

DAFTAR ARTI, LAMBANG, SINGKATAN DAN ISTILAH

IPO	: Indeks Pembangunan Olahraga
ERDF	: <i>Endothelium Derived Relaxing Factor</i>
NO	: <i>Nitric Oxide</i>
MAP	: <i>Mean Arterial Pressure</i>
RAAS	: <i>Renin Angiotensin Aldosterone System</i>
ACE	: <i>Angiotensin Converting Enzyme</i>
WHO	: <i>World Health Organization</i>
AHA	: <i>American Heart Association</i>
DASH	: <i>Dietary Approaches to Stop Hypertension</i>
REM	: <i>Rapid Eye Movement</i>
NREM	: <i>Nonrapid Eye Movement</i>
RNA	: Ribonukleic Sintesis Acid
SWS	: <i>Slow Wave Sleep</i>
PSQI	: <i>Pittsburgh Sleep Quality Index</i>
SOP	: Standar Operasional Prosedur
SPSS	: <i>Statistical Package for Social Sciences</i>
KEPK	: Komite Etik Penelitian Kesehatan