

DAFTAR PUSTAKA

- Adnas, D. A. (2022). Perancangan dan Pengembangan Buku Cerita Ilustrasi tentang Kisah Nabi Muhammad Saw:“Keistimewaan Kucing” dengan Teknik Digital Imaging. *Journal of Information System and Technology*, 03(01), 127–146.
- Aisyah, I. H., & Rinjani, D. (2023). Pengaruh Seni Ilustrasi dalam Meningkatkan Minat Baca (Studi Desain Novel Karya Tere Liye). *INVENSI*, 8(1), 1–13. <https://doi.org/10.24821/invensi.v8i1.7184>
- Arief Hidayat Chaniago, & Heldi Heldi. (2023). Perancangan Ilustrasi Buku “Patah Untuk Tumbuh.” *Jurnal Kajian Dan Penelitian Umum*, 1(5), 23–29. <https://doi.org/10.47861/jkpu-nalanda.v1i5.418>
- Braesel, S., & Karg, T. (2017). Media and information literacy: A practical guidebook for trainers. In W. Heidi (Ed.), *Germany: Deutsche Welle*. Deutsche Welle.
- Christian, Y. E. (2024). *Essential Oils:Tren Aromaterapi dan Manfaatnya untuk Kesehatan*. Kumparan. <https://kumparan.com/yuliuschristian/essential-oils-tren-aromaterapi-dan-manfaatnya-untuk-kesehatan-24CjwfJdCbT>
- da Silva Cardoso, G. M., da Silva, M. P. F. N., de Castro Corrêa, C., & Weber, S. A. T. (2022). Insomnia and excessive daytime sleepiness in medical students: consequences of the use of technologies? *Sleep Science*, 15, 116–119. <https://doi.org/10.5935/1984-0063.20220008>
- Dwiyanti, P. W., Saputri, M. E., & Rifiana, A. J. (2023). Analisis Faktor Kejadian Insomnia pada Remaja Dikelurahan Cipedak Jakarta Selatan. *Malahayati Nursing Journal*, 5(7), 2159–2171. <https://doi.org/10.33024/mnj.v5i7.9014>
- Finucane, E., O'Brien, A., Treweek, S., Newell, J., Das, K., Chapman, S., Wicks, P., Galvin, S., Healy, P., Biesty, L., Gillies, K., Noel-Storr, A., Gardner, H., O'Reilly, M. F., & Devane, D. (2021). Does reading a book in bed make a difference to sleep in comparison to not reading a book in bed? The People's Trial—an online, pragmatic, randomised trial. *Trials*, 22(1). <https://doi.org/10.1186/s13063-021-05831-3>
- Haslam, A. (2006). *Book Design*. Laurence King.
- Hasriana,Dika Rizki Imania, P. L. M. (2025). PERBEDAAN PENGARUH TABATA TRAINING DAN CIRCUIT TRAINING TERHADAP PENURUNAN BERAT BADAN DAN. *Jurnal Ilmiah Fisioterapi Muhammadiyah*, 4(1), 40–53. <https://doi.org/https://doi.org/10.30651/jar.v4i1.23995>
- Herliana, I. (2023). Effectiveness of Wudhu Therapy and Music Therapy Before Sleep on Insomnia in Adolescents. *Jurnal Ilmiah Ilmu Keperawatan*

