



MARUYAMA JONES FARM
KONA | HAWAII

THE GIFT OF SLEEP : A PILOT STUDY ON THE SLEEP BENEFITS OF TAKING MORINGA SEED OIL SUBLINGUALLY

Moringa oleifera seeds have anti-inflammatory, antioxidant-rich and anti-microbial properties. Our pilot study is one of the first human studies to explore the effectiveness of taking moringa seed oil sublingually to improve the experience of sleep.

The statistical results suggest that a bedtime moringa seed oil routine increased sleep satisfaction, improved sleep quality, and decreased the number of times people woke up overnight. The moringa seed oil routine also impacted how people felt in the morning, as they reported feeling more refreshed, energized and excited to start their day.

Qualitative data suggest that participants felt they got higher-quality sleep, even if the quantity was not ideal, and they felt more rested in the mornings. They also described feeling more relaxed overall, even amid stressful circumstances.

Sleep builds a foundation for well-being, as it impacts physiology and behavior. Moringa, as a tree that is easy to grow and accessible in tropical climates, has the potential to help many people meet their foundational need for rest and better thrive in a modern world.



MORINGA SEED OIL

- PURE
- COLD-PRESSED
- GROWN ON OUR SMALL FAMILY FARM

“I found myself raving to friends and family about the oil. I was often met with skepticism when people were asking, ‘Well how much can a few little drops of oil really improve your overall sleep quality so well?’ Maybe I wasn't great at explaining the science behind what I was experiencing, but I know for me it just really worked. My sleep was deeper, more consistent, and more restful. Now if I don't have it or accidentally forgot to take it, I can tell the difference right away when I wake up. I also wonder, why are people so slow to believe in the power and potency of plants? Most medicine is synthesized by humans by materials found in nature, so why wouldn't a few drops of oil be powerful?” – Participant 7



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JOURNAL ARTICLES ON THESE TOPICS

RESEARCH DESIGN

RESEARCH QUESTION

Does taking two drops of moringa seed oil sublingually improve sleep?

PARTICIPANTS

The sample comprised 30 people—26 women and 4 men—fairly evenly distributed across age groups. They were recruited through an email newsletter, social media post or a blog post on the Maruyama Jones Farm website.

PROCEDURE

Each participant received a 5mL dropper bottle of pure, food-grade, cold-pressed moringa seed oil from Maruyama Jones Farm (\$20 value). Participants filled out a survey on their sleep prior to the study. This served as a baseline measurement. Then, they took two drops of moringa seed oil sublingually at bedtime for 21 consecutive days. At the same time every day, an automated text arrived with a link to a survey asking about the previous night's sleep and how the participant felt after waking up that morning. Measurement error was reduced by collecting data in real time every day, when participants' memories were fresh.

QUANTITATIVE DATA ANALYSIS

A paired sample t-test compared the participants' baseline sleep measurement prior to taking the moringa seed oil with an average of their daily sleep measurements after taking the oil.

QUALITATIVE DATA ANALYSIS

Written responses to open-ended questions were coded inductively to identify patterns and themes.

THE MORINGA SEED OIL

The pure moringa seed oil comes from fully mature, brown pods grown sustainably at Maruyama Jones Farm. The seeds are cold-pressed on the farm when they have reached their peak oil content. Each 30mL of oil is derived from 1,000 cold-pressed moringa seeds. The oil is golden in color and has a subtly sweet, almond-like flavor. Moringa seed oil has been researched as a safe, edible oil rich in heart-healthy benefits.

MORE QUALITATIVE DATA ABOUT TAKING MORINGA SEED OIL TO IMPROVE SLEEP

"I liked it! I felt that it did help with my quality of sleep. I didn't have any negative thoughts about it. I considered taking more than recommended to see if the effects would be more noticeable."

-Participant 22

"I like the flavor, the ritual and the way it makes me feel in the morning."

-Participant 3

"Total fan of this oil at this point. ☺"

-Participant 28

"I slept better last night than I've been sleeping."

