

ABSTRACT

In daily activities, most people often sleep late at night and even most experience insomnia, where frequent staying up late can cause mild stress for anyone. The sound produced by gurgling is known as a calming sound when we are under mild stress. This therapy is widely used by psychologists for patients who experience sleep disturbances at night. Because splashing water has a predictable pattern. The brain will process it as a non-threatening sound, so the effect will be calming. Based on this background, this research aims to design and manufacture aquarium products with the addition of other functions of the aquarium itself. This study aimed to determine the impact of insomnia on mental health, know the therapeutic process in psychology for insomniacs, and explain the role of splashing water therapy on mental health.

Key word: *Aquarium, Sleep Therapy, Insomnia*