

**GIVING BABY MASSAGE IN AN EFFORT TO INCREASE THE LENGTH OF SLEEP ON
BABIES 3-6 MOUNTHS**

(At Suruh Tani RT 3/1, Suruh Kalang, Jaten, Karanganyar)

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ABSTRACT

Background : *sleep is essential for babies, if the need of sleep is not fulfilled, it makes baby fussing, whinnying, and difficult in taking control, there is way to fulfill the babies' sleep is that by baby massage. The aim* : *describe the result of giving a baby massage as an effort to increase the length of babies' sleep in aged 3-6 months. Methods* : *The study case of this used descriptive research. This research was conducted on 2 baby respondent who have less time of sleep. When the massage has been doing at 3 times a week for 2 weeks with a 30 minute massage. The result* : *Before the research applied this method, babies have problematic at the less time of sleep, after the research applied this method, the babies have increased of sleep duration. Conclusion* : *applying of baby message can increase the length of sleep on the babies.*

Keywords : *Baby sleep duration, Baby massage*