

DAFTAR SINGKATAN DAN SIMBOL

DAFTAR SINGKATAN

NREM	=	<i>Non Rapid Eye Movement</i>
WHO	=	<i>World Health Organization</i>
dkk	=	Dan Kawan-Kawan
PSQI	=	<i>Pittsburgh Sleep Quality Index</i>
mmHg	=	<i>Milimeter Hydrargyrum</i>
SOP	=	<i>Standard Operating Procedure</i>
et, al	=	<i>And other people</i>
CAMS	=	<i>The Council Of Alfiliated Menopause Societies</i>

DAFTAR SIMBOL

$\leq$	=	Kurang dari sama dengan
$>$	=	Lebih dari
%	=	Persen
&	=	Dan
-	=	Sampai
$^{\circ}\text{C}$	=	Derajat Celcius
et, al	=	<i>And other people</i>
CAMS	=	<i>The Council Of Alfiliated Menopause Societies</i>