-Participant 6

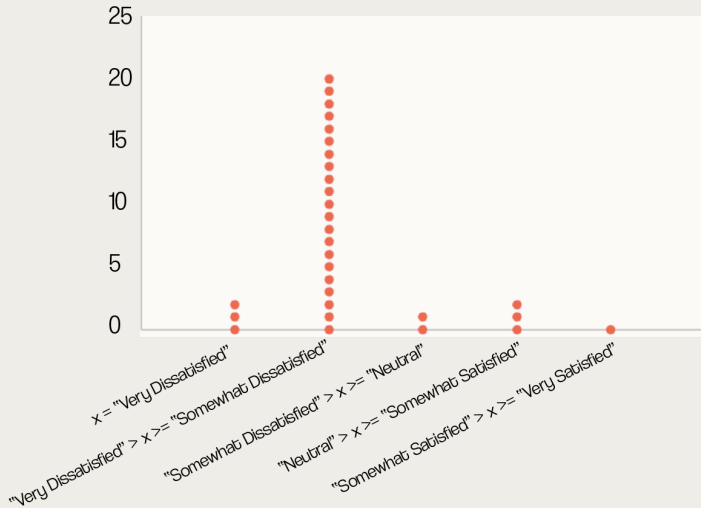
"Helped with relaxation!"

-Participant 15

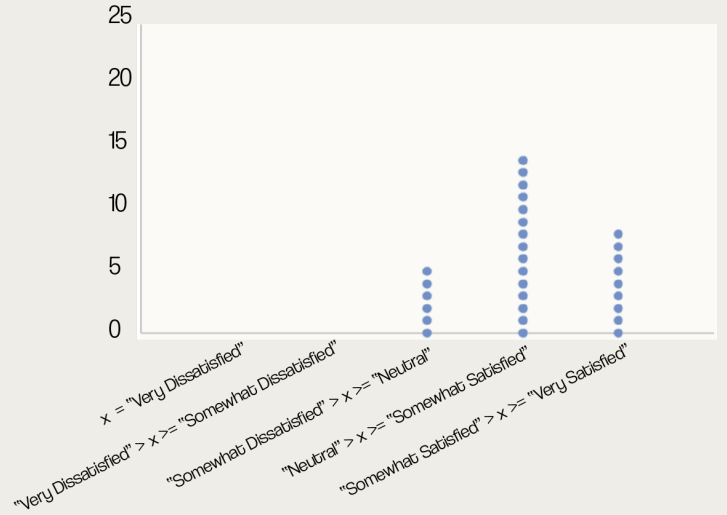
STATISTICAL RESULTS

Participants who took moringa seed oil sublingually every night for three weeks reported significantly **higher sleep satisfaction, better sleep quality, and fewer times waking up overnight**, compared to before taking the oil.

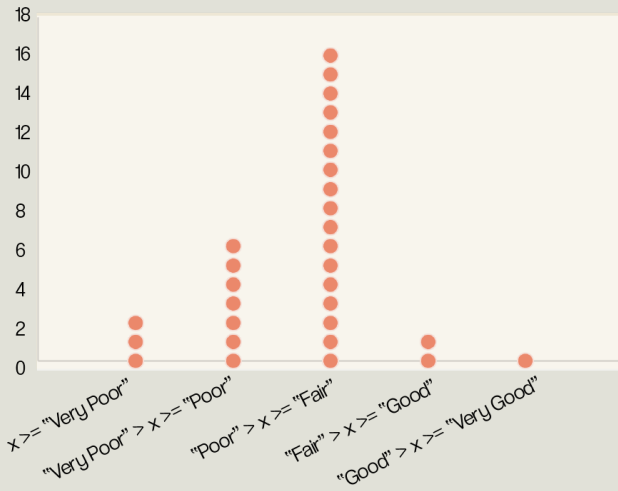
Sleep Satisfaction BEFORE Taking Moringa Seed Oil



