# Analysis Report for Essential Oils Project

### Owen Dossett and Ryan Nardella

## September 3, 2024

#### Contents

1	Introduction	2
2	Methods	2
3	Results	2
4	Discussion	2

#### 1 Introduction

The question we hope to answer with this analysis is whether or not the use of essential oils in patients with heart disease is statistically significant in lowering heart disease and anxiety and raising sleep quality. On top of this, we want to determine whether different essential oils perform better than others, such as rosemary, lavender , or a combination of the two. We also want to determine if there is an interactive effect of essential oils on sleep quality, depression, and anxiety.

- 2 Methods
- 3 Results
- 4 Discussion