Effect of Ylang Ylang Oil Aroma on Sleep Quality of Kanchanabhisek Medical and Public Health Technology (KMPHT) College's Students, Nonthaburi, Thailand

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Abstract

Introduction: Insomnia is the most common complaint for all sleeping problems and has been under researched. The treatment of choices is hypnotics, but these pills contain several adverse effects. Traditionally, Ylang Ylang oil has been used as a treatment for insomnia in Thailand, but its effects has not been systematically proven. The aim of this research study is to examine the effect of Ylang Ylang oil on sleep quality of Kanchanabhisek Medical and Public Health Technology (KMPHT) College's students measured by PSQI (Pittsburgh Sleep Quality Index).

Design: This study was conducted in two random groups in a format of pre-test and post-test design.

Methods: The study sample consists of 30 subjects (15 male and 15 females). In this study the intervention group was assigned to use Ylang Ylang oil, while the control group used sweet almond oil. The sample subjects were instructed to score PSQI questions in the first and the seventh day for comparison.

Results: The total PSQI score of Ylang Ylang oil group (x = 3.90) is significantly decreased when comparing with the control group of almond oil group (x = 9.86) (p-value < 0.05). No period or carry–over effect was observed.

Conclusion: The results from this study show that Ylang Ylanng oil improves the sleeping quality of college students.

Image

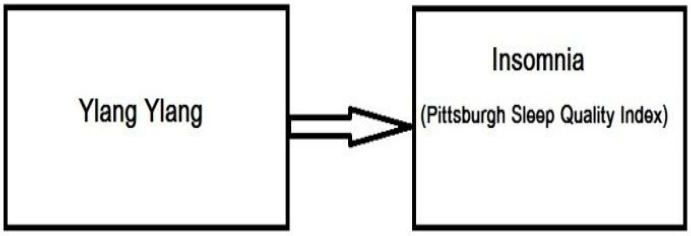


Figure 1. Effects of Ylang Ylang oil to Kanchanabhisek Institute of Medical and Public Health Technology (KMPHT) students insomnia.

Recent Publications

1. Sayorwan W, Siripornpanich V, Piriyapunyaporn T, Hongratanaworakit T, Kotchabhakdi N, Ruangrungsi N. The effects of lavender oil inhalation on emotional states, autonomic nervous system, and brain electrical activity. J Med Assoc Thai 2012; 4:598-606.

2 Sayorwan W, Siripornpanich V, Piriyapunyaporn T, Hongratanaworakit T, Kotchabhakdi N, Ruangrungsi N. Effects of inhaled rosemary oil on subjective feelings and activities of the nervous system. Sci Pharm 2013; 2: 531-542.

3 Sayorwan W, Siripornpanich V, Piriyapunyaporn T, Hongratanaworakit T, Kotchabhakdi N, Ruangrungsi N. The Harmonizing Effects of Citronella Oil on Mood States and Brain Activities. Journal of Health Research.2013;69-75

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