



# DAFTAR PUSTAKA

## DAFTAR PUSTAKA

- Abdu, Y. *et al.* (2023) "Sleep Quality Among People with Type 2 Diabetes Mellitus During COVID-19 Pandemic: Evidence from Qatar's National Diabetes Center," *Diabetes, Metabolic Syndrome and Obesity*, Volume 16, pp. 2803–2812. Available at: <https://doi.org/10.2147/DMSO.S421878>.
- ADA (2024) *Screening for Type 2 Diabetes*. Available at: [http://diabetesjournals.org/care/article-pdf/26/suppl\\_1/s21/456021/dc01t3000s21.pdf](http://diabetesjournals.org/care/article-pdf/26/suppl_1/s21/456021/dc01t3000s21.pdf).
- Alfaqeeh, M., Alfian, S.D. and Abdulah, R. (2024) "Factors associated with diabetes mellitus among adults: Findings from the Indonesian Family Life Survey-5," *Endocrine and Metabolic Science*, 14. Available at: <https://doi.org/10.1016/j.endmts.2024.100161>.
- Amelia, R., Wahyuni, A.S. and Yunanda, Y. (2019) "Diabetic Neuropathy among Type 2 Diabetes Mellitus Patients at Amplas Primary Health Care in Medan City," *Open Access Macedonian Journal of Medical Sciences*, 7(20), pp. 3400–3403. Available at: <https://doi.org/10.3889/oamjms.2019.433>.
- An, L.-W. *et al.* (2021) "Clinical Inertia and 2-Year Glycaemic Trajectories in Patients with Non-Newly Diagnosed Type 2 Diabetes Mellitus in Primary Care: A Retrospective Cohort Study," *Patient Preference and Adherence*, Volume 15, pp. 2497–2508. Available at: <https://doi.org/10.2147/PPA.S328165>.
- Anastasi, J.K., D.D.K., & C.B. (2021) "Distal Sensory Peripheral Neuropathy: An Undervalued Determinant of Wellbeing," *Health Education and Public Health*, 4(3). Available at: <https://doi.org/10.31488/HEPH.169>.
- Atika, S. *et al.* (2025) "Severe Diabetic Neuropathy Results in Poor Sleep Quality in Type-2 Diabetes Mellitus Patients," *Media Penelitian dan Pengembangan Kesehatan*, 35(3), pp. 1047–1057. Available at: <https://doi.org/10.34011/jmp2k.v35i3.3102>.
- Bahnasy, W.S. *et al.* (2018) "Sleep disturbances in diabetic peripheral neuropathy patients: a clinical and polysomnographic study," *Egyptian Journal of Neurology, Psychiatry and Neurosurgery*, 54(1). Available at: <https://doi.org/10.1186/s41983-018-0024-0>.
- Barakat, S. *et al.* (2019) "Sleep Quality in Patients With Type 2 Diabetes Mellitus," *Journal of Clinical Medicine Research*, 11(4), pp. 261–266. Available at: <https://doi.org/10.14740/jocmr2947w>.
- Benkirane, O. *et al.* (2022) "Impact of Sleep Fragmentation on Cognition and Fatigue," *International Journal of Environmental Research and Public Health*, 19(23). Available at: <https://doi.org/10.3390/ijerph192315485>.
- Bodman MA, D.M.V.M. (2024) *Diabetic Peripheral Neuropathy*.

- Boye, K.S. *et al.* (2022) “The Association Between Sustained HbA1c Control and Long-Term Complications Among Individuals with Type 2 Diabetes: A Retrospective Study,” *Advances in Therapy*, 39(5), pp. 2208–2221. Available at: <https://doi.org/10.1007/s12325-022-02106-4>.
- Bumgarner, J.R., Walker, W.H. and Nelson, R.J. (2021) “Circadian rhythms and pain,” *Neuroscience & Biobehavioral Reviews*, 129, pp. 296–306. Available at: <https://doi.org/10.1016/j.neubiorev.2021.08.004>.
- Cannon, A. *et al.* (2018) “Burden of Illness in Type 2 Diabetes Mellitus,” *Journal of Managed Care & Specialty Pharmacy*, 24(9-a Suppl), pp. S5–S13. Available at: <https://doi.org/10.18553/jmcp.2018.24.9-a.s5>.
