

***PROGRESSIVE MUSCLE RELAXATION THERAPY AND FOOT  
MASSAGE TO TREAT INSOMNIA IN THE ELDERLY***

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***SUMMARY***

**Background of Study:** The condition of the increasing age of the elderly makes the elderly experience a decrease in the function of brain nerve cells which causes a reduction in nerve work which results in a decrease in feelings that stimulate sleep. Physiologically, this can cause the quality and quantity of sleep in the elderly to decrease, resulting in *insomnia*. Most of the elderly do not know how to properly exercise to deal with *insomnia*, so there is a need for media to provide information to the elderly regarding this matter. **The aim of the Study:** knowing the making of Information Communication and Education (IEC) media regarding Progressive Muscle Relaxation Therapy and Foot Massage as a physiotherapy promotive medium in overcoming insomnia in the elderly. **Research Methods:** the method used using IEC media, namely Pocket Books which are produced as an implementation of health promotion that can be used as a reference for practitioners and students of physiotherapy. **Results:** IEC printed media in the form of a Pocket Book can be distributed directly to practitioners and the elderly who have difficulty sleeping. **Results of the Study:** as a media for promotion, information and education for the public, especially practitioners and the elderly regarding Progressive Muscle Relaxation Therapy and Foot *Massage* in reducing *insomnia* complaints in the elderly.

**Keywords:** Elderly, *Insomnia*, Progressive Muscle Relaxation Therapy, Foot *Massage*.