

|  |   |
|--|---|
| <p>Isna Asti Nur Cahyani<br/>NIM C2016072<br/>Sarjana Keperawatan</p>  | <p>Dosen Pembimbing :<br/>Dewi Kartika Sari, S.Kep, Ns, M.Kep<br/>Dyah Rahmawatie, S.Kep, Ns, M.Kep</p> |
| <p>Improvement of Knowledge on Quality sleep For Full Day School Students</p>  |   |
| <p style="text-align: center;"><b>SUMMARY</b></p> <p><b>Background:</b> The problem of quality disturbances is often found in students at Full Day Schools due to overcrowded and sleeping hours of lessons that occur among students. The poor quality of sleep in students makes the author to help provide solutions to improve the quality of sleep that is good for students. Through poster media with language that is concise and easy to apply, the writer provides this solution. <b>Purpose:</b> To provide information on how to increase students' knowledge about good sleep quality. <b>Method:</b> Posters with the title "Sleep Effectiveness for Students" were chosen as a medium of communication in providing information to students. <b>Conclusion:</b> The poster entitled "Sleep Effectiveness for Students" contains good sleep quality, causes of decreased sleep quality, sleep needs in adolescents, and ways to improve sleep quality. Posters are made in attractive illustrated images that make it easier for students to understand them. It is hoped that posters can be useful for students who has experience sleep quality disturbances.</p> |   |
| <p><b>Key Word :</b> Sleep Quality, Students <i>Full Day School</i>, Poster</p>  |   |