

ABSTRACT

Cardiovascular disease is a group of disorders that affect the heart and blood vessels, and it is the leading cause of death worldwide, including in Indonesia, according to the Institute for Health Metrics and Evaluation (IHME) 2014-2019. Irregular sleep patterns can contribute to an increased risk of cardiovascular diseases such as heart attacks, strokes, arteriosclerosis, and hypertension. The European Journal of Preventive Cardiology found that sleep disorders can contribute to increased blood pressure and a higher risk of heart disease (Qiao He, 2017). The methods used in this study include interviews, observations, questionnaires, and literature studies to support the research. It is important to increase awareness of the harmful effects of irregular sleep patterns through media that is engaging and easy to understand namely, zines. Zines as a medium for health education can be an effective tool in raising young people's awareness about the importance of regular sleep as a preventive measure against cardiovascular disease and in fostering a healthier future generation.

Keywords: *cardiovascular, disease, sleep deprivation, education, zine*