

## **ABSTRACT**

*Students as one of the roles in the academic community globally have poor sleep quality, which affects their academic performance and overall quality of life. This is also the case for Telkom University students, Product Design study programme, students stated that their poor sleep quality affects many aspects of their daily lives. The results revealed that students slept for 2-4 hours irregularly, which is not in accordance with the sleep time that should be obtained, which is 8-7 hours of sleep at night. Students themselves have a tendency to be able to fall asleep more easily comfortably when they hug something, sleep appliance products are designed by considering ergonomic shapes, cool materials, dimensions that can be hugged during sleep, and not heavy weight to avoid the onset of aches or pains during sleep and when waking up. This problem is the basis for designing a sleeping device to improve sleep quality for students with an ergonomic-anthropometric approach, designed using the User-Centered Design (UCD) method to make students the main users of the product as well as the main source of data for research and design.*

*Keywords: Sleep quality, student, UCD, ergonomic-anthropometric sleep tool.*