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https://www.100test.com/kao_ti2020/123/2021_2022__E5_86_99_E4_BD_9C_EF_BC_9AG_c86_123921.htm 5 5、A folk remedy*

for insomnia, the scent in lavender flowers, has now been proved effective. In a 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. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com