

ABSTRACT

Introduction: Dementia is a cognitive decline disorder in older adults that is often accompanied by sleep disturbances such as difficulty sleeping, frequent awakening at night, and decreased sleep duration. These conditions can worsen the physical and psychological health of older adults. One of the non-pharmacological interventions that can be used is music therapy. **Methods:** This study used a Systematic Literature Review design with a PRISMA approach. Articles were searched through PubMed, ScienceDirect, Google Scholar, and Garuda databases from 2016–2026. Articles were selected based on inclusion and exclusion criteria using the PICOS approach, resulting in 10 relevant journals. **Results:** The literature review showed that music therapy was effective in improving sleep quality among older adults with dementia. Music therapy helped reduce sleep latency, increase sleep duration, decrease the frequency of nighttime awakenings, and reduce anxiety and agitation in older adults. **Discussion:** Music therapy can be used as a safe and effective non-pharmacological intervention to improve sleep quality in older adults with dementia and support holistic gerontic nursing care.

Keywords: music therapy, sleep quality, elderly, dementia,