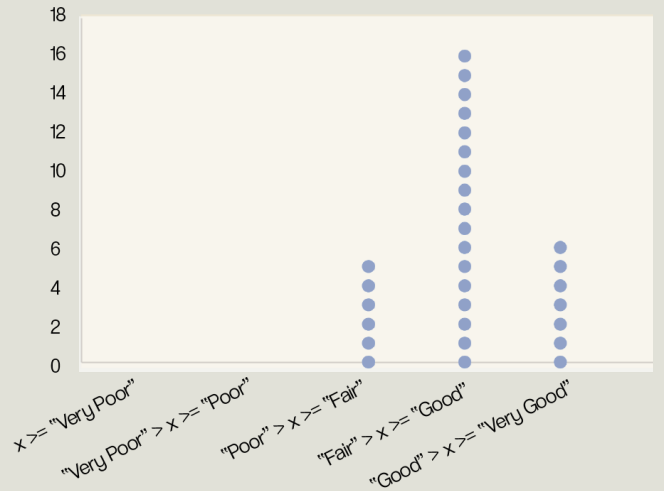
Sleep Satisfaction AFTER Taking Moringa Seed Oil



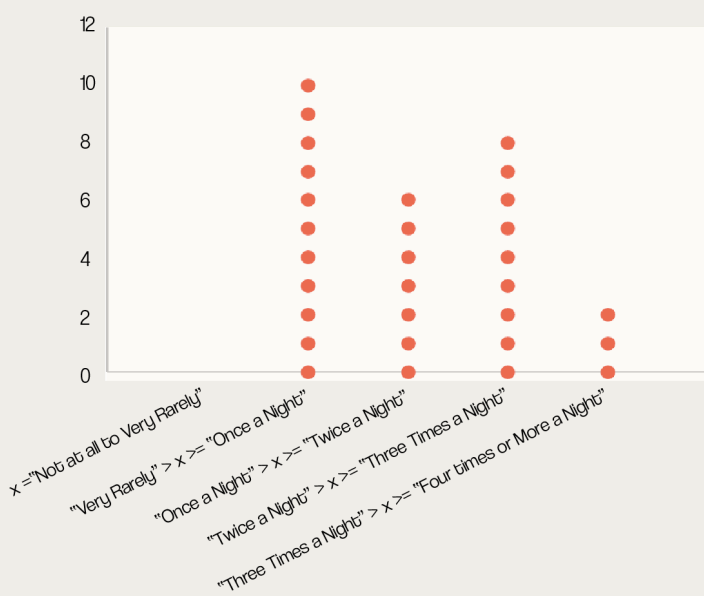
Sleep Quality BEFORE Taking Moringa Seed Oil



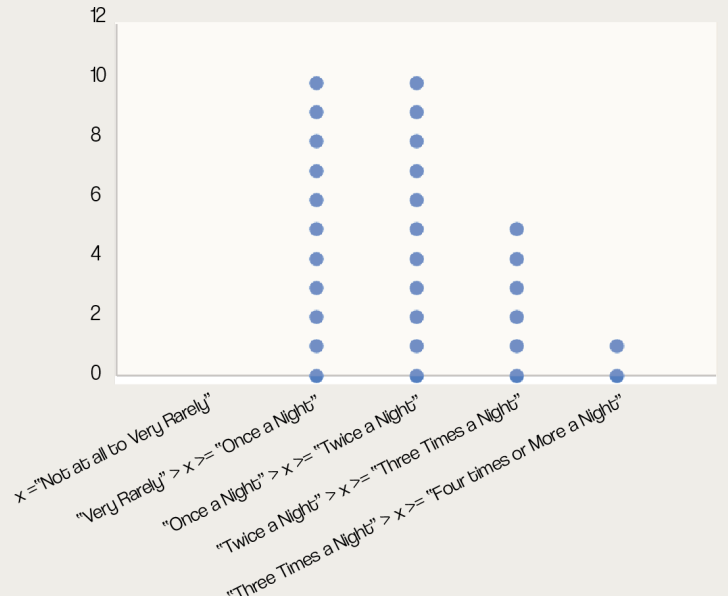
Sleep Quality AFTER Taking Moringa Seed Oil



