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## Effects of aromatherapy essential oil inhalation on sleep quality of patients in intensive care unit

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**Purposes:** Patients admitted to the intensive care unit are surrounded by noise from the intensive care unit, many medical staff, and various mechanical devices. Patients experienced the stress and sleep disability due to fear, uncertainty about prognosis, isolation from family, and economic burden. The aim of this study was to examine the effects of aromatherapy on nursing interventions to improve stress and sleep quality in ICU patients.

**Methods:** This study is a non-equivalent, pretest-posttest study. The subjects were adult patients with clear consciousness who spent at least two nights in the ICU. Approval from the Institutional Review Board at the University hospital was obtained prior to data collection. Aromatherapy for the experimental group consisted of inhalation of essential oil. Stress and sleep quality were measured on pre-tests and post-tests. Homogeneity of the general characteristics between the two groups was analyzed by using the  $\chi^2$ -test and t-test. Post-treatment effects were analyzed with the t-test, repeated measures ANOVA, and ANCOVA.

**Results:** The perceived stress ( $F = 148.43, p < .001$ ) and the stress index ( $F = 52.91, p < .001$ ) in the aromatherapy group were significantly lower than those in the control group. The quality of sleep in aromatherapy group were better than that in control group ( $F = 107.80, p < .001$ ). **Conclusion** These findings suggest that aromatherapy alleviated ICU patients' stress and improved sleep quality for the two days studied. Therefore, aromatherapy may be an effective nursing intervention for both stress relief and improvement of sleep quality of ICU patients.

**Keywords:** Stress, Sleep, Aromatherapy, ICU

### Biography

Myung-Haeng Hur has completed her PhD at the age of 40 years from Catholic University. She is the professor of college of Nursing, Eulji University in South Korea. She is aromatherapist, trained in IFPA. She has published more than 60 papers in reputed journals and has been serving as a reviewer member of Journal of Korean Academy of Nursing. Eun Hee Cho is a graduate of Eulji University. She was nurse in Eulji University Hospital.

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