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Lampiran 1
Smartphone Addiction Scale Short Version

<i>No.</i>	<i>Items</i>
1	Kehilangan rencana kerja disebabkan oleh penggunaan <i>smartphone</i> . <i>Missing planned work due to smartphone use.</i>
2	Kesulitan konsentrasi di kelas, sedang melakukan tugas, atau sedang bekerja disebabkan penggunaan <i>smartphone</i> . <i>Having a hard time concentrating in class, while doing assignments, or while working due to smartphone use.</i>
3	Merasa nyeri di pergelangan tangan atau bagian belakang leher selama menggunakan <i>smartphone</i> . <i>Feeling pain in the wrists or at the back of the neck while using a smartphone.</i>
4	Tidak bisa bertahan karena tidak memiliki <i>smartphone</i> . <i>Won't be able to stand not having a smartphone.</i>
5	Merasa tidak sabaran dan resah saat saya tidak memegang <i>smartphone</i> saya. <i>Feeling impatient and fretful when I am not holding my smartphone.</i>
6	Memikirkan <i>smartphone</i> saya walau saya sedang tidak menggunakannya. <i>Having my smartphone in my mind even when I am not using it.</i>
7	Saya tidak akan berhenti menggunakan <i>smartphone</i> saya walaupun kehidupan harian saya telah terpengaruh karenanya. <i>I will never give up using my smartphone even when my daily life is already greatly affected by it.</i>
8	Mengecek secara konstan <i>smartphone</i> saya sehingga tidak ketinggalan percakapan di Twitter atau Facebook. <i>Constantly checking my smartphone so as not to miss conversations between other people on Twitter or Facebook.</i>
9	Menggunakan <i>smartphone</i> lebih lama dari yang saya inginkan. <i>Using my smartphone longer than I had intended.</i>

10 | Orang-orang disekitar saya mengatakan bahwa saya menggunakan *smartphone* terlalu sering.

The people around me tell me that I use my smartphone too much.

Lampiran 2
Pittsburgh Sleep Quality Index

1	Pukul berapa biasanya Anda mulai tidur malam?				
2	Berapa lama Anda biasanya baru bisa tertidur tiap malam?				
3	Pukul berapa Anda biasanya bangun pagi?				
4	Berapa lama Anda tidur di malam hari				
5	Seberapa sering masalah di bawah ini mengganggu tidur Anda?	Tidak pernah dalam sebulan akhir (0)	1x seminggu (1)	2x seminggu (2)	$\geq 3x$ seminggu (3)
a	Tidak mampu tertidur dalam 30 menit sejak berbaring				
b	Terbangun di tengah malam atau dini hari				
c	Terbangun untuk ke kamar mandi				
d	Sulit bernafas dengan baik				
e	Batuk atau mengorok				
f	Kedinginan di malam hari				
g	Kepanasan di malam hari				
h	Mimpi buruk				
i	Terasa nyeri				
j	Alasan lain...				
6	Selama sebulan terakhir, seberapa sering anda				

	menggunakan obat tidur?				
7	Selama sebulan terakhir, seberapa sering Anda mengantuk ketika melakukan aktivitas di siang hari?				
		Tidak antusias	Kecil	Sedang	Besar
8	Selama sebulan terakhir, berapa banyak masalah yang Anda daparkan dan seberapa antusias Anda menyelesaikan permasalahan tersebut?				
		Sangat baik (0)	Cukup baik (1)	Cukup buruk (2)	Sangat buruk (3)
9	Selama sebulan terakhir, bagaimana Anda menilai kepuasan tidur Anda?				