

**BABY MASSAGE EDUCATION TO IMPROVE
SLEEP QUALITY FOR BABIES AGED 0-12 MONTHS
THROUGH BOOKLET MEDIA**

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SUMMARY

Background: Lack of sleep in babies will interfere with the secretion of hormones, one of which is growth hormone, and the regeneration of body cells, which will reduce the body's resistance, resulting in babies getting sick easily and lacking concentration so that gross motor skills become slow. Sleep disorders in babies can be treated, one way, with non-pharmacological therapy, namely massage. Massage will release the hormone endorphin, thereby providing a feeling of relaxation to the baby's muscles which will make the baby comfortable and help the baby sleep well. **Objective:** To provide KIE with a way to improve the sleep quality of babies aged 0-12 months by using baby massage and it is hoped that this can increase knowledge and serve as a guide for parents to apply baby massage independently to their babies. **Method:** The description of the booklet's output entitled "Baby Massage to Improve Sleep Quality in Babies" was created using a Canva software application with a size of 3.5 x 8.5 inches. **Results:** Booklet entitled "Baby Massage to Improve Sleep Quality in Babies". **Conclusion:** The booklet created by the author is able to increase public knowledge, especially for parents who have babies aged 0-12 months with sleep disorders regarding how to improve the quality of baby sleep using baby massage, and can be used as a guide for parents in providing baby massage therapy independently for improve the quality of sleep in babies.

Keywords: baby massage, sleep quality.