- Ceriello, A. and Prattichizzo, F. (2021) “Variability of risk factors and diabetes complications,” *Cardiovascular Diabetology*. BioMed Central Ltd. Available at: <https://doi.org/10.1186/s12933-021-01289-4>.
- Chamarthi VS, Garg C and Daley SF (2025) “Obesity and Type 2 Diabetes Continuing Education Activity,” *Obesity and Type 2 Diabetes*. Treasure Island (FL): StatPearls Publishing. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK592412/?report=printable>.
- Crivello, A. *et al.* (2019) “The Meaning of Sleep Quality: A Survey of Available Technologies,” *IEEE Access*, 7, pp. 167374–167390. Available at: <https://doi.org/10.1109/ACCESS.2019.2953835>.
- Dewi, S.M., Saputra, B. and Daniati, M. (2022) “Relationship Of Alcohol Consumption And Sleep Quality To The Event Of Hypertension,” *Jurnal Keperawatan Hang Tuah (Hang Tuah Nursing Journal)*, 2(1), pp. 49–62. Available at: <https://doi.org/10.25311/jkh.vol2.iss1.564>.
- Dinkes Jatim (2023) *Profil Kesehatan Provinsi Jawa Timur Tahun 2023*.
- Durlach, V. *et al.* (2022) “Smoking and diabetes interplay: A comprehensive review and joint statement,” *Diabetes & Metabolism*, 48(6), p. 101370. Available at: <https://doi.org/10.1016/j.diabet.2022.101370>.
- Fabbri, M. *et al.* (2021) “Measuring subjective sleep quality: A review,” *International Journal of Environmental Research and Public Health*. MDPI AG, pp. 1–57. Available at: <https://doi.org/10.3390/ijerph18031082>.
- Fentahun, S. *et al.* (2024) “Quality of Sleep and Its Determinants Among People with Diabetes Mellitus in Sub-Saharan Africa: A Systematic Review and Meta-Analysis,” *Behavioral Sleep Medicine*, 22(6), pp. 803–819. Available at: <https://doi.org/10.1080/15402002.2024.2367469>.
- Ferini-Strambi, L. (2017) “Neuropathic Pain and Sleep: A Review,” *Pain and Therapy*. Springer Healthcare, pp. 19–23. Available at: <https://doi.org/10.1007/s40122-017-0089-y>.
- Fernández-Torres, R. *et al.* (2021) “Is There an Association between Sleep Disorders and Diabetic Foot? A Scoping Review,” *Journal of Clinical Medicine*, 10(11), p. 2530. Available at: <https://doi.org/10.3390/jcm10112530>.

- Figorilli, M., Velluzzi, F. and Redolfi, S. (2025) "Obesity and sleep disorders: A bidirectional relationship," *Nutrition, Metabolism and Cardiovascular Diseases*, 35(6), p. 104014. Available at: <https://doi.org/10.1016/j.numecd.2025.104014>.
- Fu, L. *et al.* (2024) "Deteriorated sleep quality and associate factors in patients with type 2 diabetes mellitus complicated with diabetic peripheral neuropathy," *PeerJ*, 12, p. e16789. Available at: <https://doi.org/10.7717/peerj.16789>.
- Fuentes-Senise, C. and García-Corpas, J.P. (2022) "Prevalence of poor sleep quality and associated lifestyle habits: A cross-sectional study in community pharmacies," *Ars Pharmaceutica (Internet)*, 64(1), pp. 5–18. Available at: <https://doi.org/10.30827/ars.v64i1.26223>.
- Gaiduk, M. *et al.* (2020) "Comparison of sleep characteristics measurements: A case study with a population aged 65 and above," *Procedia Computer Science*. Elsevier B.V., pp. 2341–2349. Available at: <https://doi.org/10.1016/j.procs.2020.09.297>.
- Galiero, R. *et al.* (2023) "Peripheral Neuropathy in Diabetes Mellitus: Pathogenetic Mechanisms and Diagnostic Options," *International Journal of Molecular Sciences*, 24(4), p. 3554. Available at: <https://doi.org/10.3390/ijms24043554>.
- Gupta, K., Deka, S. and Chandolia, B. (2022) "Comparison of Efficacy of Oral Antidiabetic Drugs versus Combination of Oral Antidiabetic Drugs along with Insulin in Management of Diabetes Mellitus - A Retrospective Study," *International Journal of Science and Healthcare Research*, 7(1), pp. 41–45. Available at: <https://doi.org/10.52403/ijshr.20220108>.