No. of Times Waking BEFORE Taking Moringa Seed Oil



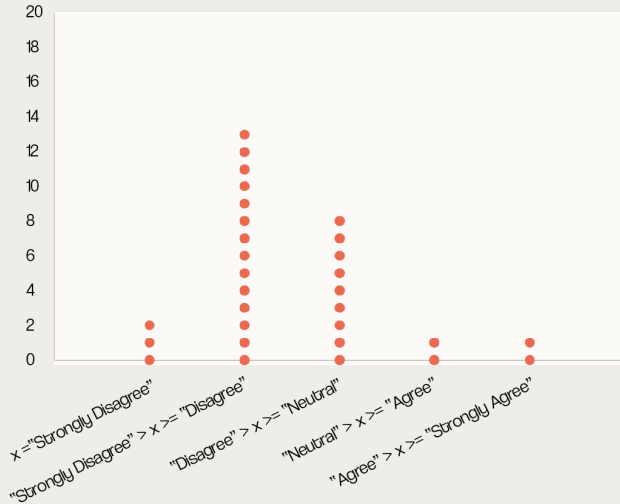
No. of Times Waking AFTER Taking Moringa Seed Oil



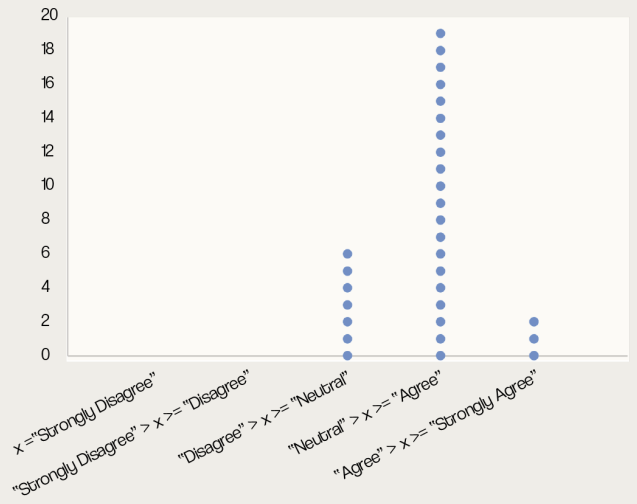
STATISTICAL RESULTS (CONT.)

Participants who took moringa seed oil sublingually every night for three weeks reported feeling better in the mornings, with significantly higher levels of feeling **refreshed**, **energized** and **excited to start their days**, compared to before taking the oil.

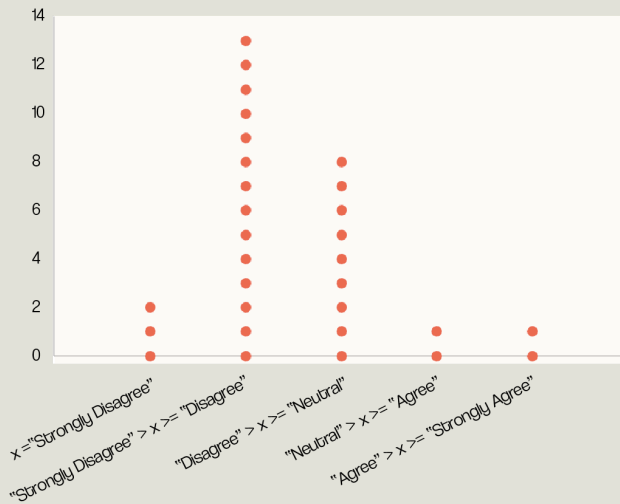
Agreement to the Statement, "I Felt Refreshed this Morning," BEFORE Taking Moringa Seed Oil



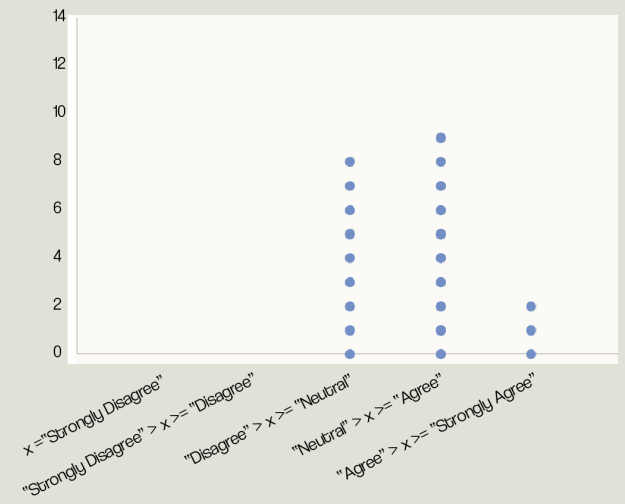
Agreement to the Statement, "I Felt Refreshed this Morning," AFTER Taking Moringa Seed Oil



