

## **ABSTRACT**

Maintaining health is very necessary for anyone, this is because it is to maintain a balance and immune system. How to maintain health in several ways such as exercise and one of them is sleep. It can be seen that sleep is very necessary for every human being, because sleep has benefits for maintaining brain health and balance. In addition, the benefits of sleep are to maintain immunity from other diseases, if a person does not sleep properly then the body functions and one of them is the brain. Therefore, the design of this cot will design a different cot or frame from before, so that the shape and appearance will adjust to the needs of consumers. Because basically the cot or mattress frame has a function that can be folded so that it can be stored in a limited space. In addition, this design wants to display several features such as cabinets, shelves and drawers.

**Key words:** bed, narrow,