

DAFTAR SINGKATAN

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| AKG | : Angka Kecukupan Gizi |
| BB | : Berat Badan |
| IMT | : Indeks Massa Tubuh |
| NREM | : <i>Non Rapid Eye Movement</i> |
| PSQI | : <i>Pittsburgh Sleep Quality Index</i> |
| REM | : <i>Rapid Eye Movement</i> |
| Risikesdas | : Riset Kesehatan Dasar |
| SRSD | : <i>Self Report Sleep Duration</i> |
| TB | : Tinggi Badan |
| URT | : Ukuran Rumah Tangga |
| WHO | : <i>World Health Organization</i> |