

〈教育セミナー〉

## 香りのストレス緩和および睡眠への影響

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### Effects of Fragrances on Stress Alleviation and Sleep

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#### Abstract

Recent scientific evidence suggests that stress has a profound impact on our mind and body. Stress is believed to be the cause of many mental and physical disorders. We investigated the stress alleviation effects of fragrances on restoring the homeostatic balance based on the psycho-neuroimmunological model. The application of proper fragrances on subjects experiencing stress brought their endocrine hormone levels, which have been believed to be linked to stress, to their pre-stress levels. Other fragrances proved beneficial to stabilizing the immune system indexes such as s-IgA, NK-cell activities and the CD 4/CD 8 ratios. Further research alluded to the positive effects that fragrances have on sleeping disorders such as insomnia. When the fragrances were applied, regular sleeping cycles were attained by people suffering from insomniac tendency.

**Key words:** stress, homeostasis, cortisol, s-IgA, sleep.