**DAFTAR PUSTAKA**


Killgore, W.D.S, Effects of Sleep Deprivation on Cognition. *Progress in Brain Research* 185


Van den Bulck, J., 2007. Adolescent Use of Mobile Phones for Calling and for Sending Text Messages after Lights Out: Results from a Prospective Cohort Study with a One-Year Follow-Up. *Sleep* 30: 1220-1223