

## DAFTAR PUSTAKA

- Buman, M King. 2010. Exercise to Enhance Sleep. *American Journal of Lifestyle Medicine*.4(6):500-14.
- Butner, Trent. Kaleth, Anthony. Edward, Elizabeth. 2013. *Association Between Sleep Disorders, Obesity, And Exercise: A Review*. Department of Kinesiology, James Madison University, Harrisonburg, VA, USA; 2Department of Kinesiology, Indiana University-Purdue University Indianapolis, Indianapolis, IN, USA; 3Laboratory for Health and Exercise Science, Department of Human Nutrition, Food and Exercise, Virginia Tech, Blacksburg, VA, USA.
- Darmojo, Boedhi. 2011. *Buku Ajar Geriatri (Ilmu kesehatan usia lanjut)*. Balai Penerbit Fakultas Kedokteran Universitas Indonesia.
- Farlane, James. 2012. *Taking Control of Acute Insomnia –Restoring Healthy Sleep Patterns*. DABSMQueen's University, Department of Medicine Sleep Disorders Laboratory, Kingston General Hospital Kingston, ON.
- Goenawan A. Leonardi. 2012. *Referat Ilmu Kesehatan jiwa dan perilaku: Insomnia, Rumah Sakit Dharmasakti: Fakultas Kedokteran Universitas Katolik Indonesia Atmajaya*.
- Hussien, el Hossam. Emara e Hala. Mohamed A Marwa. El Nahas Engy. 2013. Effect of Aerobic Exercise on Depression and Insomnia in-post Menopausal Women. Departement of physical therapy for obstetric and Gynecology, Cairo university, Egypt. *British Journal of Applied Science and Technology*. 3(3).557566.
- Insomnianet. 2009. *Menopause and Insomnia*. Diakses dari <http://www.insomnia.net/sleep-health/menopause/>. Pada 23 Desember 2013.
- Morley, Tim. 2013. *Bioidentical Hormones for Perimenopause Treatment*. Diakses dari <http://www.bodylogicmd.com/for-women/perimenopause>.
- Nahas, Engly Men. Hala.Marwa. 2013. *Effect of Aerobic Exercise on Depression and Insomnia in Post Menopausal Women*. 1Departement of Physical Therapy for Obstetrics and Gynecology, Cairo University, Egypt. Departement of Obstetrics and Gynecology, El- Azhar University, Egypt.

- Peng, Zhao Wei. 2013. *Terapi Bagi Penderita Insomnia*. <http://biancasoqihouse.com/kesehatan/penelitian-ilmiah/20-penelitian-dr-zhao-wei-peng.html?start=4>. Diakses dari Tempo.com 16 Desember 2013.
- Phipps, B., 2003. *Woman and Menopause*. Available from: [http:// www.womanlab.com/english/menopause/info/aboutmen1.htm](http://www.womanlab.com/english/menopause/info/aboutmen1.htm). [Accessed 22 April 2010].
- Scott GW, Scott HM, O’Keeffe KM et al. *Insomnia-Treatment Pathways, Costs And Quality Of Life*. *Cost Effectiveness and Resource Allocation* 2011; 9: 1-10.
- Slamowitz , David MD. 2012. *How to Sleep--Even if You're in Perimenopause*. SleepWell Center on Denver. England. Diakses dari <http://www.more.com/health/perimenopause-menopause/how-sleep-even-if-youre-perimenopause>.
- Trans4mind. 2013. *Tidur Sehat. A Guide to Sleep remedies Alam*. di akses dari <http://id.trans4mind.com/nutrition/sleep-remedies.html> pada 18 Maret 2014.
- Zee, Phyllis. 2011. *Aerobic Exercise Improves Self-Reported Sleep And Quality Of Life In Older Adults With Insomnia*. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2992829/>. *NPHA Journal no Sleep Med*. 2010 October; 11(9): 934–940.