Daftar Pustaka

[1] A. Drabek, O. Krejcar, A. Selamat, and K. Kuca, "A Smart Arduino Alarm Clock Using Hypnagogia Detection During Night," vol. 9799, pp. 514–526, 2016.

[2] D. L. Schacter, "The Hypnagogic State: A Critical Review of The Literature," vol. 83, no. 3, pp. 452–481, 1976.

[3] F. B. Nusantara, "Analisis Kinerja Weker Pintar dengan Hypnagogia Monitoring Menggunakan PIR Sensor," p. 25, 2018.

[4] M. G. Figueiro, M. S. Rea, and J. D. Bullough, "Circadian effectiveness of two polychromatic lights in suppressing human nocturnal melatonin," *Neurosci. Lett.*, vol. 406, no. 3, pp. 293–297, 2006.

[5] R. Cheng, W. Zhao, J. Tu, and X. Jiang, "Design of Non-contact Infra-Red Thermometer Based on the Sensor of MLX90614," *Open Autom. Control Syst. J.*, vol. 7, no. 1, pp. 19–28, 2015.

[6] E. Jefanggi and L. Widiantini, "INFLUENCE OF EXERCISE DURING FASTING ON MELATONIN IN Sport Science Faculty University of Malang MELATONIN PADA TIKUS PUTIH JANTAN JENIS WISTAR Fakultas Ilmu Keolahragaan Universitas Negeri Malang Peningkatan prevalensi insomnia menurut beberapa ahli berka."

[7] R. Ambarwati, "Sleep , the Circadian Rhythms and Metabolism," vol. X, no. 1, pp. 42–46, 2017.

[8] "Polysomnography." [Online]. Available: https://medlineplus.gov/ency/article/003932.htm.

[9] G. Scott and J. Chin, "A DIY approach to pervasive computing for the Internet of Things: A smart alarm clock," *2013 5th Comput. Sci. Electron. Eng. Conf. CEEC 2013 - Conf. Proc.*, pp. 57–60, 2013.

[10] "Circadian Rhythms," 2017. [Online]. Available: https://www.nigms.nih.gov/Education/Pages/Factsheet_CircadianRhythms.aspx.

[11] D. A. Prasadja, *ayo bangun!* Hikmah, 2009.

[12] L. A. Zadeh, "Fuzzy Sets," p. 16, 1965.

[13] H. K. W. W. D. H. and J. W. Hurst, *Clinical Methods The History, Physical, and Laboratory Examinations*, 3rd editio. Boston, 1990.

[14] N. Naik, "Choice of effective messaging protocols for IoT systems: MQTT, CoAP, AMQP and HTTPNaik, N. (2017). Choice of effective messaging protocols for IoT systems: MQTT, CoAP, AMQP and HTTP. In 2017 IEEE International Symposium on Systems Engineering, ISSE 2017 -," *2017 IEEE Int. Symp. Syst. Eng. ISSE 2017 - Proc.*, pp. 1–7, 2017.