

## **ABSTRACT**

### **NURSING CARE FOR ELDERLY NY.M WITH SLEEP PATTERN DISORDERS USING PROGRESSIVE MUSCLE RELAXATION INTERVENTIONS IN THE WORK AREA OF THE MULYOREJO HEALTH CENTER MALANG CITY**

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Elderly is the final period in human life where a person begins to experience changes in his life which are characterized by physiological, psychological and social changes. Problems that often occur in the elderly are sleep disorders. This study will provide nursing care in the form of progressive muscle relaxation techniques to Mrs. M elderly with sleep pattern disorders. By using a descriptive study design in the form of a case study. With respondents totaling 1 elderly person with sleep disorders. The results obtained from 3 times the implementation of nursing are a score of 7 (good enough). It can be interpreted that the diagnosis of sleep pattern disorders related to lack of sleep control has been successfully achieved according to the level to be achieved, namely level 3 and the patient shows positive changes or is getting better. Clients should be able to apply progressive muscle relaxation independently and routinely if they feel symptoms of insomnia, especially if they find it difficult to start sleeping, often wake up, and are not satisfied sleeping, this is important to note to avoid further complications of insomnia.

**Keywords: Elderly, Sleep Pattern Disorders, Progressive Muscle Relaxation**