

## THE APPLICATION OF INFANT MASSAGE TO THE LENGTH OF SLEEP AT BPM SUHARNI KARANGANYAR

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### ABSTRACT

**Backgroud:** Sleep is a top priority for babies, because during sleep there will be a brain repair and approximately 75% of growth hormone is produced. Considering the importance of sleep babies, the need for sleep must be fulfilled. One of the way that can be used to meet sleep needs is baby massage. The benefits of baby massage can increase sleep time. **Purpose:** Describe the results of the length of sleep at BPM Suharni Karanganyar. **Method:** This study uses a descriptive method design with a type of case study examines an issue or case. The study was conducted in 07 April 2019 at BPM Suharni Karanganyar to describe the increase in infant sleep duration by application infant massage using interview and observation sheets. **Result:** The results of the application of infant massage on sleep duration at BPM Suharni Karanganyar before the massage is 13 hours and 13 1/2 hours. After a baby massage for 6 consecutive days the baby's sleep increases to 16 1/2 hours. **Conclusion:** Giving baby massage can be increase sleep time.

**Keywords:** baby massage, Sleep duration