

**APPLICATION OF PRENATAL YOGA ON THE SLEEP QUALITY OF
PREGNANT WOMEN IN THE 3rd TRIMESTER IN DESA GENENGAN
KABUPATEN KARANGANYAR**

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ABSTRACT

Background: Anatomical and physiological changes during the third trimester of pregnancy can cause sleep disorders in pregnant women such as low back pain, frequent urination, spontaneous awakening, fetal movements, heartburn, cramps, fatigue and difficulty sleeping or difficulty sleeping. sleep until morning. An effort to overcome poor sleep quality in third trimester pregnant women is prenatal yoga. **Objective:** This research aims to find out how the application of prenatal yoga affects the sleep quality of pregnant women in the third trimester. **Method:** This research is a descriptive case study. The research respondents were 2 third trimester pregnant women with sleep quality disorders. **Results:** The results of the study showed that before and after prenatal yoga was carried out 4 times in 2 weeks for Mrs. A has moderate sleep quality to good sleep quality and Mrs. S has poor sleep quality to light sleep quality. **Conclusion:** There is a difference in changes in sleep quality before and after applying prenatal yoga in improving sleep quality.

Keywords: Pregnancy, Sleep quality, Prenatal yoga.