

THE INFLUENCE OF PREGNANCY EXERCISE ON THE QUALITY OF SLEEP FOR TRIMESTER III PREGNANT WOMEN IN PLUMBUNGAN VILLAGE

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ABSTRACT

Background: *poor sleep quality is a disorder that often occurs in third trimester pregnant women. The impact of sleep disturbance on third trimester pregnant women can lead to the risk of premature delivery and caesarean section. Treatment of sleep quality disorders is carried out with non-pharmacological treatment, one of the non-pharmacological therapies that can be done is pregnancy exercise.* **Objective:** *to determine changes in the level of sleep quality in third trimester pregnant women before and after implementing pregnancy exercises.* **Method:** *this application uses a descriptive method on 2 respondents, carried out for 4 meetings within 2 weeks. The instrument used is the Pittsburgh Sleep Quality Index (PSQI).* **Results:** *handling sleep quality disorders by implementing pregnancy exercise given 4 meetings within 2 weeks for \pm 15-20 minutes can affect the level of sleep quality of pregnant women in the 3rd trimester.* **Conclusion:** *application shows that after implementing pregnancy exercise 4 times meeting within 2 weeks for \pm 15-20 minutes there was an increase in the level of sleep quality in both respondents.*

Keywords: *Third Trimester Pregnant Women, Sleep Quality, Pregnancy Exercise*