

SLEEP HYGIENE EDUCATION TO IMPROVE SLEEP QUALITY IN ADOLESCENTS WITH SLEEP DISORDERS THROUGH BOOKLET MEDIA

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ABSTRACT

Background; Sleep disorders are a common health problem among adolescents due to physical, psychological, and social changes, as well as poor sleep hygiene practices. According to WHO (2020), about 72.7% of high school students sleep less than 8 hours per night. In Indonesia, the prevalence of sleep disorders among adolescents reaches 67% (WHO, 2020). Poor sleep quality affects physical and mental health, as well as academic performance. Health education using booklets is considered effective because it is low-cost, practical, attractive, and easy to understand. **Objective;** This study aims to design, develop, and evaluate an educational media in the form of a booklet as a means of communication, information, and education (KIE) about sleep hygiene for adolescents with sleep disorders. **Method;** This research applied a health education media development approach. The booklet was designed through literature review, content preparation, and visual design using Canva, covering topics such as the definition of sleep, its functions and benefits, types of sleep disorders, the impact of poor sleep quality, and sleep hygiene tips. A trial was conducted with three adolescent respondents to assess content and design aspects through questionnaires and direct feedback. **Result;** The output of this study is a booklet entitled “Good Sleep, Good Mood: Daily Sleep hygiene Tips”. The content was perceived as clear, concise, practical, and relevant to adolescents’ daily habits, particularly in managing bedtime and reducing gadget use. From the design aspect, the booklet was found attractive and interactive, although revisions were needed in font size, title contrast, and the addition of supporting illustrations. **Conclusion;** Health education through booklet media as a form of KIE on sleep hygiene is effective in improving adolescents’ understanding of healthy sleep patterns. The booklet can encourage the development of better sleep habits, thereby contributing to improved sleep quality among adolescents.

Keywords: Booklet, health education, sleep quality, adolescents, sleep hygiene