

ABSTRACT

IMPLEMENTATION OF NESTING ON THE SLEEP QUALITY OF LOW BIRTH WEIGHT (LBW) BABIES AT Ir. Hospital. SOEKARNO SUKOHARJO

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ABSTRACT

Background ; Babies born with LBW conditions are more susceptible to disease and have a smaller chance of survival. Low birth weight (LBW) babies can cause developmental disorders both cognitively and motorically. Sleep is an important stage in repairing the neurological system in newborn babies. Poor quality sleep can cause illness and also cause psychological problems in LBW babies. Various developmental care efforts are made to minimize the negative impacts that arise during the treatment period, namely by optimizing the sleep quality of LBW babies, one way is by implementing nesting. **Objective ;** Find out the results of the implementation of Nesting on the Sleep Quality of Low Birth Weight (LBW) Babies at the Ir. Soekarno Sukoharjo Regional Hospital. **Method ;** This type of research is a case study that uses descriptive pretest posttest design research methods and uses measurements of baby sleep quality. **Results ;** The results of application to 2 respondents carried out for 2 days with a frequency of 90 minutes a day showed that nesting had an effect on the quality of baby sleep. **Conclusion ;** There were differences in the results before and after the nesting intervention on the quality of the baby's sleep.

Keywords ; LBW, Nesting, Sleep Quality