

ABSTRACT

Description of Sleep Patterns of Infants Aged 6–12 Months at Moshi-Moshi *Baby Spa*, Pasuruan Regency

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Infant sleep patterns were often irregular due to immature circadian rhythms, causing infants to wake easily due to uncomfortable environmental conditions, heat, or lack of air ventilation in the room. Sleep was essential for infant growth and development; therefore, sleep disturbances could affect physical condition, emotional state, and behavior. The purpose of this study was to describe the sleep patterns of infants aged 6–12 months at Moshi-Moshi *Baby Spa*, Pasuruan Regency. This study used a descriptive research design. The population consisted of all infants aged 6–12 months at Moshi-Moshi *Baby Spa*, Pasuruan Regency, in December 2025, totaling 32 infants. The sampling technique used was total sampling, resulting in 32 respondents. The research variable was infant sleep patterns. The instrument used was a modified Brief Infant Sleep Questionnaire (BISQ). Data analysis was conducted using frequency and percentage distributions. The results showed that almost all respondents had good sleep patterns, with 25 infants (78.1%), while 7 infants (21.9%) had fairly good sleep patterns. Data analysis indicated that most infants had good sleep patterns characterized by nighttime sleep of ≥ 8 hours, waking less than 2 times per night, and total sleep duration of 13–14 hours within 24 hours. Good sleep patterns were influenced by a comfortable sleep environment, good home ventilation, and adequate maternal knowledge in managing parenting practices and infant sleep routines.

Keywords: Sleep patterns, infants, 6–12 months