

This manuscript is important because lack of sleep contributes to burnout and stress. This study indicates the real benefit of lavender to enhance sleep in a nursing population.

The abstract is comprehensive, however it is long at 361 words. The abstract does not have to be as specific in the methods section, and the results section could be abbreviated.

This manuscript follows academic standards in reporting different sections. I would think that including a limitations section would be appropriate. Inclusion criteria was very broad, despite the collection of multiple variables, weight was not considered- though weight does affect sleep. This is only a point of curiosity, not a negative statement.

I would accept this manuscript with minor revisions.

Specific Comments:

This is a well written manuscript on a research project of great interest to nurses and their employers. It would strengthen the article to have a limitations section as the study was conducted at one hospital, only over an eight week period, and had only approximately 47 subjects in each group. There is no explanation why, over the 8 weeks, the control group actually had worse sleep – only the statement “an increasing trend...”. One would think that it would have remained the same without having the lavender, not gotten worse. This finding should be addressed in the discussion, even if only to acknowledge the mystery.

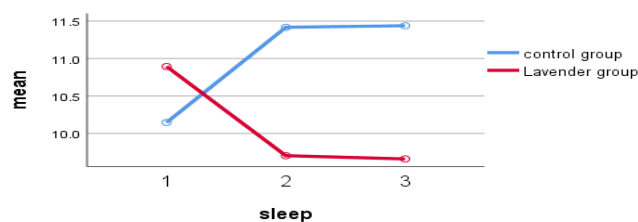


Table 2 Mean Quality of Sleep

scores for Lavender group and Control group

	Lavender group		Control group	
	(n=48)		(n=47)	
	Mean	SD	Mean	SD
Pre-test (Week 1)	10.86	3.18	10.18	1.90
Post-test (Week 4)	9.70	2.40	11.42	2.34
Post-test (Week 8)	9.66	2.56	11.44	2.23