

**THE APPLICATION OF BABY MASSAGE AGAINST
THE LENGTH SLEEP BABY AGES 0 – 12 MONTHS
IN WONOSARI VILLAGE**

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ABSTRACT

Background : Problems that occur in infants aged 0 - 12 months usually occur in infants aged 3-6 months such as motor development, when the baby has started a lot of activities, the baby has begun to experience physical fatigue. This causes babies to often wake up at night. The baby's mother is also reluctant to massage her baby for fear of something happening to her baby. This sleep problem can be overcome by means of baby massage. One of the benefits of baby massage is to make the baby sleep better and longer. Sleep is a basic need that is needed by all humans to be able to function optimally both healthy and sick. **Objective :** to find out the results of applying infant massage to the length of sleep of infants aged 0-12 months in Wonosari village. **Method :** descriptive observational research method with case study design. The sample in this application is 2 respondents and uses the observation sheet. **Result :** Sleeping babies experience an increase in sleep time by an average of 3,4 hours after massage. **Conclusion :** The application of infant massage can increase the length of sleep of infants at the age of 0-12 months.

Keywords: Baby Massage, Sleep Length