

SUMMARY

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MODIFICATION OF THERAPY AND MENPORA QUALITY TO IMPROVE SLEEP QUALITY IN LANSIA	
SUMMARY	
<p>Introduction: Physiological changes in the elderly in the form of neurological changes due to decreased neurotransmitter function neurons are also reduced, resulting in sleep disorders such as complaining of difficulty sleeping, difficulty staying awake, difficulty sleeping again after waking up at night, waking up too quickly, and taking excessive naps. Purpose: Providing information, knowledge, and insights to the public, the elderly, and health cadres in overcoming sleep disorders using modified exercise and menpora. Output: A pocket book as a medium used to inform the public about the modification of exercise and menpora to treat sleep disorders in the elderly. Solution: The problem of sleep disorders faced by the elderly can be overcome by regularly doing tera and menpora exercises, which are exercises that combine movement with breathing, because sleep disorders are closely related to breathing exercises .</p>	
<p>Keywords: <i>Elderly, Sleep Disorders, Sleep Quality, Tera Exercise, Menpora Gymnastics</i></p>	