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YOGA GYMNASTICS TO MAINTAIN QUALITY OF SLEEP

SUMMARY

Background: As an archipelagic country with the fourth largest population in the world, the world's population is currently in an aging population with a population aged 60 years and over exceeding 7% of the population or 962 million people. Elderly or elderly is the final stage of the body's development process which is marked by changes that include bodily function, psychological and social. Aging that occurs in the elderly affects one important aspect of life, namely sleep, the fulfillment of lack of sleep, which results in sleep disorders. Sleep quality disturbances in the elderly can be overcome by doing Yoga Exercises. This yoga exercise technique makes a person more focused, calms the mind, lowers stress levels, gives a feeling of calm and comfort to the body, so that it can overcome sleep quality problems. **Purpose:** To find out and create media for Communication Information and Education (KIE) on yoga exercises to maintain the quality of sleep in the elderly. **Methods:** The method used is using IEC media, namely booklets as a tool to determine Yoga Gymnastics exercises to maintain sleep quality in the elderly. **Result:** This booklet IEC media will be distributed to elderly and elderly posyandu cadres as an easy and practical guide in doing the exercises. **Conclusion:** As a medium of education and information for elderly posyandu cadres and a tool to overcome sleep quality problems in the elderly.

Keywords: Sleep Quality, Booklet, Yoga Exercise