

**MUROTAL AL- QUR'AN THERAPY TO IMPROVE
SLEEP QUALITY IN ELDERLY PEOPLE WITH INSOMNIA
THROUGH VIDEO MEDIA**

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SUMMARY

Background : *Insomnia in the elderly in Indonesia is quite high, namely 60%. The impact of insomnia causes discomfort or disrupts the desired lifestyle. Handling of insomnia can be carried out non-pharmacologically, namely by using therapeutic methods or techniques, one of which is the murottal therapy of Al-Qur'an Surat Ar-Rahman. The results of the research of Iksan and Eni (2020) prove that murottal therapy can improve sleep quality, from the frequency of awakening before the murottal Al-Qur'an therapy, the subject wakes up at night 7 times, after the Murottal Al-Qur'an therapy is carried out the frequency of waking up at night day only 3 times woke up.* **Methods :** *The importance of education in the health sector through video media on improving the quality of sleep in elderly people with insomnia is expected to increase knowledge to the public, especially the elderly with insomnia.* **Result :** *The theme of this video is Murottal Al - Qur'an therapy to improve sleep quality in elderly with insomnia. Describes the murottal therapy of Al - Qur'an Sura Ar-Rahman, and the procedure for how to do Murottal therapy of Al - Qur'an Surat Ar-Rahman.* **Conclusion :** *Using video media can provide information on how to improve sleep quality in elderly people with insomnia.*

Keywords: *Elderly, Sleep, Insomnia, Murottal Al-Quran Therapy*