

GYMNASTICS FOR THE ELDERLY TO OVERCOME SLEEP DISTURBANCES OR INSOMNIA THROUGH VIDEO MEDIA

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ESSENCE

Insomnia or sleep disturbance is a condition that person has difficulty or distraction in sleeping, especially at night. Generally, when insomniacs wake up, they are usually not refreshed. Sleep disturbances or insomnia often occur in the elderly, elderly people woke up more often at night. They need more sleep due to physical changes and illnesses suffer. Insomnia or sleep disorders can be treated with pharmacological and non-pharmacological treatments. One of them is non-pharmacological therapy, which is doing exercise or gymnastics before bed because it is very good for blood circulation and body systems, it should be done 6-5 hours before bedtime. Gymnastics is carried out for 3 weeks. every week do the gymnastics 2 times for 15-30 minutes. One of the media that can be used in providing information is video. Videos can be used with the aim of increasing knowledge, because it can provide specific information. It can be concluded that video media can provide information to increase knowledge of elderly gymnastics and to overcome sleep disorders or insomnia.

Keywords: Insomnia, Elderly Gymnastics, Video