

**APPLICATION OF BENSON RELAXATION THERAPY ON SLEEP  
QUALITY IN THE ELDERLY THROUGH VIDEO MEDIA**

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**SUMMARY**

**Background:** *The process of aging is a normal condition, which will be characterized by predictable physical and behavioral changes that occur in all people when they reach a certain chronological stage of development. Prevalansi in the elderly The age group of 40 years found only 7% of cases complained of sleep problems (can only sleep no more than 5 hours a day). The same was found in 22% of cases in the 70year age group. In the elderly group, more complained of waking up earlier. In addition, there are 30% of the group of elderly people aged 70 years who experience waking at night. Sleep disturbance is a condition where there is a change in the quantity and quality of sleep which can cause discomfort and have an impact on the quality and lifestyle. Sleep quality is a state of sleep that an individual experiences to produce freshness and fitness when awakened.* **Method:** *The title of the video produced is Benson relaxation therapy for sleep disorders sufferers to improve sleep quality through video media containing Benson relaxation therapy.* **Result:** *The output is a video about Benson relaxation therapy.* **Conclusion:** *Benson relaxation therapy can be used to improve sleep quality in people with sleep disorders and video users are effective as a medium of communication, information, and education.*

**Keywords:** *Elderly, Sleep quality, Benson Relaxation Therapy*

