

## APPLICATION OF THERAPEUTIC WARM WATER TO FEEL AGAIN INSOMNIA IN THE ELDERLY AT GRIYA PMI SURAKARTA

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### ABSTRACT

**Background:** The population of elderly in Indonesia quite high and was a case of healthy such as insomnia, where the individual not able to sleep that adequate in a quality, so the individual only a sleep for a while or difficult to sleep. **Purpose:** The research purpose to determine the effect of warm water soak therapy can be decrease insomnia Scale for elderly. **Method:** This method use at research observation and interview, the example in the testimony there are 2 respondent. Instrument of research use the questioner. **Result:** Mrs. A has light insomnia that it easier started to sleep and Mr. S has light insomnia with increased time to sleep. **Conclusion:** There is a difference subject before or after therapy put in warm water there is a low number of insomnia on Mrs A and Mr S.

**Keywords:** *Insomnia, Elderly, Warm Water Soak Therapy.*