

**GUIDED IMAGERY AND DEEP BREATH RELAXATION
INTERVENTIONS TO OVERCOME SLEEP PATTERN DISORDERS
IN PERIOPERATIVE PATIENTS WITH SUBMANDIBULAR ABSCESES**

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ABSTRACT

Submandibular abscess is defined as the formation of an abscess in a potential space in the sub-mandibular region accompanied by throat pain, fever and limited mouth opening movements. This discomfort can lead to disturbed rest in patients with sub mandibular abscess. This scientific work uses a type of descriptive research design with a case study approach method. Interventions that can be carried out in submandibular abscess patients with sleep pattern disorders are by doing guided imagery followed by deep breathing for 10 minutes. It was found that after being given implementation for 4 days, sleep pattern disturbances experienced by patients could be reduced from 4 hours of sleep time to 6 hours. Giving deep breath relaxation done according to SOP can reduce the level of poor sleep quality. Before going to bed it would be nice for someone to be relaxed, calm and not depressed. Guided imagery relaxation techniques include non-pharmacological techniques that can be used in various conditions including: reducing stress, pain, difficulty sleeping, allergies and asthma, dizziness, migraine, hypertension and other conditions.

Keywords: Submandibular abscess, guided imagery, deep breath.