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THE RELATIONSHIP BETWEEN ANEMIA HISTORY AND SLEEP QUALITY WITH THE INCIDENCE OF ANEMIA IN PREGNANT WOMEN <i>(Study in the Klampis Community Health Center Working Area)</i>	
ABSTRACT <i>Pregnancy anemia is a condition characterized by hemoglobin levels below the normal range for pregnant women, which is 11.0 g/dL. Based on the results of a preliminary study conducted by the Klampis Community Health Center from January to March 2025, there were 54 cases (80%) of anemia among 71 pregnant women. The aim of this study is to identify the history of anemia and sleep quality in relation to the incidence of anemia among pregnant women in the service area of the Klampis Health Center.</i> <i>The research design is analytical with a cross-sectional approach. The population in the Klampis health center area consists of 62 pregnant women. The sample size is 54 pregnant women in their first, second, and third trimesters. The sampling technique used is simple random sampling. The independent variables are history of anemia and sleep quality, while the dependent variable is the occurrence of anemia. The instruments used in this study include the PSQI, the KIA book, and the Chi-Square statistical test.</i> <i>The results showed that there was no association between a history of anemia and the incidence of anemia in pregnant women, with a p-value of $0.147 > 0.05$. However, there was an association between sleep quality and the incidence of anemia in pregnant women in the Klampis community health center working area, with a p-value of $0.003 < 0.05$.</i> <i>Efforts in preventing anemia in pregnant women are by maintaining good sleep quality, choosing productive age to get pregnant, maintaining compliance with taking fe tablets, through integrated antenatal care and screening for other predisposing factors at the beginning of pregnancy.</i> Keywords: Anemia History, Sleep Quality, Anemia	