

## INTEGRASI SLEEP HYGIENE DALAM PRAKTIK KEPERAWATAN GERONTIK: STUDI KASUS PASIEN GERIATRI DENGAN INSOMNIA DI RUMAH SAKIT

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Article Info	ABSTRAK
<p><b>Article History:</b> Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p><b>Keywords:</b> Insomnia Pasien Geriatri Sleep Hygiene Studi Kasus Syndrome Geriatri</p>	<p>Latar Belakang: Insomnia merupakan sindrom geriatri yang berdampak pada kualitas hidup lansia, termasuk peningkatan risiko jatuh, hospitalisasi, dan gangguan kognitif. Kurangnya perhatian perawat terhadap masalah tidur sering berakhir pada penggunaan obat tidur selama pasien dirawat di rumah sakit. Standar Prosedur Operasional (SPO) di lokasi penelitian masih bersifat umum, padahal sleep hygiene dari berbagai hasil penelitian terbukti efektif sebagai intervensi non-farmakologis. Tujuan: Mendeskripsikan implementasi sleep hygiene dalam meningkatkan kualitas tidur pasien geriatri dengan insomnia. Metode: Studi kasus pada seorang pasien geriatri dengan insomnia. Pola tidur dipantau menggunakan sleep diary selama tiga hari awal. Intervensi sleep hygiene diberikan tujuh hari berturut-turut. Evaluasi kualitas tidur dilakukan dengan Pittsburgh Sleep Quality Index (PSQI) sebelum dan sesudah intervensi. Hasil: Skor PSQI awal 14 (tidur buruk) menurun menjadi 7 (tidur baik) setelah intervensi, menunjukkan perbaikan kualitas tidur dan penurunan gejala insomnia. Simpulan: Sleep hygiene efektif memperbaiki kualitas tidur pasien geriatri dengan insomnia. Implikasi: Temuan ini mendukung praktik keperawatan gerontik dengan protokol sederhana, replikabel, dan berbasis bukti, serta dapat diintegrasikan dalam layanan kesehatan maupun pendidikan keperawatan.</p> <p><b>ABSTRACT</b></p> <p><i>Background: Insomnia is a geriatric syndrome that negatively impacts older adults' quality of life, including increased risks of falls, hospitalization, and cognitive impairment. Limited nursing attention to sleep problems during hospitalization often results in the use of hypnotic medications. At the study site, the Standard Operating Procedure (SOP) for managing geriatric patients with sleep disturbances remains general, whereas evidence shows that sleep hygiene is an effective non-pharmacological intervention. Objective: To describe the implementation of sleep hygiene in improving sleep quality among geriatric patients with insomnia. Method: A case study was conducted on one geriatric inpatient with insomnia. Sleep patterns were monitored using a sleep diary during the first three days. Sleep hygiene intervention was applied for seven consecutive days. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI) before and after intervention. Result: The PSQI score decreased from 14 (poor sleep quality) to 7 (good sleep quality), indicating improvement in sleep quality and reduction of insomnia symptoms. Conclusion: Sleep hygiene effectively improves sleep quality in geriatric patients with insomnia. Implication: This finding supports</i></p>

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*gerontic nursing practice by providing a simple, replicable, and evidence-based protocol that can be integrated into healthcare services and nursing education.*

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