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<p>APPLICATION OF BABY MASSAGE TO IMPROVE THE QUALITY OF SLEEP IN INFANTS AGED 3-4 MONTHS IN PUSKESMAS GAMBIRSARI WORKAREA</p>	
<p>ABSTRACT</p> <p><i>Background; there are still many babies who suffer from sleep disorders while sleeping while the growth of the brain reaches its peak and growth hormone produced three times more than when waking up. baby massage has an extraordinary impact on physical development, emotions, child growth, weight gain, help overcome sleep disorders increase baby growth process. Objective; To describe the results of the application of baby massage to improve the quality of baby sleep in the work area of Gambirsari Surakarta. Method of Research Methods; Using descriptive method with research instrument using questionnaire, baby oil, baby massage SOP. Results; before being given infant massage therapy at An. D sleep quality with score 12 (moderate insomnia) and An. A sleep quality with score 11 (mild insomnia), Meanwhile, after the baby massage therapy on An. D is 9 (mild insomnia) and An. A is 8 (mild insomnia). Conclusion; Based on data analysis it is known that baby massage therapy can improve the quality of baby's sleep.</i></p>	
<p><i>Keywords: baby massage, sleep quality, baby age 3-4 months</i></p>	