

## ABSTRACT

*A creative worker is a person who earns income from creativity. This work can be done individually or independently as well as employees who work in creative industry companies. Creative workers have a lot of activities that make them sacrifice their sleeping hours or stay up late. Staying up late is a bad habit that is a major factor that can reduce body health. This research aims to design educational videos as learning media about the dangers of staying up late on health. With this educational video on the dangers of staying up late, it is hoped that creative workers will pay more attention to their health. This research uses a qualitative method. The data collection techniques used are interviews, and literature studies.*

**Key words :** *Video Education, The Dangers of Staying Up Late, Creative Worker*

