

DAFTAR PUSTAKA

- Abdul, N. A., & Oliy, N. (2021). Pengaruh Terapi Musik Keroncong Terhadap Insomnia pada Menopause di Wilayah Kerja Puskesmas Kota Tengah Kota Gorontalo. *Jurnal Sehat Mandiri*, 16(2), 79–88. <https://doi.org/10.33761/jsm.v16i2.287>
- Alita, R., Rachmawati, I. N., & Gayatri, D. (2022). Self Hypnosis Menurunkan Ketidaknyamanan Kehamilan pada Ibu Hamil Trimester III: Randomized Controlled Trial. *Jkep*, 7(2), 262–274. <https://doi.org/10.32668/jkep.v7i2.1021>
- Amare, N. S., Chekol, B., & Aemro, A. (2022). Determinants of Poor Sleep Quality During the COVID-19 Pandemic Among Women Attending Antenatal Care Services at the Health Facilities of Debre Berhan Town, Ethiopia: An Institutional-Based Cross-Sectional Study. *Frontiers in Psychiatry, Volume 13*. <https://doi.org/10.3389/fpsyt.2022.841097>
- Andriani, D. (2022). Efektifitas Posisi Sleep On Side terhadap Kualitas Tidur Ibu Hamil Trimester III. *Adi Husada Nursing Journal*, 8(1), 36. <https://doi.org/10.37036/ahnj.v8i1.223>
- Budiono, H. D. S., & Satyajati, B. (2024). Persalinan Nyaman: Konsep Tempat Tidur Otomatis Berbasis Pemrosesan Gambar. *PROSIDING SNTTM XXII 2024*, 22, 1–12. <https://doi.org/10.71452/590882>
- Carpi, M. (2025). The Pittsburgh Sleep Quality Index: a brief review. *Occupational Medicine*, 75(1), 14–15. <https://doi.org/10.1093/occmed/kqae121>
- Dewi, R. S., & Nency, A. (2023). Hubungan Aktivitas Fisik, Ketidaknyamanan dan Kecemasan terhadap Kualitas Tidur Ibu Hamil Trimester III. *Open Access Jakarta Journal of Health Sciences*, 2(11). <https://doi.org/10.53801/oajjhs.v2i11.198>
- Eyrich, N. W., Morgan, T. M., & Tosoian, J. J. (2021). Biomarkers for detection of clinically significant prostate cancer: contemporary clinical data and future directions. *Translational Andrology and Urology*, 10(7), 3091–3103. <https://doi.org/10.21037/tau-20-1151>
- Fan, Z., Yan, S., Sun, L., Cao, Z., Liu, H., Idowu, A. L., Zhu, B., & Zhang, F. (2025). Longitudinal association between sleep quality and fatigue during pregnancy: an observational cohort study. *BMC Psychiatry*, 25(1), 159. <https://doi.org/10.1186/s12888-025-06513-z>

- Fatimah, S. (2023). Efektivitas Terapi Murrotal Al - Quran terhadap Kualitas Tidur pada Ibu Hamil Primigravida Trimester III di PMB Atus Sa'diyah Banjarmasin. *Seminar Nasional Hasil Riset Dan Pengabdian*, 2854–2859.
- Faujiah, I. N. (2025). Literature Review: Pengaruh Hipnoterapi terhadap Pencegahan Gangguan Psikologis Postpartum. *Jurnal Kesehatan Bidkemas*, 16(1), 60–69. <https://doi.org/10.48186/7532nb70>
- Gangakhedkar, G. R., & Kulkarni, A. P. (2021). Physiological Changes in Pregnancy. *Indian Journal of Critical Care Medicine: Peer-Reviewed, Official Publication of Indian Society of Critical Care Medicine*, 25(Suppl 3), S189–S192. <https://doi.org/10.5005/jp-journals-10071-24039>
- Güdücü, N., Şolt Kırca, A., & Kanza Gül, D. (2023). Insomnia During Pregnancy and Related Factors. *Journal of Turkish Sleep Medicine*, 10(2), 137–143. <https://doi.org/10.4274/jtsm.galenos.2022.81894>
- Gupta, S. N., Madke, B., Ganjre, S., Jawade, S., & Kondalkar, A. (2024). Cutaneous Changes During Pregnancy: A Comprehensive Review. *Cureus*, 16(9), e69986. <https://doi.org/10.7759/cureus.69986>
- Hertati, D., Johan, R. B., & Oktarina, L. (2024). Studi Kasus Insomnia pada Kehamilan Trimester III dengan Terapi Non Farmakologi Sleep Hygiene di Daerah Aliran Sungai (DAS) Kota Palangka Raya Tahun 2024 Case Study of Insomnia in the Third Trimester III of Pregnant with Non Pharmacological Sleep Hygiene. *Jurnal Surya Medika (JSM)*, 10(2).
- Hoegholt, N. F., Krænge, C. E., Vuust, P., Kringelbach, M., & Jespersen, K. V. (2024). Music and Sleep Hygiene Interventions for Pregnancy-Related Insomnia: An Online Randomized Controlled Trial. *Journal of Midwifery and Women's Health*, 1–9. <https://doi.org/10.1111/jmwh.13699>
- Katulski, K., Katulski, A., Nykowska, A., Beutler, K., Koziulek, K., Antczak, S., & Katulska, K. (2024). Physiological changes in the mammary glands during a female's life. *Polish Journal of Radiology*, 89, e386–e390. <https://doi.org/10.5114/pjr/189566>
- Kemenkes RI. (2022). *Profil Kesehatan Indonesia. Kementerian Kesehatan Republik Indonesia, Jakarta* (1st ed.). Kementerian Kesehatan Republik Indonesia.
- Kotarumalos, S. S., & Hermanses, S. S. (2024). Studi Kasus: Faktor Pemicu Sering Buang Air Kecil Dan Dampaknya Terhadap Kualitas Tidur Ibu Hamil Trimester Iii. *Jurnal Kebidanan*, 4(2), 79–81. <https://doi.org/10.32695/jbd.v4i2.562>
- Lina. (2021). *Gambaran Kualitas Tidur pada Ibu Hamil di Wilayah Kerja*

