

**GIVING BABY AND MUROTTAL MASSAGE FOR
INCREASING BABY BED QUANTITY
IN ADEL'S HOMECARE PEDAN**

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ABSTRACT

Background: Sleep needs in infants aged 3-6 months, 14-16 hours / day. If sleep is not met, it will inhibit baby's growth and brain development. Massage murottal babies can alter brain waves, making the baby sleep more soundly, reduce stress hormones, increase feelings of relaxation. So efforts are needed to optimize its growth, one of which is baby massage. **Aim :** Describe the results of the implementation of baby and murottal massage to increase the quantity of sleep in infants. **Method :** Giving baby and murottal massage is done 3 times a week for 2 weeks with a massage duration of 15 minutes. **Results:** Baby and murottal massage can increase the quantity of baby sleep in respondent 1 and respondent 2, in respondent 1 the quantity of sleep increases to 15 hours while in respondent 2 it increases to 14 hours. This shows that baby massage is influential in increasing the quantity of baby sleep. **Conclusion;** There was an increase in the quantity of cot in adel's HomeCare in both respondents from being insufficient to being after a baby and murottal massage treatment.

Keywords: Baby Bed, Baby Massage, Murottal