

LITERATURE REVIEW THE RELATIONSHIP OF SLEEP QUALITY WITH HYPERTENSION IN THE ELDERLY

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ABSTRACT

Background Hypertension can result in the emergence of health problems that have an impact on the human body, as well as on the quality of life. The main problem with hypertensive patients is sleep quality. Sleep quality is one of the internal problems that occurs most frequently and is often complained about by elderly people who have hypertension. This can occur due to short sleep duration which can cause poor sleep quality. The aim of this research is to identify research articles that explain the relationship between sleep quality and hypertension in the elderly based on a literature review. The research design used was a literature review. The subject of journal research was carried out using databases in the form of Google Scholar, Pubmed. The journal search was carried out in April-May 2024. The journal findings used in this research were from the last 4 years. The search results obtained 11 relevant journals. Journal quality assessment process using JBI Critical Appraisal. Results: The literature review study reviewed by researchers with 11 journals, has similarities in each journal, namely examining the relationship between sleep quality and hypertension. Each journal has the same aims and research design. Conclusion: paying attention to the quality of sleep we have, providing non-pharmacological and pharmacological interventions in managing hypertension. They should also focus on improving sleep quality with sufficient and adequate sleep duration. This can provide prosperity and reduce mortality and morbidity due to hypertension and future complications

Keywords: *Sleep Quality, Elderly, Hypertension*