- Gupta, M. *et al.* (2023) "Molecular mechanisms underlying hyperglycemia associated cognitive decline," *IBRO Neuroscience Reports*, 14, pp. 57–63. Available at: <https://doi.org/10.1016/j.ibneur.2022.12.006>.
- Haack, M. *et al.* (2020) "Sleep deficiency and chronic pain: potential underlying mechanisms and clinical implications," *Neuropsychopharmacology*. Springer Nature, pp. 205–216. Available at: <https://doi.org/10.1038/s41386-019-0439-z>.
- Hall, J.E.. and Hall, M.E.. (2020) *Guyton and Hall textbook of medical physiology*. Elsevier.
- Heald, A. *et al.* (2023) "A Longitudinal Clinical Trajectory Analysis Examining the Accumulation of Co-morbidity in People with Type 2 Diabetes (T2D) Compared with Non-T2D Individuals," *Diabetes Therapy*, 14(11), pp. 1903–1913. Available at: <https://doi.org/10.1007/s13300-023-01463-9>.
- Helakari, H. *et al.* (2023) "Effect of sleep deprivation and NREM sleep stage on physiological brain pulsations," *Frontiers in Neuroscience*, 17. Available at: <https://doi.org/10.3389/fnins.2023.1275184>.
- Herawati, N. and Syahrums, S. (2024) "Factors Affecting the Quality of Sleep Quality in the Elderly," *Indonesian Journal of Global Health Research*,

- 6(5), pp. 2853–2862. Available at: <https://doi.org/10.37287/ijghr.v6i5.3423>.
- Hicks, C.W. and Selvin, E. (2019) “Epidemiology of Peripheral Neuropathy and Lower Extremity Disease in Diabetes,” *Current Diabetes Reports*. Current Medicine Group LLC 1. Available at: <https://doi.org/10.1007/s11892-019-1212-8>.
- Hilditch, C.J. and McHill, A.W. (2019) “<p>Sleep inertia: current insights</p>,” *Nature and Science of Sleep*, Volume 11, pp. 155–165. Available at: <https://doi.org/10.2147/NSS.S188911>.
- Hirotsu, C., Tufik, S. and Andersen, M.L. (2015) “Interactions between sleep, stress, and metabolism: From physiological to pathological conditions,” *Sleep Science*. FLASS, pp. 143–152. Available at: <https://doi.org/10.1016/j.slsci.2015.09.002>.
- Htut, H.N. *et al.* (2020) “Sleep quality among type 2 diabetes mellitus patients in a private hospital setting in Yangon, Myanmar,” *Journal of Health Research*, 35(2), pp. 186–198. Available at: <https://doi.org/10.1108/JHR-09-2019-0214>.
- Hunaifi, I. *et al.* (2021) “The Correlation Between HbA1c and Neuropathy Disability Score in Type 2 Diabetes.” *Acta medica Indonesiana*, 53(2), pp. 164–168. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/34251344>.
- Information for Behavioral Health Providers in Primary Care Diabetic Neuropathies: The Nerve Damage of Diabetes What are diabetic neuropathies?* (no date).
- International Diabetes Federation (IDF) (2021) *IDF Diabetes Atlas 10th edition*. Available at: [www.diabetesatlas.org](http://www.diabetesatlas.org).
- Ismail, L., Materwala, H. and Al Kaabi, J. (2021) “Association of risk factors with type 2 diabetes: A systematic review,” *Computational and Structural Biotechnology Journal*. Elsevier B.V., pp. 1759–1785. Available at: <https://doi.org/10.1016/j.csbj.2021.03.003>.
- Jang, H.N. and Oh, T.J. (2023) “Pharmacological and Nonpharmacological Treatments for Painful Diabetic Peripheral Neuropathy,” *Diabetes and Metabolism Journal*. Korean Diabetes Association, pp. 743–756. Available at: <https://doi.org/10.4093/dmj.2023.0018>.
- Karmilayanti *et al.* (2021) “The relationship between the severity of peripheral diabetic neuropathy and sleep quality in type 2 diabetic mellitus patients,” *Medicina Clínica Práctica*, 4, p. 100210. Available at: <https://doi.org/10.1016/j.mcpsp.2021.100210>.
