

***The Relationship Between Sleep hygiene and Gadget Use with Sleep Disorders
(Insomnia) in Students at Jember State Polytechnic***

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ABSTRACT

Insomnia is one of the most common sleep disorders. Insomnia includes difficulty falling asleep, waking up during the night and having difficulty falling back to sleep, and waking up early or not falling back to sleep. The purpose of this study was to analyze the relationship between sleep hygiene and gadget use with sleep disorders (insomnia) in students of Jember State Polytechnic. This study used a quantitative method with a correlational analytical approach and a cross-sectional design. The study population was active students of Jember State Polytechnic, with a sample of 105 respondents obtained through stratified random sampling technique based on inclusion and exclusion criteria. Data collection was carried out using the Sleep hygiene Index (SHI) questionnaire, gadget use questionnaire, and the Insomnia Rating Scale (IRS). Data were analyzed using the Pearson Correlation test. The results of the analysis showed a significant relationship between sleep hygiene and sleep disorders (p -value = 0.000; $r = -0.474$) with a moderate strength of relationship. In addition, there was a significant relationship between gadget use and sleep disorders (p -value = 0.005; $r = 0.271$) with a low strength of relationship. Based on the research results, students are expected to increase awareness of the importance of quality sleep by practicing good sleep hygiene, such as maintaining a sleep schedule, avoiding caffeine before bed, and limiting gadget use, especially at night.

Keywords: *Insomnia; Gadget Use; Sleep hygiene*