

DAFTAR PUSAKA

- amBX. (2020, July 13). *Circadian Lighting FAQs Smart Lighting Solutions*. AmBX Blog. <https://www.ambx.com/news/2020/7/6/circadian-lighting-faqs>
- American Sleep Association. (n.d.). *Insomnia: Symptoms, Causes & Treatment*. Sleepassociation. Retrieved May 21, 2022, from <https://www.sleepassociation.org/sleep-disorders/insomnia/>
- Basuki, A. (2015). *Makna Warna Dalam Desain*. 1–41.
- Cralle, T. (2022, April 13). *What Color Light Helps You Sleep: Based On Scientific Research - Terry Cralle*. <https://www.terrycralle.com/what-color-light-helps-you-sleep/>
- FLOS USA. (2019, October 9). *How to Find a Perfect Table Lamp Complete Buying Guide*. FLOS USA Blog. <https://usa.flos.com/blog/buying-guide-modern-table-lamps>
- Johannes Itten. (1970). *The Elements of Color* (E. Van Hagen (ed.)). John Wiley & Sons, Inc. https://books.google.co.id/books?hl=en&lr=&id=ofvRhNBgoCoC&oi=fnd&pg=PA6&dq=the+elements+of+color&ots=XL_ZySaOSY&sig=l_RiwDp5p6ErJ6obcQUkcyrZVV&redir_esc=y#v=onepage&q=the elements of color&f=false
- Kelas Pintar. (2021, May 28). *Mengenal Teori Gelombang Cahaya*. <https://www.kelaspintar.id/mengenal-teori-gelombang-cahaya-12077/>
- Leavitt Jennifer, M. (2019). *How Much Deep Sleep Do You Need?* Healthline. <https://www.healthline.com/health/how-much-deep-sleep-do-you-need>
- Lee, S., Matsumori, K., Nishimura, K., Nishimura, Y., Ikeda, Y., Eto, T., Higuchi, S., & Shigekazu Higuchi, C. (2018). Melatonin suppression and sleepiness in children exposed to blue-enriched white LED lighting at night. *Physiol Rep*,

- 6(24), 1–9. <https://doi.org/10.14814/phy2.13942>
- Mark Stibich, P. (2022, January 1). *10 Top Health Benefits of Sleep*. Verywellhealth. <https://www.verywellhealth.com/top-health-benefits-of-a-good-nights-sleep-2223766>
- National Institute for Occupational Safety and Health. (2020, April 1). *The Color of the Light Affects the Circadian Rhythms*. <https://www.cdc.gov/niosh/emres/longhourstraining/color.html>
- NHS. (2021, April 12). *Insomnia*. Nhs.Uk. <https://www.nhs.uk/conditions/insomnia/>
- Ns. Asmadi, S. K. (2008). *Konsep Dasar Keperawatan* (N. E. A. M. S.Kep (ed.); 1st ed.). Penerbit Buku Kedokteran EGC. https://books.google.co.id/books?hl=en&lr=&id=O3y5bNnwND0C&oi=fnd&pg=PA3&dq=Konsep+dasar+keperawatan+dan+Aplikasi+Kebutuhan+Dasar&ots=1Rtme4zQ3N&sig=xI9IGdNkSw6g8F5M2d6THtnnPxY&redir_esc=y#v=onepage&q=Konsep dasar keperawatan dan Aplikasi Kebutuhan Dasar&
- Salamon, M. (2020, October 3). *How to Manage Blue Light for Better Sleep*. WebMD. <https://www.webmd.com/sleep-disorders/sleep-blue-light>
- Sateia, M. J. (2014, November 1). *International classification of sleep disorders-third edition highlights and modifications*. Chest; American College of Chest Physicians. <https://doi.org/10.1378/CHEST.14-0970>
- Suni, E. (2022, April 14). *Insomnia: Symptoms, Causes, and Treatments*. Sleep Fondation. <https://www.sleepfoundation.org/insomnia>
- Ullman, M. (2020, November 24). *How to Pick Nightstand Lamps*. The Spruce Blog. <https://www.thespruce.com/how-to-pick-a-bedside-lamp-350459>
- Wiendartun. (2012, March 8). *Gelombang*. http://file.upi.edu/Direktori/FPMIPA/JUR._PEND._FISIKA/195708071982112-WIENDARTUN/Makalah-1.pdf

Yeutter, G. (2018, December 7). *It's Not Just Blue: Green Light Also Disrupts Sleep*. SimpleBulb. <https://medium.com/simplebulb/its-not-just-blue-green-light-also-disrupts-sleep-1cc2c65cbc26>

Zhao, J., Tian, Y., Nie, J., Xu, J., & Liu, D. (2012). Red light and the sleep quality and endurance performance of chinese female basketball players. *Journal of Athletic Training*, 47(6), 673–678. <https://doi.org/10.4085/1062-6050-47.6.08>