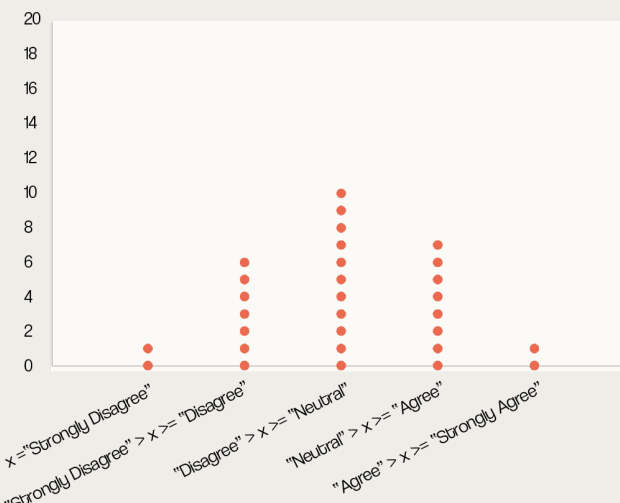
Agreement to the Statement, "I Felt Energized this Morning," BEFORE Taking Moringa Seed Oil



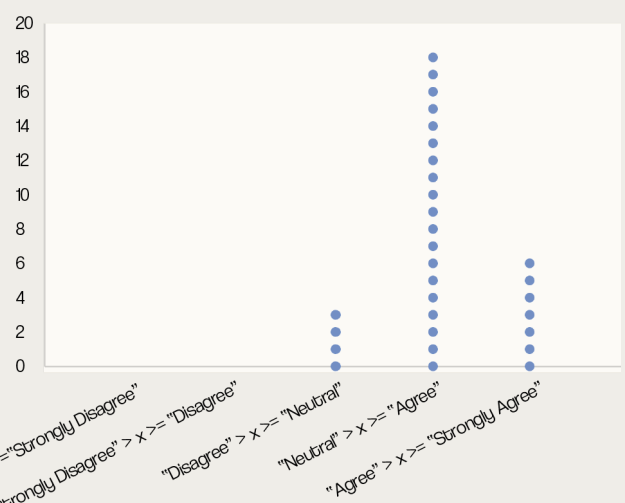
Agreement to the Statement, "I Felt Energized this Morning," AFTER Taking Moringa Seed Oil



Agreement to the Statement, "I Felt Excited to Start My Day," BEFORE Taking Moringa Seed Oil



Agreement to the Statement, "I Felt Excited to Start My Day," AFTER Taking Moringa Seed Oil



QUALITATIVE RESULTS & FUTURE RESEARCH

QUALITATIVE RESULTS

The qualitative data supported the statistical results. They suggested that participants felt more satisfied with their sleep and more refreshed and clear-minded in the morning, after taking the moringa seed oil. Some participants said they were sleeping better than they had been sleeping previously, that they were able to fall asleep faster, and they were able to get back to sleep faster after they woke up overnight. Multiple people said they felt more relaxed and were able to remain productive amid difficult circumstances. Lastly, the nightly moringa seed oil routine seemed to have compounding benefits for some participants, as it sparked a series of positive health choices throughout the day and a positive mindset on sleep.

Four of the 30 people in the study (13.3%) wrote in their comments that the oil did not have any effect on their sleep. Three more participants (10%) said they were undecided. Multiple participants wondered if a higher dose would lead to more potent benefits. Participant 22 wrote, "I liked it! I felt that it did help with my quality of sleep. I didn't have any negative thoughts about it. I considered taking more than recommended to see if the effects would be more noticeable."

LIMITATIONS AND FUTURE RESEARCH

To address the possibility of a placebo effect, future research would benefit from a double-blind controlled experiment with treatment and control conditions, as well as physiological measurements.

