



## TRANSLATION CERTIFICATE

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To whom it may concern,

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The document was in a form of the paper abstract entitled **Implementation of Pregnancy Exercises to Increase Sleep Duration for Pregnant Women in the Third Trimester**, and used for research purposes on behalf of:

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Semarang, 19 August 2024  
Director of Permata Education,  
  
**Muhammad Rizky Rochmawan, M.Pd.**

A circular purple stamp with the text "PERMATA EDUCATION" at the top and "INDONESIA" at the bottom. In the center is a stylized diamond shape with a house-like structure inside. A signature is written over the stamp.

## ABSTRACT

### **Implementation of Pregnancy Exercises to Increase Sleep Duration for Pregnant Women in the Third Trimester**

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**Introduction:** Pregnant women in the third trimester often experience discomfort and difficulty sleeping due to physiological and psychological changes. These changes include an increase in the size of the fetus, abdominal enlargement, and weight gain, which can lead to fatigue and challenges in finding a comfortable sleeping position. Pregnancy exercises are a potential intervention to address sleep disorders in this population. **Objective:** This study aims to describe the impact of pregnancy exercises on increasing sleep duration in pregnant women in the third trimester. **Methods:** This study employs a case study design using participatory observation. The author actively participated in the activities being investigated to observe sleep duration before and after implementing pregnancy exercises in the third trimester. **Results:** After the implementation of pregnancy exercises, conducted four times a day, both pregnant women involved in the study experienced an increase in sleep duration by 2 hours. **Conclusion:** The implementation of pregnancy exercises can effectively increase the sleep duration of pregnant women in the third trimester. **Suggestions:** Health workers should further motivate pregnant women to perform pregnancy exercises routinely, at least twice a week, and encourage the involvement of their husbands to boost enthusiasm and support.

**Keywords:** Sleep Duration, Pregnancy Exercises