

**THE RELATIONSHIP BETWEEN SLEEP HYGIENE AND SLEEP  
DISORDERS IN SCHOOL-AGE CHILDREN AT SDN 02 WUKIRSAWIT  
JATIYOSO KARANGANYAR**

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**ABSTRACT**

**Background;** Sleep disorders in children can cause behavioral problems and also cause disturbances during the day and can also affect children's ability to concentrate on learning and memory. Children often experience sleep disorders due to noise, lighting, sleeping location and the presence of television. Sleep hygiene is a therapy to support individuals who experience sleep problems by guiding them to form a healthy sleep routine, following appropriate sleep rules, and establishing good sleep patterns. **Objective;** This study aims to determine whether there is a relationship between sleep hygiene and sleep disorders in school-aged children at SDN 02 Wukirsawit Jatiyoso. **Method;** The type of research used is quantitative research, a sampling technique using random sampling, with a sample size of 47 respondents. The research instrument used the SHI sleep hygiene questionnaire and SDSC sleep disorders. **Results;** The results of this study on the frequency of sleep hygiene show that the majority of respondents experienced moderate sleep hygiene (46.8%). Frequency of sleep disorders with results Most respondents experienced sleep disorders (57.4%). **Conclusion;** There is a significant relationship between sleep hygiene and sleep disorders in children at school with a p-value of 0.00 (p-value <0.05). **Summary;** There is a significant relationship between sleep hygiene and sleep disorders in children at school with a p-value of 0.00 (p-value <0.05).

**Keywords:** school children, sleep disorders, sleep hygiene