

EDUCATION OF LAVENDER AROMA THERAPY ON INSOMNIA THROUGH MEDIA BOOKLETS

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ESSENCE

Background: *Insomnia is a difficulty in meeting the need for adequate sleep, both in quantity and quality. The quality and quantity of sleep affects a person's overall health. Insufficient sleep will cause physical and mental disorders. Untreated insomnia can lead to impaired intellectual abilities, emotional instability, and even depression. Physical effects caused by insomnia such as fatigue, muscle tone, hypertension, blurred vision, reduced concentration or unfocused, and unfulfilled sleep quality. Lavender aromatherapy is a non-pharmacological therapy obtained by distillation of flowers. Lavender aromatherapy is very suitable to help cases of insomnia.* **Method:** *Lavender aromatherapy was given for 30 minutes by means of steam inhalation, namely adding a few drops of lavender essential oil into a bowl filled with warm air, then inhaled before going to bed. It is proven to be able to overcome insomnia after being applied.* **Results:** *The community can understand and apply lavender aromatherapy to overcome insomnia, and can be input and development in providing education or health education.* **Conclusion :** *Media booklets can provide health education or education about giving lavender aromatherapy to overcome insomnia.*

Keywords: *Insomnia, Lavender Aromatherapy, Booklet*