- Puskesmas Puspahiang Kabupaten Tasikmalaya* [STIKes Gunabangsa]. https://repository.gunabangsa.ac.id/index.php?id=511&p=show_detail
- Nassikas, N., Malhamé, I., Miller, M., & Bourjeily, G. (2021). Pulmonary Considerations for Pregnant Women. *Clinics in Chest Medicine*, 42(3), 483–496. <https://doi.org/10.1016/j.ccm.2021.04.008>
- Notoatmodjo, S. (2020). *Metodologi penelitian kesehatan*. Rineka Cipta.
- Novianti, R. (2022). *Pengaruh Intervensi terhadap Kualitas Tidur pada Ibu Hamil Trimester III di Jawa Barat* [STIKes Muhammadiyah Ciamis]. <https://repository.stikesmucis.ac.id/907/>
- Noviyanti, Rahmi, Dewi, R., & Nurdahlana. (2021). Pemberian Terapi Murattal Al-Quran Terhadap Kualitas. *JKM (Jurnal Kebidanan Malahayati)*, 7(2), 287–294.
- Palifiana, D. A., & Wulandari, S. (2023). Hubungan Ketidaknyamanan dalam Kehamilan dengan Kualitas Tidur Ibu Hamil Trimester III di Klinik Pratama Asih Waluyo Jati. *Prosiding Seminar Nasional Kesehatan*.
- Pratiwi, Tiara, S.ST., M. K. (2021). Pengaruh Pijat Bayi Terhadap Kualitas Tidur Bayi Usia 1-6 Bulan. Tiara Pratiwi, S.ST., M. Keb Dosen Prodi DIII Kebidanan STIK Siti Khadijah Palembang. *Jurnal Kesehatan Masyarakat*, 07(1), 9–13. <https://media.neliti.com/media/publications/432618-none-51a7a905.pdf>
- Prawirohardjo, S. (2021). Ilmu Kebidanan Sarwono Prawirohardjo. *Ilmu Kebidanan Sarwono Prawirohardjo*, 460–474.
- Priadana, S., & Sunarsi, D. (2021). *Metode Penelitian Kuantitatif* (1st ed.). Pascal Books.
- Ramalingam, G. D., Sampath, S. K., & Amirtham, J. P. (2021). Challenges Facing during Pregnancy and Measures to Overcome. In Z. Wang (Ed.), *Global Women's Health*. IntechOpen. <https://doi.org/10.5772/intechopen.100614>
- Ribera, J., Portolés, I., Córdoba-Jover, B., Rodríguez-Vita, J., Casals, G., González-de la Presa, B., Graupera, M., Solsona-Vilarrasa, E., Garcia-Ruiz, C., Fernández-Checa, J. C., Soria, G., Tudela, R., Esteve-Codina, A., Espadas, G., Sabidó, E., Jiménez, W., Sessa, W. C., & Morales-Ruiz, M. (2021). The loss of DHX15 impairs endothelial energy metabolism, lymphatic drainage and tumor metastasis in mice. *Communications Biology*, 4(1), 1192. <https://doi.org/10.1038/s42003-021-02722-w>
- Ruby, M. F., Rahim, D. S., & Shaheen, D. N. (2022). Impact of Murottal and

