

**Cover letter**

**2 November 2017**

To.

Editor in Chief

International Journal of Integrated Health and Science

Dear Sir,

Please find the submission of our manuscript,

**Relationship Between gymnastics Exercise and Insomnia in Elderly**

which we would like to submit for publication in the International Journal of Integrated Health Science. Herewith, we also attached *3 sets of manuscript (hard copy) and 1 CD (soft copy)*.

In this manuscript, This study to analyze the relationship between gymnastics exercise and insomnia in elderly. This study involved 60 elderly as the respondents. The respondents were divided into two groups, group 1 was elderly who practiced gymnastics exercise and group 2 was elderly who did not practice gymnastics exercise. The members of group 1 were enrolled from 3 gymnastic groups in 3 villages in Jatinangor, West Java, Indonesia and the members of group 2 were elderly who lived in the same villages as well as the members of group 1.

Author and all co-authors have seen and agreed with the contents of the manuscript and there is no financial interest to report. We certify that the manuscript submitted is an original work and is not under review at any other publication. We thank you for considering our manuscript for publication in the International Journal of Integrated Health Science and look forward to hearing from you at your earliest convenience.

Sincerely yours,



**(Fauziah Nurillah Nasa )**