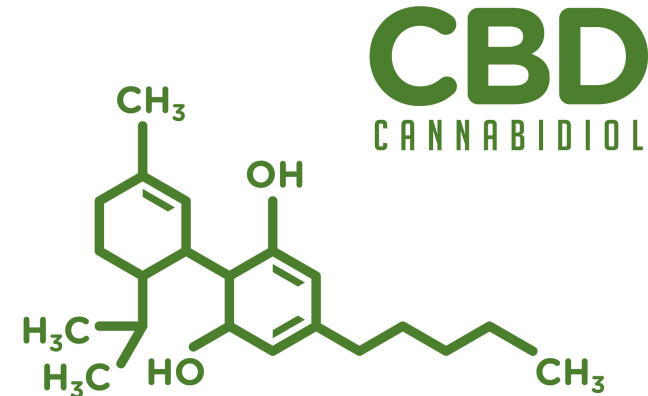
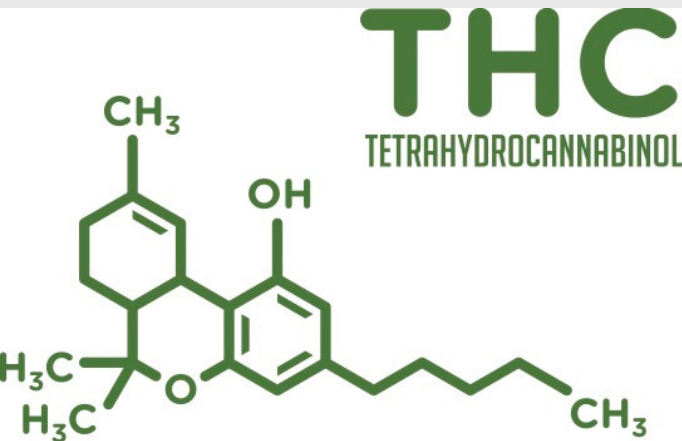




CANNABIS AND SLEEP

This board is not meant to capture the entire state of research on cannabis and sleep, rather it is intended to present findings from recent studies.

