

**EFFORTS TO IMPROVE ELDERLY KNOWLEDGE ABOUT DEEP
BREATHING RELAXATION TO ENHANCE SLEEP QUALITY THROUGH
VIDEO MEDIA**

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SUMMARY

Background: *The elderly are a vulnerable group who often experience sleep disorders due to physiological changes along with the aging process. Sleep disorders can reduce the quality of life, increase the risk of falls, and affect physical and psychological conditions. Deep breathing relaxation is a non-pharmacological method that has been proven effective, but there are still few elderly who understand this technique independently.* **Objective:** *This final project is to produce Communication, Information, and Education (CIE) media in the form of educational videos to increase the knowledge of the elderly about deep breathing relaxation as an effort to overcome sleep disorders and improve sleep quality naturally without drugs.* **Method:** *The method used in this development of Communication, Information, and Education (CIE) media in the form of educational videos with theoretical content about sleep quality, deep breathing relaxation, its benefits, and demonstrations of movements.* **Results:** *Audiovisual media entitled "Deep breathing relaxation for a better sleep for the elderly without drugs" with a video duration of 5.33 minutes with a size of 55.3 MB. The resulting video is interesting, clear and easy to understand for the elderly.* **Conclusion:** *The audiovisual media titled "Deep Breathing Relaxation for Better Sleep for the Elderly Without Medication" is used as an educational tool to improve understanding, skills, and motivation in the elderly.*

Keywords: *Sleep Quality, Elderly, Deep Breathing Relaxation, Video*