- Kemkes (2024) *Saatnya Mengatur Si Manis*, <https://sehatnegeriku.kemkes.go.id/baca/blog/20240110/5344736/saatnya-mengatur-si-manis/>.
- Khamassi, S. *et al.* (2025) “Sleep Quality in Patients With Type 2 Diabetes Mellitus,” *American Journal of Lifestyle Medicine* [Preprint]. Available at: <https://doi.org/10.1177/15598276251395665>.

- Khan, M.A.B. *et al.* (2019) "Epidemiology of Type 2 Diabetes – Global Burden of Disease and Forecasted Trends," *Journal of Epidemiology and Global Health*, 10(1), p. 107. Available at: <https://doi.org/10.2991/jegh.k.191028.001>.
- Khazaie, H.& C.A.& K.S.& H.F.& A.S.& Z.Rezaei. (2024) "Sleep Hygiene Pattern and Behaviors and Related Factors among General Population in West Of Iran," *Global Journal of Health Science* [Preprint].
- Khoirul, W. *et al.* (2020) "Determinan Kualitas Tidur pada Santri di Pondok Pesantren Info Artikel," *Higeia Journal Of Public Health Research And Development* [Preprint]. Available at: <https://doi.org/10.15294/higeia.v4iSpecial%203/41257>.
- Kia, N.S. *et al.* (2023) "Factors affecting sleep quality in patients with type 2 diabetes: a cross-sectional study in Iran," *Middle East Current Psychiatry*, 30(1). Available at: <https://doi.org/10.1186/s43045-023-00310-8>.
- Kim, M. *et al.* (2021) "Association Between Age and Sleep Quality: Findings From a Community Health Survey," *Sleep Medicine Research*, 12(2), pp. 155–160. Available at: <https://doi.org/10.17241/smr.2021.01158>.
- Lavigne, G. (2010) "Relevance of Sleep Physiology for Sleep Medicine Clinicians," *Principles and Practice of Sleep Medicine: Fifth Edition*. Elsevier Inc., pp. 199–200. Available at: <https://doi.org/10.1016/B978-1-4160-6645-3.00017-7>.
- Li, C. *et al.* (2023) "Prevalence of painful diabetic peripheral neuropathy in type 2 diabetes mellitus and diabetic peripheral neuropathy: A nationwide cross-sectional study in mainland China," *Diabetes Research and Clinical Practice*, 198, p. 110602. Available at: <https://doi.org/10.1016/j.diabres.2023.110602>.
- Lifia Bestari, I. (2020) "Characteristics Of Patients With Type 2 Diabetes Mellitus at Surabaya Haji General Hospital." Available at: <https://doi.org/10.20473/ijph.v11i5il.2020.286-294>.
- Made, N. *et al.* (2019) "Reliabilitas Kusioner Pittsburgh Sleep Quality Index (PSQI) Versi Bahasa Indonesia dalam Mengukur Kualitas Tidur Lansia." Available at: <https://ejournal.warmadewa.ac.id/index.php/wicaksana>.
- Manoppo, M.W., Pitoy, F.F. and Abigael, T. (2023) "Kualitas Tidur pada Mahasiswa Profesi Ners Universitas Klabat," *MAHESA : Malahayati Health Student Journal*, 3(7), pp. 2098–2107. Available at: <https://doi.org/10.33024/mahesa.v3i7.10717>.
- Mao, F. *et al.* (2019) "Age as an Independent Risk Factor for Diabetic Peripheral Neuropathy in Chinese Patients with Type 2 Diabetes," *Aging and disease*, 10(3), p. 592. Available at: <https://doi.org/10.14336/AD.2018.0618>.
- Matsui, K. *et al.* (2021) "Association of subjective quality and quantity of sleep with quality of life among a general population," *International Journal of Environmental Research and Public Health*, 18(23). Available at: <https://doi.org/10.3390/ijerph182312835>.

- Meng, L.-L. *et al.* (2016) "Association of diabetic vascular complications with poor sleep complaints," *Diabetology & Metabolic Syndrome*, 8(1), p. 80. Available at: <https://doi.org/10.1186/s13098-016-0195-8>.