Misa Maruyama Jones, Ph.D., conducted social science experiments as a researcher in the Human-Computer Interaction Laboratory at UH Mānoa, where she earned her doctorate in Communication Information Sciences. She worked as a journalist in print and broadcast in California and New Mexico, after earning her master of science in journalism degree from Northwestern University. She now lives with her husband, Geoff, and daughter, Momi, in Kona, where they grow and handcraft moringa wellness products at Maruyama Jones Farm.

PARTICIPANT PRAISE

"One thing I absolutely love about the oil, is how the drowsiness starts to just take over my body and I'm left with no choice but to hear its call and sleep. The oil helps force me to sleep whereas my pre-oil life I'd get ready for bed, think about something else, feel compelled to answer to that thought. Then an hour would pass and then I'd realize it was so late then I'd feel bummed out for getting to bed so late. Now I take the oil regularly and then in 15-30 minutes I'm stumbling around needing to sleep. I have no desire to accomplish more or attend to any other thoughts. My kids and my worries often wake me up throughout the night, but when I use the oil before bed, I wake up and then am able to get

right back to sleep. I'm not consumed with the thought or the worry or the sound that has just woken me up and then struggle to get back to sleep for the next 30 minutes to two hours.

Instead, I just put my head back on the pillow and go back to sleep. It's truly amazing. There's certainly a bounce to my step during the mornings. I'm not saying I wake up and bounce around the house, but I was more consistently groggy and tired after sleeping the night. I'm also now sleeping longer, so I think that helps with the clearheadedness I'm experiencing now," wrote one study participant.

EVERYTHING OIL: THE SKIN AND HAIR BENEFITS OF TOPICAL USE



- **Promotes Healthy Aging of the Skin:**

Contains naturally high levels of skin-boosting vitamins A, C and E. These antioxidants increase collagen production, reduce fine lines and wrinkles, even skin tone, soften roughness and deeply hydrate skin. They scavenge free radicals to protect against UV damage, toxins and pollution.

- **Acne Preventing:** Reduces acne as it fights inflammation, reduces bacteria and decreases unwanted skin sebum.

- **Deeply Moisturizing:** Delivers fatty acids that absorb easily into the skin, leaving it feeling velvety, not greasy. Moringa oil's high level of oleic acid is particularly well-suited for dry skin as it locks in moisture and gives skin a radiant glow.
- **Anti-Microbial:** Proven killer of harmful bacteria, fungi, viruses and parasites.

***How to Use:** After cleansing, apply oil to your face, body & hair each morning, night & whenever hydration is needed.*

WHAT CLIENTS HAVE SHARED ABOUT THE MANY USES OF OUR MORINGA SEED OIL (REVIEWS WERE NOT COLLECTED AS PART OF THE RESEARCH STUDY)

“Moringa oil is a beauty gem! It’s helped to reduce my pore size, slowed the aging process on my face and neck, and made my skin look and feel healthier. My daughters who are in their 30s, are starting to use it as well. Mahalo Nui!”



–O.P.

“Been using the moringa oil for 3 weeks & has improved my dry skin on my hands. Facial blemishes has lightened. I have tried many products over the years and none of them gave me this type of result. Thank you to Maruyama Jones.”



–Eloise W.

“Your moringa oil helped me finally stop using benzoyl peroxide to treat acne. It also cured my seasonal eczema I experience during colder months. It’s been a constant in my skincare ritual for four years, and can’t go back to life before.”



–Christine M.

“I have been using moringa oil as a sleep aid for 3 months. Few drops on my tongue before I sleep, I sleep soundly and reduces trips to the bathroom in the middle of the night. I have tried various natural sleep aids, but moringa oil is by far the best.”



–Mike N.

“I love this product. I apply this below my eyes for moisture. I believe it helps tighten up the areas that need it and it helps my make up go on smoother without caking. I can't say how much I love this product.”



–Martha E.

“I love the oil. I use it on my face and arms and then run my fingers through my hair. My skin feels nourished and the smell is divine. It takes me deep into the earth and the growing things in the world.”



–Patti S.