- Indonesia*, 13(02), 55–69. <https://doi.org/10.33221/jiiki.v13i02.2223>
- Keville, K. (2023). *Essensial Oils & Aromatherapy for Dummies* (2nd ed.). John Wiley & Sons, Inc.,.
- Landa, R. (n.d.). *Graphic Design Solutions* (06 ed.). Cengage Learning.
- Lauer, D. A., & Pentak, S. (n.d.). *Desain Basics* (7th ed.). Cengage Learning.
- Lubis, R., Nabila, P., Nasution, N., Azzahra Lathifah, Hasraful, & Andina Fadillah. (2024). Evolusi Remaja Usia 17-19 Tahun: Analisis Pertumbuhan Dan Perkembangannya. *Jurnal Review Pendidikan Dan Pengajaran*, 7(3), 7899–7907. [https://doi.org/https://doi.org/10.31004/jrpp.v7i3.29960](https://doi.org/10.31004/jrpp.v7i3.29960)
- Male, A. (2007). *Illustration: A Theoretical and Contextual Perspective: A Theoretical & Contextual Perspective*. AVA Publishing SA. <https://books.google.com/books?id=rlJP8I1cao8C&pgis=1>
- Misrohatun. (2024). *Studi: Gen Z dan Millenial Cenderung Mengalami Stres*. IDN Times. <https://www.idntimes.com/health/fitness/misrohatun/gen-z-dan-millenial-cenderung-mengalami-stres>
- Mollica, P. (2018). Special Subjects Basic Color Theory An Introduction to Color for Beginning Artists. In *Walter Foster Publishing* (Vol. 53, Issue 9).
- Mufarroatul Amanah, B., Puspitasari, D. I., Suprayitno, E., Yasin, Z., & Permatasari, D. (2022). Aromaterapi Lavender Menurunkan Keluhan Insomnia Pada Lansia. *Wiraraja Medika : Jurnal Kesehatan*, 12(1), 6–9. <https://doi.org/10.24929/fik.v12i1.1963>
- Nurhaliza, N., Usman, U., & Sultan, S. (2022). Minat Baca Siswa SMP: Faktor Latar Belakang Ekonomi dan Pendidikan Keluarga (Middle School Students Reading Interests: Factors of Economic Background and Family Education). *Indonesian Language Education and Literature*, 7(2). <https://doi.org/10.24235/ileal.v7i2.10208>
- Pham, H. T., Chuang, H. L., Kuo, C. P., Yeh, T. P., & Liao, W. C. (2021). Electronic device use before bedtime and sleep quality among university students. *Healthcare (Switzerland)*, 9(9). <https://doi.org/10.3390/healthcare9091091>
- Poulin, R. (2018). Design School Layout: A Practical Guide for Students and Designers. In *Quattro Publishing Group USA*. Rockport Publishers.
- Saras, T. (2023). *Mengatasi Insomnia: Panduan Praktis untuk Tidur Berkualitas* (W. Anita (ed.)). Tiram Media.
- Sekar Langit Nariswari, & Anna, L. K. (2021). Daftar 10 Kota Paling Bikin Stres di Dunia, Jakarta Nomor Berapa? *Kompas.Id*. <https://lifestyle.kompas.com/read/2021/07/15/132904520/daftar-10-kota-paling-bikin-stres-di-dunia-jakarta-nomor-berapa>

- Skylark, M. (2025). *Lavender Calming Effect*. Publifye AS.
- Suni, E. (2024). *Insomnia: Symptoms, Causes, and Treatments*. Sleep Foundation. <https://www.sleepfoundation.org/insomnia>
- Syahrir, S., Ariantika, A., & Lagu, A. M. H. (2020). Why people go for antenatal care. *Al-Sihah: The Public Health Science Journal*, 12(1). <https://doi.org/10.24252/as.v12i1.14394>
- Turow, J. (2020). Media Today. In *Media Today* (7th ed.). Routledge.
- Tyas, L. W. (2022). Hubungan Depresi, Kecemasan dan Stres dengan Kejadian Insomnia pada Remaja Sekolah Menengah Atas Kota Surabaya. *Preventif: Jurnal Kesehatan Masyarakat*, 13(3), 540–547. <https://doi.org/10.22487/preventif.v13i3.405>
- Widiyono, S.Kep., Ns., M. K., Atik Aryani, S.Kep., Ns., M. K., Indriyati, S.Kep., Ns., M. P., Sutrisno, S. Kep., Ns., M. K., & Anik Suwarni, S.Kep., Ns., M. K. (2022). *Buku Ajar Terapi Komplementer Keperawatan.pdf*. Lembaga Chakra Brahmana Lentera.
- Yogi, W., Tsukada, M., Sato, Y., Izuno, T., Inoue, T., Tsunokawa, Y., Okumo, T., Hisamitsu, T., & Sunagawa, M. (2021). Influences of lavender essential oil inhalation on stress responses during short-duration sleep cycles: A pilot study. *Healthcare (Switzerland)*, 9(7). <https://doi.org/10.3390/healthcare9070909>