- Della Monica, C. *et al.* (2018) "Rapid eye movement sleep, sleep continuity and slow wave sleep as predictors of cognition, mood, and subjective sleep quality in healthy men and women, aged 20-84 years," *Frontiers in Psychiatry*, 9. Available at: <https://doi.org/10.3389/fpsy.2018.00255>.
- Motiwala, R. (2021) "A Clinical Approach to Disease of Peripheral Nerve," *Clinics in Geriatric Medicine*. W.B. Saunders, pp. 197–208. Available at: <https://doi.org/10.1016/j.cger.2021.01.009>.
- Munir, M., Sutjahjo, A. and Sustini, F. (2016) "PROFILE OF TYPE II DIABETES MELLITUS WITH CENTRAL OBESITY IN DR. SOETOMO HOSPITAL," *Folia Medica Indonesiana*, 51(3), p. 177. Available at: <https://doi.org/10.20473/fmi.v51i3.2831>.
- Nabila, S. *et al.* (2023) "Associations Between Modifiable Risk Factors and Changes in Glycemic Status Among Individuals With Prediabetes," *Diabetes care*, 46(3), pp. 535–543. Available at: <https://doi.org/10.2337/dc22-1042>.
- Ningsih Lase, W. and Candra Laoli, H. (2024) "Stress Levels, Hyperglycemia, and Long Suffering from Diabetes Relationship with Diabetic Neuropathy Pain," *Care: Jurnal Ilmiah Ilmu Kesehatan*, 12(2), pp. 287–296. Available at: <https://doi.org/10.33366/jc.v12i1.5945>.
- Ohiagu, F.O., Chikezie, P.C. and Chikezie, C.M. (2021) "Pathophysiology of diabetes mellitus complications: Metabolic events and control," *Biomedical Research and Therapy*, 8(3), pp. 4243–4257. Available at: <https://doi.org/10.15419/bmrat.v8i3.663>.
- Ojo, O.A. *et al.* (2023) "Diabetes mellitus: From molecular mechanism to pathophysiology and pharmacology," *Medicine in Novel Technology and Devices*, 19, p. 100247. Available at: <https://doi.org/10.1016/j.medntd.2023.100247>.
- Pang, L. *et al.* (2020) "Understanding diabetic neuropathy: Focus on oxidative stress," *Oxidative Medicine and Cellular Longevity*, 2020. Available at: <https://doi.org/10.1155/2020/9524635>.
- Patel, A.K. *et al.* (2024) *Physiology, Sleep Stages*. StatPearls Publishing. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK526132/> (Accessed: February 20, 2026).
- Perkumpulan Endokrinologi Indonesia (2021) *Pedoman Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 Dewasa di Indonesia*. PB Perkeni.
- Ponirakis, G. *et al.* (2016) "NerveCheck: An inexpensive quantitative sensory testing device for patients with diabetic neuropathy," *Diabetes Research and Clinical Practice*, 113, pp. 101–107. Available at: <https://doi.org/10.1016/j.diabres.2015.12.023>.

- Pop-Busui, R. *et al.* (2017) “Diabetic Neuropathy: A Position Statement by the American Diabetes Association,” *Diabetes Care*, 40(1), pp. 136–154. Available at: <https://doi.org/10.2337/dc16-2042>.
- Pop-Busui, R. (2023) “Autonomic diabetic neuropathies: A brief overview,” *Diabetes Research and Clinical Practice*, 206. Available at: <https://doi.org/10.1016/j.diabres.2023.110762>.
- Poza, J.J. *et al.* (2020) “Melatonin in sleep disorders,” *Neurología (English Edition)* [Preprint]. Available at: <https://doi.org/10.1016/j.nrleng.2018.08.004>.
- Prahardini, N.Y.T.A., S.N.S. and A.N.G.S. (2024) “Hubungan Neuropati Diabetikum dengan Kualitas Tidur Pada Pengidap DM Tipe 2 di Rumah Sakit Baladhika Husada Jember,” *Protein : Jurnal Ilmu Keperawatan dan Kebidanan*, 2(3), pp. 150–158. Available at: <https://doi.org/10.61132/protein.v2i3.579>.
- Salikunna, N.A. *et al.* (2022) “Hubungan antara Kualitas Tidur dengan Tingkat Konsentrasi pada Mahasiswa,” *Healthy Tadulako Journal (Jurnal Kesehatan Tadulako)*, 8(3), pp. 157–163.
