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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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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 compared with the control group of almond oil group ($x=9.86$) ($p\text{-value}<0.05$). No period or carry-over effect was observed.

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

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