

Response to reviewer-1

We appreciate your invaluable comments and look forward to receiving your feedback on the revised version.

The abstract had been revised as suggestion.

The ethical section had been rewritten.

Response to reviewer-2

We want to express our gratitude for your thoughtful and constructive feedback on our manuscript titled "**Exploring the Effectiveness of Lavender Aromatherapy on Improving Sleep Quality Among Nurses**". We sincerely appreciate the time and effort you and the reviewers have dedicated to evaluating our work. We have carefully addressed all the comments and suggestions provided.

Response to reviewer-3

References: I added studies from around 2021 (e.g., Chung et al., 2021; Ryu et al., 2021; Xie et al., 2021) to make the paragraph more comprehensive.

HRV paragraph relocation: Previously, it was placed too early and disrupted the flow. I moved it to follow the aromatherapy introduction, where it now serves as supportive evidence for the intervention's effects.

Smoother transitions: The flow is now: stress and sleep problems → importance of sleep → non-pharmacological interventions (aromatherapy) → HRV as a physiological indicator → research gap.

Discuss limitations had been written in.