

**MEDIA BOOKLET ABOUT LAVENDER AROMATHERAPY TO  
IMPROVE SLEEP QUALITY IN PREGNANT  
WOMEN IN THE III TRIMESTER**

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**SUMMARY**

**Background:** *Third trimester pregnant women have a basic need in the form of sleep. In Indonesia, sleep disorders in pregnant women in 2022 will have a prevalence of 63.4%. Efforts to overcome this include pharmacological therapy using drugs, while non-pharmacological therapy is to improve the sleep quality of pregnant women through aromatherapy. The aromatherapy that is often used is lavender. One of the roles of midwives in providing health services is as an educator or teacher. The media that midwives can use to provide care and services in the form of IEC are booklets. A booklet is a collection of information that is summarized concisely in a unique and interesting form so that the information is easy to understand. This is the reason the author produced this booklet. Method:* *The IEC output method used is a booklet entitled "Improving the Sleep Quality of Pregnant Women with Lavender Aromatherapy" which was created using the Canva software application. Results:* *The IEC media produced in the form of a booklet containing Lavender Aromatherapy to improve sleep quality has been tested on 3 respondents and after being given education through booklet media it can improve knowledge, attitudes and behavior in pregnant women with complaints of sleep disorders. Conclusion:* *This booklet entitled "Improving the Sleep Quality of Pregnant Women with Lavender Aromatherapy" can increase knowledge and motivate pregnant women to fulfill their sleep and rest needs.*

**Keywords:** *Lavender Aromatherapy, Pregnant Women, Sleep Quality, Media Booklet*