EFFECTS ON SLEEP

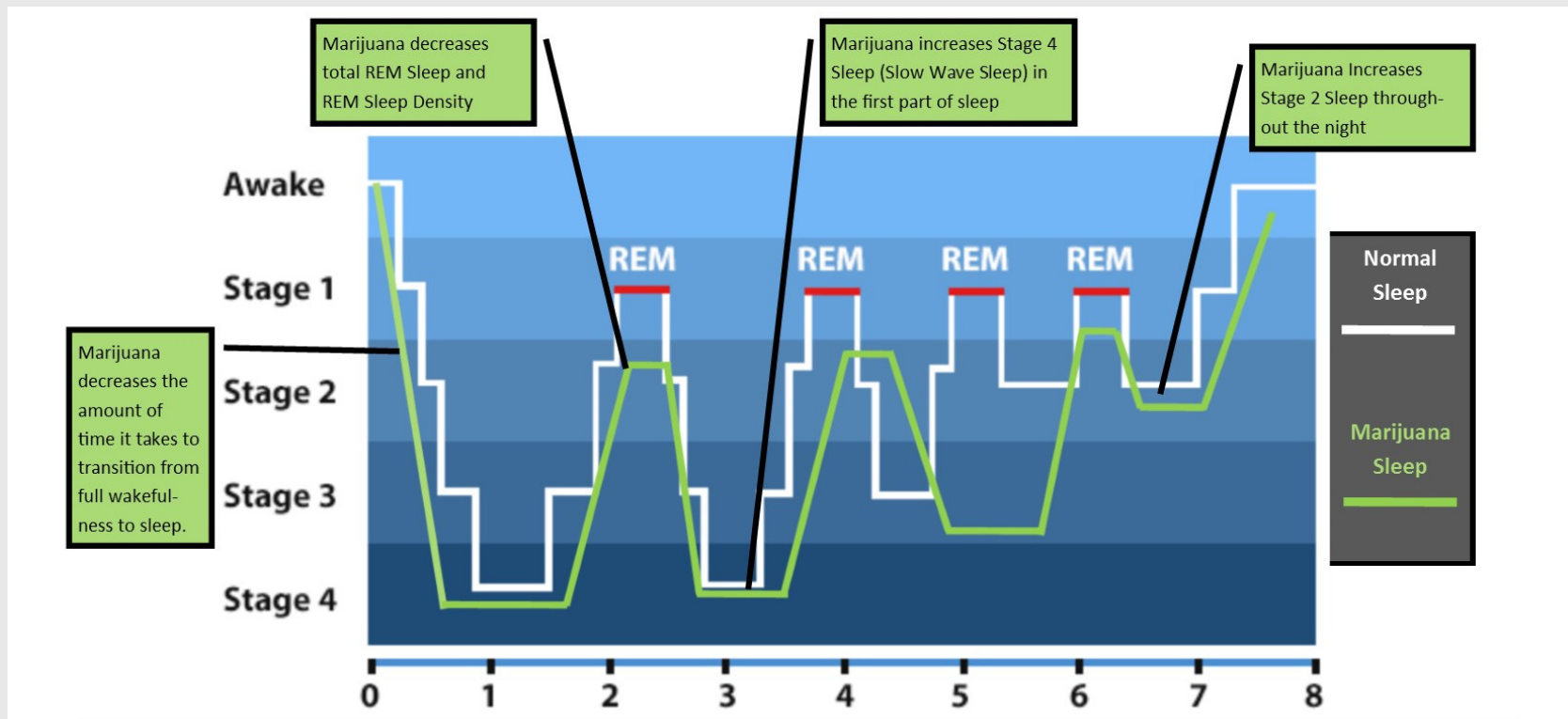
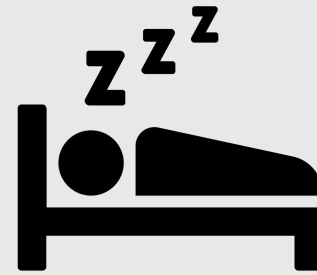


- Small doses of THC reduces the time that it takes for a person to fall asleep.
- Higher doses of THC increases the time that it takes to fall asleep and affects REM sleep.

Overall, the THC:CBD ratio is significant in determining the effects on the quality and duration of sleep.

- In smaller doses, CBD (does not include the "high" effects of THC) causes someone to feel more awake and alert.
- In higher doses, CBD can have calming and sleep-inducing effects.

EFFECTS ON SLEEP CYCLES



Although cannabis can increase slow wave-sleep (Stages 3 & 4), it reduces the duration and quality of REM sleep, which is hypothesized to be important for memory acquisition and learning. Dreaming occurs during REM sleep, so cannabis users often report experiencing little to no dreams.



POTENTIAL CLINICAL USE

Cannabis is typically not beneficial to sleep except among medicinal cannabis users who may be using with sleep interrupting symptoms such as pain, stress, anxiety and/or other reasons that may induce insomnia.

“Moderate evidence that prescribed cannabinoids are an effective treatment to improve short-term sleep outcomes in individuals with sleep disturbance associated with obstructive sleep apnea syndrome, fibromyalgia, chronic pain, and multiple sclerosis.” --
The Health Effects of Cannabis and Cannabinoids

