

**MODERN BABY MASSAGE AS AN EFFORT TO IMPROVE BABY'S  
SLEEP TIME WITH VIDEO MEDIA**

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*SUMMARY*

**Background;** *Baby massage is the expression of affection between parents and children through touching the skin. Massage with baby oil that is done three times a week can provide benefits to the baby, one of which is that the baby sleeps more soundly and wakes up healthier. Method;* *This study uses experimental research, in this study, it is intended to determine the relationship between mother massage and baby sleep quality. Result;* *The resulting output is in the form of educational video media for infant massage for the general public, especially post partum mothers and families who have babies with sleep disorders or those who don't have sleep disorders. This work can be seen repeatedly, which means it has benefits for those who continue it. Conclusion;* *The development of communication, information and educational media in the form of videos of the application of baby massage to improve the quality of baby sleep can provide education, especially for post partum mothers or the general public. Correct massage with a duration of three times a week can help contribute to brain development of babies and improve the quality of sleep in babies. With this media, post partum mothers or the general public, it is easier to understand how to improve the quality of baby sleep with baby massage.*

**Keywords:** *baby massage, baby sleep quality*