

Ika Linda Ayuningsih B2014047 Program Studi DIII Keperawatan	Dosen Pembimbing: Kanthi Suratih, M.Kes Wahyuni, M.Kes
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***IMPLEMENTATION OF WARM WEATHER ON LEGS ON QUALITY
SLEEP. R WITH INSOMNIA
IN RT 13 RW V SLENDRO SLIGHT***

ABSTRACK

Background: Insomnia is a condition when a person has trouble sleeping or can not sleep soundly everyone has experienced insomnia once insomnia is not only a condition of sleeplessness, but also all sleep disorders, such as frequent awake during sleep, difficult problems can not sleep quality that sleep management of various attempts can be done with one of the nonpharmacological soak warm feet of water with 39-40 C. The warm effect on water tends to dilate blood vessels, specially those on the surface, and this brings more blood to the heated part, other wise will cause relaxation.***The purpose of the study:*** To determine the effectiveness of warm water foot soak to sleep quality in patients with insomnia.

Method: This scientific writing uses descriptive observational method with case study approach. ***Result:*** From doing warm water foot soak for 6 times meeting there is a change in the patient's quality of sleep which was originally in the first meeting the result using the quisioner is 33, it is included in the category bad, later in the meeting of the six there are changes in the quality of sleep that is 11, it is included in the category of good sleep quality. ***Conclusion:*** The results of this study show that a warm water foot batch can improve sleep quality.

Keyword: Insomnia, Sleep quality, Warm water soak