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## ***BENEFITS OF PROGRESSIVE MUSCLE RELAXATION THERAPY TO INSOMNIA IN THE ELDERLY***

### ***SUMMARY***

***Background:*** Older people are classified into four groups, namely middle age 45-59 years, elderly 60-74 years, old) 75–90 years and very old, over 90 years, The aging process results in normal changes in the sleep and rest patterns of the elderly and makes it easier for the elderly to experience sleep disorders. Sleep disturbance (Insomnia) is the inability to get the amount of sleep we need, feeling rested and refreshed. One of the behavioral forms of therapy to reduce insomnia is the Progressive Muscle Relaxation technique. This Progressive Muscle Relaxation Technique is done by focusing on a muscle activity by identifying muscle tension and then reducing the muscle tension by performing several relaxation actions to get a feeling of relaxation. ***Objective:*** Knowing about the benefits of progressive muscle relaxation therapy on insomnia in the elderly. ***Method:*** The method used is using IEC media, namely booklets as a tool to treat insomnia in the elderly. ***Result:*** This booklet will be disseminated to the community or the elderly through one of the posyandu cadres and through electronic media. ***Conclusion:*** As a medium of information to the public or the elderly to overcome insomnia in the elderly.

***Keyword:*** Elderly, Insomnia, Booklet, Progressive Muscle Relaxation.