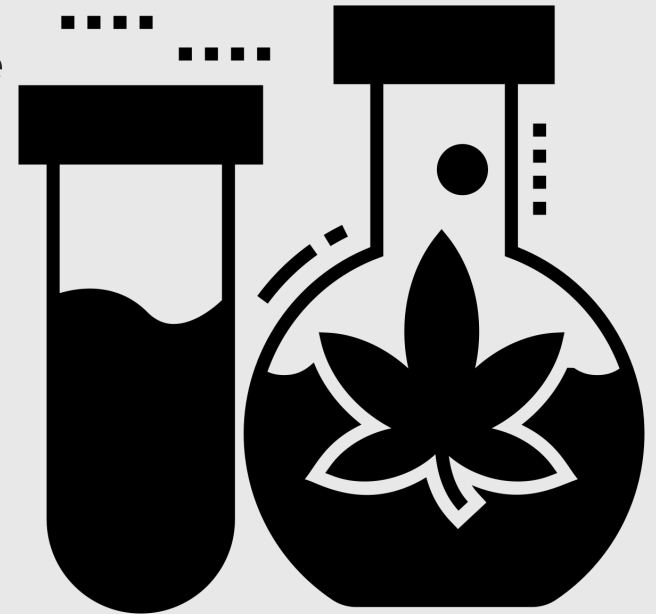
CBD can be effective at reducing chronic pain, anxiety, REM behavior disorder in people with Parkinson’s disease, and sleep disorders. CBD has been shown to be an effective alternative to pharmaceutical medications and improve sleep duration and quality.



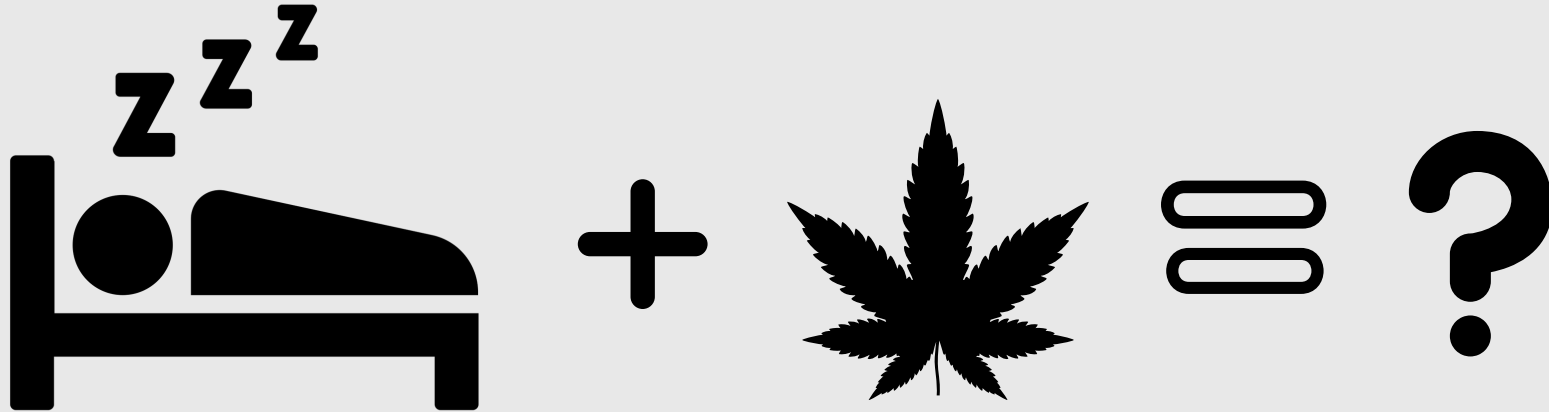
FURTHER EXPLORATION



Current research of cannabis use on sleep is often conflicting in findings. Notably, medicinal cannabis use has been shown to alleviate sleep problems by medicinal users or users with a sleep-associated issue (chronic pain, anxiety, insomnia, etc.), while recreational cannabis use is a reported risk factor for sleep problems. Additionally, sleeping problems are among the most commonly experienced symptoms when withdrawing from general cannabis use. Further research is still needed in order to fully determine the effects of cannabis on sleep.



OVERALL CONCLUSIONS



- ▶ Further information is needed to understand how different levels of THC and CBD in cannabis impacts sleep quality.
 - ▶ More research is needed to build upon the current evidence for benefitting certain medical sleep conditions.
 - ▶ Non-medical cannabis use is a reported risk factor for sleep problems.
 - ▶ In states without legal use, only prescribed cannabis will allow the user to truly understand how much THC and CBD they are consuming.
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