

*EFFORTS TO IMPROVE SLEEP QUALITY IN THE ELDERLY WITH  
MUROTTAL AL-QUR'AN METHOD*

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**SUMMARY**

**Background:** *The elderly people who have experience a decline in quality of sleep is affected by factors of age, illness, medications, family support and attention. The elderly who have experience poor sleep quality up to 70%, with their health deteriorated and having a negative impact on their. Good murottal therapy increases the quality of sleep in the elderly. The goal is to increase family knowledge about efforts to improve sleep quality of the elderly by means of media videos. Method:* *The media used to increase knowledge of elderly families is video media, because video is an audiovisual media to provide education in the form of visual aids that are heard and seen so that it is easy to understand. Results:* *One of the media that can be used as a medium of information and education is video. Video media can increase the knowledge of elderly families about murottal Al-Qur'an therapy to improve the quality of sleep in the elderly, which can be done independently by elderly families. Conclusion:* *The video consists of writing and images data and it can give information to the public society, especially for adult people. The information from video can gain attention to help adult people to increase their sleep quality.*

**Keywords:** *Sleep quality, elderly, murottal therapy*