

DAFTAR SINGKATAN

mmHg	: <i>Milimeter Hydrargyrum</i>
WHO	: <i>World Health Organization</i>
NREM	: <i>Non-Rapid Eye Movement</i>
REM	: <i>Rapid Eye Movement</i>
ACE	: <i>Angiotensin-Converting Enzyme</i>
PSQI	: <i>Pittsburgh Quality Sleep Index</i>
SSBM	: <i>Slow Stroke Back Massage</i>
JNC 7	: <i>The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure</i>
ESC	: <i>European Society of Cardiology</i>
ESH	: <i>European Society of Hypertension</i>
HDL	: <i>High Density Lipoprotein</i>
LDL	: <i>Low Density Lipoprotein</i>
IMT	: <i>Index Massa Tubuh</i>
mg	: <i>Miligram</i>
NA	: <i>Natrium</i>
ARB	: <i>Angiotensin Receptor Blocker</i>
TIK	: <i>Tekanan Intrakranial</i>
RAS	: <i>Reticular Activating System</i>
BSR	: <i>Bulbar Synchronizing Regional</i>
CRF	: <i>Corticotropin Releasing Factor</i>
POMC	: <i>Pro Opioid Melanocortin</i>
CCB	: <i>Calcium Channel Blocker</i>
RAAS	: <i>Renin Angiotensin Aldosterone System</i>