EFFORTS TO OMPROVE SLEEP QUALITY THROUGH SLEEP HYGIENE USING VIDEO-BASED EDUCATIONAL MEDIA FOR ADOLESCENTS WITH INSOMNIA

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SUMMARY

Background: *Insomnia is a common sleep disoder among adolescents that can reduce sleep quality and negatively affect physical helath, mental well-being, and academic performance. The prevalence of insomnia in West Java, including Bandung City, was approximately 6,701 cases in 2019. Insomnia in adolescents may lead to a weakened immune system, impaired concentration, decreased academic achievement, irritability, and an increased risk of hypertension. If left untreated, it may contribute to the development of cardiovascular diseases, such as coronary heart disease and heart failure, later in adulthood. One of the effective non-pharmacological approaches to managing insomnia is the implementation of sleep hygiene.* ***Objective:*** *To develop a video-based educational media entitled "Sleep Well, Wake Up Energized: A Sleep Hygiene Guide for Adolescents".* ***Methods:*** *The educational media was developed in the form of a video using three applications: canva for designing visual assets, adobe after effects for creating animations, and capcut for video editing, compilation, and final production.* ***Results:*** *A video-based educational media entitled "Sleep Well, Wake Up Energized: A Sleep Hygiene Guide for Adolescents" wa successfully developed with a duration og 5 minutes and a file size of 341 MB.* ***Conclusion:*** *A video-based educational media entitled "Sleep Well, Wake Up Energized: A Sleep Hygiene Guide for Adolescents" has been successfully developed and is ready to be submitted for intellectual property registration.*

Keywords: sleep hygiene, insomnia, educatinal video