Name : TE TWALA………………………………………………………………….StNo : 21322528

**A folk remedy for insomnia, the scent in lavender flowers, has now been proved effective. In recent study, 30 volunteers with chronic insomnia slept each night for three weeks on lavender-scented pillows in a controlled room where their sleep was monitored. During the first week, volunteers continued to take their usual sleeping medication. They slept soundly but wakened feeling tired. During the second week, the volunteers discontinued their medication. As a result, they slept less soundly than the previous week and felt even more tired. During the third week, the volunteers slept longer and more soundly than in the previous two weeks. This shows that over   
a short period of time lavender cures insomnia.**  
A folk remedy is usually a plant-based form of treatment common to traditional forms of medicine, ones that developed before the advent of modern medical services and technology. Closely analyzing the test process and results, in the first week of the experiment the volunteers were reportedly tired after the sleep. The test volunteers would have been told what the purpose of the test is and what results the researchers had. This might have led a psychological effect on the sleeping pattern because now the volunteer believe in that they must sleep well because they are under a medication with positive effect.

The impact that the scent of lavender flowers have on sleeping is very weakly demonstrated here in the experiment conducted above. The test process is intrinsically flawed because of the test fails to establish clear effect of lavender scent on the patients for a longer period of time and also fails to show the relation what were the results would be, had the scented pillow were taken out after the prescribed period of medication. Establishing results based upon these issues will likely associate the strong relation of lavender scent to sleeping effects, if any.

The author concludes that a short period of time lavender cures insomnia. To support the conclusion, the author shows the experiments conducted to 30 volunteers with chronic insomnia slept each night for three weeks on lavender-scented pillows in a controlled room where their sleep was monitored. The subjects slept soundly but wakened feeling tired during the first week, they slept less soundly than the previous week and felt even more tired with the stop of sleeping medication during the second week, and they slept longer and more soundly than in the previous two weeks during the third week. However, this experiment is flawed in several aspects.

It is unfair to assume that 30 volunteers represent the whole patients having insomnia. It is entirely possible that 30 volunteers have the specific vocation or live in the specific area. In either case, the results of experiment could merely represent the people having the job or living in the area. Without credible evidence their representing whole insomnia patients, it is unpersuasive to me.

Even assuming that they represent entire insomnia patients, it is not unfair to assume that their sound sleeps during the third week is due to the scent in lavender flowers. There is no clear evidence that they are occurred owing to it. It is entirely possible that they could sleep soundly   
due to adaptation to the environment. Without ruling out this possibility, it is unreliable to me.

In conclusion, the experiment leading to the conclusion is currently unacceptable. To support it better, the author should show more detail the experiment and the cause of sound sleep during the third week is the scent in lavender flowers.