

## EFFORT TO REDUCE INSOMNIA IN THE ELDERLY WITH BACK MASSAGE THROUGH MEDIA BOOKLET

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### *SUMMARY*

**Background:** Insomnia is a condition where a person has difficulty sleeping, especially sleeping at night. *Back Massage* is a hand touch that is done by means of stroking, petriage, friction and skin rolling movements which aims to overcome the symptoms of decreased sleep quality, reduce complaints on various health problems which are indicated to be given massage without including body condition drugs. The steps for implementing back massage are doing movements with the *Effleurage warming up massage* technique with back *stretching* (massaging the entire back). **Method:** Using a media booklet entitled "Difficulty sleeping? Let's Overcome With *Back Massage* Yuk!!". **Results:** The resulting project is in the form of a booklet as an information medium for efforts to reduce insomnia in the elderly with back massage. **Conclusion:** This booklet is expected to be useful as a medium of information for the public to apply back massage to reduce insomnia properly and correctly, so that insomnia is resolved.

**Keywords:** *Insomnia, Back Massage, Effleurage, Booklet*