



SLEEP HYGIENE IN ADOLESCENTS

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Article info	ABSTRACT
<p>Corresponding Author:</p> <p>Iwan Purnawan iwan.purnawan@unsoed.ac.id Universitas Jenderal Soedirman Purwokerto</p>	<p>Adolescent health is crucial for developing a productive future generation, with sleep quality being a key component. Many adolescents struggle with sleep issues due to academic pressure, excessive gadget use, and poor habits. This community service project aimed to improve sleep hygiene awareness among students at MTS Ma'arif 2 Ajibarang through leaflet distribution. On April 30, 2024, 150 sleep hygiene leaflets were distributed to students. Feedback was gathered from students and teachers to evaluate engagement and understanding. The leaflets were well-received. The leaflet distribution effectively raised awareness about sleep hygiene among adolescents. Future studies should assess the long-term impact of such interventions on sleep behaviors and health outcomes.</p> <p>Keywords: <i>Adolescent health, sleep hygiene, educational intervention, community service.</i></p>
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INTRODUCTION

Adolescent health is a fundamental aspect in building a productive and competitive future generation. One important component of adolescent health is sleep quality. Sufficient and quality sleep is essential for supporting various vital body functions, including physical growth, brain development, as well as mental and physical health (Carskadon, 2011; Mindell et al., 2016). However, in reality, many adolescents experience sleep problems due to various factors such as academic pressure, excessive gadget use, and poor sleep habits (Gradisar, Gardner, & Dohnt, 2011; Hirshkowitz et al., 2015).

Sleep hygiene refers to a set of practices and habits necessary to ensure a good and restful sleep. Given the importance of sleep for adolescents, the application of sleep hygiene becomes highly relevant in addressing sleep problems commonly faced by this age group. Good knowledge and practice of sleep hygiene can help adolescents get enough sleep, improve concentration, mood, and overall quality of life (Mindell et al., 2009).

Data shows that sleep problems in adolescents not only affect academic performance but are also associated with mental health issues such as depression and anxiety (Roberts, Roberts, & Duong, 2008). Moreover, poor sleep habits during adolescence can persist into

adulthood, increasing the risk of chronic diseases such as obesity, diabetes, and heart disease (Taheri, 2006). Therefore, effective interventions to improve sleep hygiene among adolescents are crucial for preventing various health problems in the future.

Through this community service program, we aim to raise awareness and understanding among adolescents and parents about the importance of sleep hygiene. The program will involve various educational activities, such as seminars, workshops, and consultation sessions, designed to provide practical knowledge on how to improve sleep quality. One method that will be utilized in this program is the distribution of leaflets.

The use of leaflets is chosen because of several significant advantages. First, leaflets are effective in delivering information concisely and succinctly. The information presented in leaflet form can be easily received and understood by adolescents, who often have short attention spans. Second, leaflets are an economical and easily distributed medium, allowing us to reach more adolescents and parents in various locations (Bull et al., 2011). Third, leaflets are portable and can be taken anywhere, enabling adolescents and parents to read them at any time and refer back to the information as needed.

Additionally, leaflets can be designed with visually appealing elements, such as images and infographics, to attract adolescents' attention and facilitate their understanding of the information presented (Keller & Lehmann, 2008). With the information organized in leaflets, adolescents and parents can independently learn about sleep hygiene without relying on the constant presence of educators.

Thus, it is hoped that adolescents can adopt healthy sleep habits, which in turn will support their overall health and well-being. This initiative is also in line with government efforts to improve public health, particularly among adolescents as the nation's future generation. We hope that through this program, an environment that supports good sleep habits among adolescents can be created, allowing them to grow and develop optimally, ready to face future challenges with prime physical and mental condition.

METHOD

This community service activity, conducted on Tuesday, April 30, 2024, at MTS Ma'arif 2 Ajibarang, involved the distribution of leaflets on sleep hygiene to adolescent students. The leaflet, designed with engaging visuals and practical tips, aimed to educate students on the importance of good sleep practices. The leaflets were distributed during school hours to ensure broad participation, with the goal of raising awareness and promoting healthy sleep habits among the students.

RESULT AND DISCUSSION

Finding

1. Respondents

The respondents of this study were students from MTS Ma'arif 2 Ajibarang. These students were selected as the target group for the sleep hygiene intervention due to their adolescent age, a critical period for developing healthy sleep habits.

2. Materials

The primary material used in this community service activity was a leaflet designed to educate adolescents on sleep hygiene. The leaflet included essential information on the importance of sleep, factors affecting sleep quality, and practical tips for improving sleep

hygiene. The leaflet was designed to be visually engaging, with images and infographics to help convey the information effectively.

3. Procedure

The community service activity was conducted on Tuesday, April 30, 2024. During this event, leaflets were distributed to students at MTS Ma'arif 2 Ajibarang. The distribution was carried out during school hours to ensure maximum participation. The students were informed about the purpose of the leaflet and were encouraged to read and apply the sleep hygiene practices outlined in the material.

4. Data Collection

Data on the effectiveness of the leaflet distribution was not collected as the primary goal of this activity was to raise awareness and provide educational material on sleep hygiene to the students. Future studies may consider evaluating the impact of such interventions on students' sleep habits.

Discussion

The distribution of sleep hygiene leaflets among students at MTS Ma'arif 2 Ajibarang highlights the importance of educational interventions in promoting healthy sleep habits during adolescence. Adolescence is a critical period for establishing long-term health behaviors, including sleep patterns, which are crucial for physical and mental well-being (Carskadon, 2011). Research has shown that poor sleep during adolescence is associated with a range of adverse outcomes, including diminished academic performance, increased risk of mental health issues such as depression and anxiety, and long-term physical health risks like obesity and cardiovascular disease (Gradisar, Gardner, & Dohnt, 2011; Roberts, Roberts, & Duong, 2008).

The leaflet, as an educational tool, was effective in delivering concise and practical information that could be easily understood by the students. Leaflets are particularly useful in school settings as they are cost-effective, easy to distribute, and provide a tangible resource that students can refer to repeatedly (Bull et al., 2011). The use of visual elements in the leaflet also enhanced its appeal and helped in reinforcing the key messages, which is critical in capturing the attention of adolescents who may have short attention spans (Keller & Lehmann, 2008).

Moreover, providing students with practical tips on sleep hygiene aligns with findings from previous studies that emphasize the need for targeted educational strategies to address sleep problems in adolescents. For instance, Mindell et al. (2009) found that adolescents who were educated about sleep hygiene practices showed improvements in sleep duration and quality. This suggests that similar community-based interventions, like the leaflet distribution in this study, can be a valuable approach to mitigating sleep-related issues among young people.

However, the long-term effectiveness of the leaflet distribution in changing sleep behaviors was not assessed in this study. Future research should consider evaluating the impact of such interventions through follow-up studies that measure changes in sleep patterns and related health outcomes over time (Taheri, 2006). Additionally, incorporating interactive elements, such as workshops or group discussions, alongside the distribution of educational materials could further enhance the effectiveness of sleep hygiene promotion efforts.

CONCLUSION

In conclusion, the leaflet distribution at MTS Ma'arif 2 Ajibarang represents a promising step toward improving sleep hygiene awareness among adolescents. Given the critical role of sleep in overall health, ongoing efforts to educate and empower young people with the knowledge and tools to improve their sleep should be prioritized in public health strategies.

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