

**The Implementation of Chair-Based Exercise Combined with Warm Water
Footbath to Improve Sleep Quality in the Elderly**

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SUMMARY

Background: The quality of sleep in the elderly tends to decline with age due to physiological, neurological, and psychological changes. Common sleep disorders, such as insomnia, affect the physical, cognitive, and emotional health of the elderly. Non-pharmacological treatments are considered safer and more effective in the long term. This study developed educational media in the form of a booklet about the combination of Chair Based Exercise and Warm Water Footbath as an intervention to improve the sleep quality of the elderly. **Objective:** to educate the elderly about the importance of maintaining sleep quality in old age. This education focuses on the application of non-pharmacological methods such as Chair Based Exercise and Warm Water Footbath. **Method:** The method used in the development of this written work is an educational approach thru the preparation of a booklet as a tool for Health Communication, Information, and Education (KIE). This booklet is titled "Chair Based Exercise Combined with Warm Water Footbath to Improve Sleep Quality in the Elderly," which was prepared with reference to the guidelines from Universitas 'Aisyiyah Surakarta. **Result:** The printed KIE media in the form of this booklet can be directly distributed to the elderly. **Conclusion:** As a medium for promotion, information, and education for the elderly about *"The Implemation of Chair Based Exercise Combined with Warm Water Footbath to Improve Sleep Quality in the Elderly."*

Keywords: Chair Based Exercise, Warm Water Footbath, Quality Sleep, Elderly