

ABSTRACT

Staying up late is an activity at night, where this activity is carried out outside one's sleep time, which causes a lack of sleep within 24 hours. Sleep is an activity carried out by everyone to rest the body to do activities the next day. In general, sleep is done by everyone at night in 6-8 hours per day. sleeping habits late at night have a negative impact on life and health. Various factors cause a person to stay up late, from doing assignments, jobs, to just wasting time like telling stories, playing games, surfing the internet, watching movies and so on. Lack of sleep a person can reduce health conditions can be affected by chronic diseases such as obesity, diabetes, heart disease and hypertension, mood disorders, and decreased immune function. In this final project the author will provide information about the negative effects of staying up which causes a lack of sleep hours, then it will have an impact on the life and health of the body. The research method that will be applied in this final project is a qualitative research method by gathering information from the point of view and communication. Data collection that supports this analysis includes conducting observations, interviews and literature studies. By using theories around health as well as theories related to dkv as information media design such as communication theory, visual language, typography / illustration, and motion graphic. Then will be given an information media in the form of a solution in the form of motion graphic as an output of communistaki facilities about the dangers and effects of staying up until the lack of sleep.

Keywords: sleep, staying up late, health, information communication media, motion graphic.