

# **KNOWLEDGE IMPROVEMENT OF SOAK THERAPY TO REDUCE INSOMNIA WITH BOOKLET MEDIA**

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## **ESSENCE**

Insomnia is an inadequate perception of the quality and quantity of sleep and is the most common complaint from the sleep class. Research on insomnia in Indonesia shows that 10% of the Indonesian population suffers from insomnia and 15% of them are chronic insomnia. Soaking warm water on the feet is a sleep stimulation technique that is done by soaking the feet in warm water with a temperature of 37°C - 39°C. Scientifically warm water has a physiological impact on the body, warm water can improve blood circulation. When in water there is an exchange of energy or heat through the mechanisms of conduction, convection, radiation, and evaporation. One of the media that can be used to provide information is a booklet. Booklets can be used with the aim of increasing knowledge, because booklets provide more specific information.

**Keywords :** Warm foot soak, Insomnia, Booklet