- Samant, A.C., Jha, H. and Kamal, P. (2025) “Systematic Review: Risk Factors for Developing Type 2 Diabetes Mellitus,” *Research Article* |, 15(1), pp. 382–390. Available at: <https://doi.org/10.5083/ejcm/25-01-62>.
- Sampath Kumar, A. *et al.* (2019) “Exercise and insulin resistance in type 2 diabetes mellitus: A systematic review and meta-analysis,” *Annals of Physical and Rehabilitation Medicine*, 62(2), pp. 98–103. Available at: <https://doi.org/10.1016/j.rehab.2018.11.001>.
- Sari, D.F. *et al.* (2024) “Characteristics of type 2 diabetes mellitus patients at Puskesmas Sanden: A cross sectional study,” *BIO Web of Conferences*. Edited by S. Zubaidah *et al.*, 148, p. 01017. Available at: <https://doi.org/10.1051/bioconf/202414801017>.
- Schreiber, A.K. (2015) “Diabetic neuropathic pain: Physiopathology and treatment,” *World Journal of Diabetes*, 6(3), p. 432. Available at: <https://doi.org/10.4239/wjd.v6.i3.432>.
- Shibabaw, Y.Y., Dejenie, T.A. and Tesfa, K.H. (2023) “Glycemic control and its association with sleep quality and duration among type 2 diabetic patients,” *Metabolism Open*, 18, p. 100246. Available at: <https://doi.org/10.1016/j.metop.2023.100246>.
- Simarmata, P.C. *et al.* (2020) “Factors Factors Affecting Sleep Disorders in Diabetes Mellitus Patients,” *JKF*, 3(1), pp. 65–70. Available at: <https://doi.org/10.35451/jkf.v3i1.528>.
- Singh, S. and Jain, S. (2019) “Sleep and Health—An Introduction,” *International Journal of Head and Neck Surgery*, 10(1), pp. 1–3. Available at: <https://doi.org/10.5005/jp-journals-10001-1361>.
- Sloan, G., Selvarajah, D. and Tesfaye, S. (2021) “Pathogenesis, diagnosis and clinical management of diabetic sensorimotor peripheral neuropathy,”

- Nature Reviews Endocrinology*. Nature Research, pp. 400–420. Available at: <https://doi.org/10.1038/s41574-021-00496-z>.
- Sriyati (2024) *Jurnal Ilmiah STIKES Yarsi Mataram*. Available at: <https://doi.org/Prefix10.57267>.
- Strati, M. *et al.* (2024) “Early onset type 2 diabetes mellitus: an update,” *Endocrine*, 85(3), pp. 965–978. Available at: <https://doi.org/10.1007/s12020-024-03772-w>.
- Subekti, I. (2009) “Neuropati Diabetik,” *Buku Ajar Ilmu Penyakit Dalam*. VI. Jakarta: InternaPublishing, pp. 2395–2399.
- Sugiyono (2013) *Metode Penelitian Kuantitatif Kualitatif dan R&D*. 19th ed. Bandung: Penerbit Alfabeta.
- Sulana, I.O.P. *et al.* (2020) “Hubungan Tingkat Stres dengan Kualitas Tidur Mahasiswa Tingkat Akhir Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi,” *Jurnal KESMAS*, 9(7).
- Sun, H. *et al.* (2022) “IDF Diabetes Atlas: Global, regional and country-level diabetes prevalence estimates for 2021 and projections for 2045,” *Diabetes Research and Clinical Practice*, 183, p. 109119. Available at: <https://doi.org/10.1016/j.diabres.2021.109119>.
- Surani, S. (2015) “Effect of diabetes mellitus on sleep quality,” *World Journal of Diabetes*, 6(6), p. 868. Available at: <https://doi.org/10.4239/wjd.v6.i6.868>.
- Valladares-Vega *et al.* (2024) “Sleep Efficiency and Latency as Indicators of Sleep Quality by Bmi: Multicentric Study.” Available at: <https://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy>.
- Villafañe, J.H. *et al.* (2020) “Exploring the relationship between chronic pain and cortisol levels in subjects with osteoarthritis: results from a systematic review of the literature,” *Osteoarthritis and Cartilage*, 28(5), pp. 572–580. Available at: <https://doi.org/10.1016/j.joca.2020.02.836>.
