

Sumber artikel tentang 10 AKIBAT KURANG TIDUR YANG BERBAHAYA BAGI KESEHATAN :

- <http://www.aasmnet.org/resources/factsheets/sleepdeprivation.pdf>
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- <http://hyper.ahajournals.org/content/35/5/1173.long>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3403737/>
- <http://eurheartj.oxfordjournals.org/content/32/12/1484>
- <http://www.journalsleep.org/ViewAbstract.aspx?pid=28578>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181883/>
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- <https://www.sciencedaily.com/releases/2002/07/020731080733.htm>