

ABSTRACT

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The general public sleep quality has been reduced because intense activity made them suffered from sleep disorder, insomnia. The general public received insufficient information especially teenagers about how to deal with insomnia, make some people suffered from this sleep disorder. In the design of this animation, using a method of the qualitative study with the approach phenomenology. Animation design as an information media is expected to increase knowledge and a solution for teenagers about the importance of having better sleep qualities by prevent insomnia that has been suffered in a way that is more interesting and easy to understand among teenagers.

Keyword: Information media, insomnia, sleep, animation, teenager