Muscle Relaxation Therapy on Anxiety, Depression Levels, and Quality of Sleep. *Pakistan Journal of Humanities and Social Sciences Research*, 01(05), 73–84. <https://doi.org/10.37605/pjhssr.v5i1.335>

Sánchez-Polán, M., Nagpal, T. S., Zhang, D., Silva-Jose, C., Montejo, R., & Barakat, R. (2023). The Influence of Physical Activity during Pregnancy on Maternal Pain and Discomfort: A Meta-Analysis. *Journal of Personalized Medicine*, 14(1). <https://doi.org/10.3390/jpm14010044>

Schiffer, V., Evers, L., de Haas, S., Ghossein-Doha, C., Al-Nasiry, S., & Spaanderman, M. (2020). Spiral artery blood flow during pregnancy: a systematic review and meta-analysis. *BMC Pregnancy and Childbirth*, 20(1), 680. <https://doi.org/10.1186/s12884-020-03150-0>

Sedov, I. D., Anderson, N. J., Dhillon, A. K., & Tomfohr-Madsen, L. M. (2020). Insomnia Symptoms During Pregnancy: A Meta-Analysis. *Journal of Sleep Research*, 30(1), 1–10. <https://doi.org/10.1111/jsr.13207>

Setianingsi, F., Yuliasiti, L. P. S., Lestari, A., & Anngraini, Y. (2025). Pengaruh Buku Saku Antenatal Care Terhadap Pengetahuan Dan Kepatuhan Kunjungan Ibu Hamil. *Jurnal Kesehatan Qamarul Huda*, 13(2), 75–80. <https://doi.org/10.37824/jkqh.v13i1.2025>

Susilawati, D., Damayanti, D. S., Jumhati, S., & Sari, A. P. (2024). Hubungan Ketidaknyamanan Dalam Kehamilan Terhadap Kualitas Tidur Ibu Hamil Trimester III di TPMB D Tebet Jakarta Selatan. *Jurnal Ilmiah Kesehatan*, 16(2), 478–484. <https://doi.org/10.37012/jik.v16i2.2753>

Talamàs, E., & Vohra, R. (2020). Free and perfectly safe but only partially effective vaccines can harm everyone. *Games and Economic Behavior*, 122, 277–289. <https://doi.org/10.1016/j.geb.2020.05.001>

Tyastuti dan Wahyuningsih. (2022). Asuhan Kebidanan pada Kehamilan Buku Pintar Ibu Hamil. In *Asuhan Kebidanan pada Kehamilan Buku Pintar Ibu Hamil* (Vol. 1, Issue 69).

Wulandari, S., & Wantini, N. A. (2021). Ketidaknyamanan Fisik Dan Psikologis Pada Ibu Hamil Trimester Iii Di Wilayah Puskesmas Berbah Sleman Daerah Istimewa Yogyakarta. *Jurnal Kebidanan Indonesia*, 12(1), 54–67. <https://doi.org/10.36419/jki.v12i1.438>

Yanti, & Juli. (2021). Buku Ajar Asuhan Kebidanan Pada Kehamilan (Teori) Untuk Mahasiswa S1 Kebidanan. In *Buku Ajar Asuhan Kebidanan Pada Kehamilan (Teori) Untuk Mahasiswa S1 Kebidanan* (Issue Mi).

Yuksel, N., Todorova, L., Scrine, L., Rea, C., & Bouchard, C. (2025). Prevalence and impact of vasomotor symptoms due to menopause among

women in Canada: A subgroup analysis from an international cross-sectional survey of Women with Vasomotor Symptoms Associated with Menopause (WARM Study). *Menopause*, 32(1), 38–44. <https://doi.org/10.1097/GME.0000000000002451>

Zahrah, Dheska, Ratnaningsih, & Ester. (2020). Buku Ajar Fisiologi Kehamilan, Persalinan, Nifas dan Bayi Baru Lahir. In *Universitas Respati Yogyakarta*.

Zakaria, Z. Z., Al-Rumaihi, S., Al-Absi, R. S., Farah, H., Elamin, M., Nader, R., Bouabidi, S., Suleiman, S. E., Nasr, S., & Al-Asmakh, M. (2022). Physiological Changes and Interactions Between Microbiome and the Host During Pregnancy. *Frontiers in Cellular and Infection Microbiology*, 12, 824925. <https://doi.org/10.3389/fcimb.2022.824925>

Zierden, H. C., DeLong, K., Zulfiqar, F., Ortiz, J. O., Laney, V., Bensouda, S., Hernández, N., Hoang, T. M., Lai, S. K., Hanes, J., Burke, A. E., & Ensign, L. M. (2023). Cervicovaginal mucus barrier properties during pregnancy are impacted by the vaginal microbiome. *Frontiers in Cellular and Infection Microbiology*, 13, 1015625. <https://doi.org/10.3389/fcimb.2023.1015625>