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Effect of ylang-ylang oil aroma on sleep quality of Kanchanabhisek Medical and Public Health Technology (KMPHT) College students, Nonthaburi, Thailand

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Introduction & Aim: 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 ($\bar{x}=3.90$) is significantly decreased when comparing with the control group of almond oil group ($\bar{x}=9.86$) ($p\text{-value}<0.05$). No period or carry-over effect was observed.

Biography

Winai Sayorwan is a Faculty Member of Kanchanabhisek Medical and Public Health Technology (KMPHT) College. He obtained his Bachelor's degree from Mahidol University and Master's degree from Slipakorn University. He finished his Doctoral degree from Chulalongkorn University. His field of interest is Aromatherapy. He has 5 years of research experience and 6 publications. He is currently in line with Chulalongkorn and Mahidol University as a Co-adviser for the research "Effects of essential oil to the brain wave" and "Effects of essential oil to insomnia"

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