- Willis, S.K. *et al.* (2020) “Glycemic load, dietary fiber, and added sugar and fecundability in 2 preconception cohorts,” *American Journal of Clinical Nutrition*, 112(1), pp. 27–38. Available at: <https://doi.org/10.1093/ajcn/nqz312>.
- World Health Organization (WHO) (2016) *Global report on diabetes*. World Health Organization.
- Xue, P. *et al.* (2021) “Oral Antidiabetics and Sleep Among Type 2 Diabetes Patients: Data From the UK Biobank,” *Frontiers in Endocrinology*, 12. Available at: <https://doi.org/10.3389/fendo.2021.763138>.
- Yang, B. *et al.* (2024) “Diabetic Neuropathic Pain and Circadian Rhythm: A Future Direction Worthy of Study,” *Journal of Pain Research*. Dove Medical Press Ltd, pp. 3005–3020. Available at: <https://doi.org/10.2147/JPR.S467249>.
- Yang, J. and Zhou, J. (2024) “Effect of the Levels and Sources of Noise on the Sleep Quality of Conscious Patients in Emergency Intensive Care Unit,”

- Noise & health*, 26(123), pp. 489–494. Available at: [https://doi.org/10.4103/nah.nah\\_83\\_24](https://doi.org/10.4103/nah.nah_83_24).
- Yildirim, D. and Aras, D. (2025) “Evaluation of Complications, Peripheral Neuropathic Pain, and Sleep Quality in Patients With Diabetes Mellitus,” *Brain and Behavior*, 15(6). Available at: <https://doi.org/10.1002/brb3.70605>.
- Yuniar, N. *et al.* (2022) *Indeks Massa Tubuh (IMT) dan Lingkar Lengan Atas (LiLA) sebagai Penentu Diabetes Mellitus Tipe 2 Body Mass Index (BMI) and Upper Arm Circumference (LiLA) as Determinants of Type 2 DM, Jurnal Kesehatan*. Online. Available at: <http://ejurnal.poltekkes-tjk.ac.id/index.php/JK>.
- Zhang, Y. (2023) “The Impact of Lifestyle Factors on Sleep Efficiency and Sleep Quality,” *Highlights in Science, Engineering and Technology*, 54, pp. 351–356. Available at: <https://doi.org/10.54097/hset.v54i.9791>.
- Zhao, W. (2025) “Factors Influencing Sleep Quality and Gender Differences: A Literature Review,” *Theoretical and Natural Science*, 117(1), pp. 77–81. Available at: <https://doi.org/10.54254/2753-8818/2025.LD24907>.
- Zhong, Q.Y. *et al.* (2015) “Psychometric Properties of the Pittsburgh Sleep Quality Index (PSQI) in a Cohort of Peruvian Pregnant Women,” *Journal of Clinical Sleep Medicine*, 11(8), pp. 869–877. Available at: <https://doi.org/10.5664/jcsm.4936>.
- Zhu, J. *et al.* (2024a) “Diabetic peripheral neuropathy: pathogenetic mechanisms and treatment,” *Frontiers in Endocrinology*, 14. Available at: <https://doi.org/10.3389/fendo.2023.1265372>.
- Zhu, J. *et al.* (2024b) “Diabetic peripheral neuropathy: pathogenetic mechanisms and treatment,” *Frontiers in Endocrinology*, 14. Available at: <https://doi.org/10.3389/fendo.2023.1265372>.
- Zhu, M. *et al.* (2021) “ $\beta$  cell aging and age-related diabetes,” *Aging*, 13(5), pp. 7691–7706. Available at: <https://doi.org/10.18632/aging.202593>.
- Zhu, Y. *et al.* (2020) “Mid-upper arm circumference as a simple tool for identifying central obesity and insulin resistance in type 2 diabetes,” *PLOS ONE*. Edited by M. Lombardo, 15(5), p. e0231308. Available at: <https://doi.org/10.1371/journal.pone.0231308>.
- Zitser, J. *et al.* (2022) “Pittsburgh Sleep Quality Index (PSQI) responses are modulated by total sleep time and wake after sleep onset in healthy older adults,” *PLoS ONE*, 17(6 June). Available at: <https://doi.org/10.1371/journal.pone.0270095>.