keperawatan Gerontik*. Jakarta: EGC.
- Partinen & Hublin, (2000). Epidemiology of Sleep Disorder, *Principles and Practice of Sleep Medicine*, 3 rd edition, WB Saunders, Philadelphia.
- Perry & Potter. (2006). *Fundamental Keperawatan*. Jakarta: EGC
- Prayitno, A., (2002). Gangguan Pola Tidur Pada Kelompok Usia Lanjut, *Journal Kedokteran Trisakti*, Januari-April, Vol.21, No 1.
- Prinz, N.P, Michael, V.V., (2000). Sleep Disorders, *Coprehensive Textbook of Psychiatry*, 7 th edition, Williams & Wilkins, Baltimore.
- Purnama, D.A., (2007). Penatalaksanaan Insomnia pada Praktek Sehari-hari, *Journal Kedokteran Universitas Indonesia*, Januari, Vol.6, No 1.
- Schnelle, J.F, dkk, (1999). *The Nursing Home At Night, Effect of an Intervention On Noise, Light and Sleep*, <http://www.ncbi.nlm.nih.gov/entrez/query>.
- Sugiyono. (2003). *Metode Penelitian Administrasi*. Bandung: CV Alfabeta
- Suryo, S., (2003). *Depresi sebagai faktor terjadinya insomnia di Poli Geriatri RS Sardjito Yogyakarta*, Tesis, Bagian Ilmu Kedokteran Jiwa Fakultas Kedokteran UGM, Yogyakarta.
- Thelan, L.A.dkk, (1994). *Critical Care Nursing Mosby- Year Book Inc.*, St. Louis, Missouri.

Williams, A., (1999). *Insomnia*, Jakarta: Pustaka Delapratasa.

Zorick Frank J. James K Walsh, (2000). *Evaluation and Management of Insomnia: An*

Handwritten text at the top of the page, including a date and possibly a name or address.

Main body of handwritten text, consisting of several lines of cursive script.

Handwritten text at the bottom of the page, possibly a signature or a closing.