

***EFFORTS TO IMPROVE MATERNAL KNOWLEDGE ON THE USE OF
SWADDLING TO ENHANCE NEONATAL SLEEP QUALITY THROUGH
BOOKLET MEDIA***

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ABSTRACT

Background: Neonates are an age group vulnerable to sleep disorders that can impact brain development, emotions, and other physiological functions. Parents often fail to recognize sleep disorders as a serious problem. One non-pharmacological method proven effective in improving neonatal sleep quality is swaddling. **Objective:** This study aimed to increase mothers' knowledge about the benefits and safe swaddling techniques to support neonatal sleep quality through educational Booklet. **Methods:** The educational media was developed in the form of a Communication, Information, and Education (IEC) Booklet created using the Canva platform. The Booklet contains information about neonates, the importance of sleep, the benefits of swaddling, and safe swaddling steps. The design uses simple language, clear illustrations, and is easy for mothers or caregivers to use independently. **Results:** The resulting Booklet is informative and practical, meeting mothers' educational needs in infant sleep care. **Conclusion:** The Booklet is an effective educational tool for increasing mothers' knowledge about safe swaddling techniques to support optimal sleep quality and neonatal growth and development.

Keywords: Booklet, Infant Sleep, Maternal Education, Neonate, , Swaddling.