

EFFORTS TO IMPROVE SLEEP QUALITY IN THE ELDERLY THROUGH BOOKLET MEDIA

Erina Tasya Ekawati

Diploma III of Health Sciences Faculty of Health Sciences Diploma III Study Programme

'Aisyiyah University Surakarta

Email : tasyaerina123@gmail.com

ABSTRACT

Background: About 18% of the world's population has trouble with sleep named insomnia and it's increasing every year. The prevalence of insomnia in the elderly in 2014, Indonesia is around 10%. It means that about 28 million of the total 238 million Indonesians suffer from insomnia, 30% of which occur at the age of more than 50 years. Sleep disturbance or insomnia is a condition in which a person feels the difficulty of sleep or wake up frequently at night. ***Method:*** Improving sleep quality for the elderly can be treated non-pharmacologically, namely deep breath relaxation therapy, progressive muscle relaxation, aromatherapy, and Al-Quran therapy. This method is effective because it has been found in research journals that prove that relaxation therapy can improve their sleep quality. ***Result:*** Booklet media can be used to increase knowledge and provide clearer and more specific information because it contains interesting ways and images so that it can motivate people to do it independently. ***Conclusion:*** Booklet media can provide information to the public, especially insomnia sufferers to improve sleep quality so that people are motivated to apply it in their daily lives.

Keywords: Elderly, Insomnia, Therapy, Booklet