



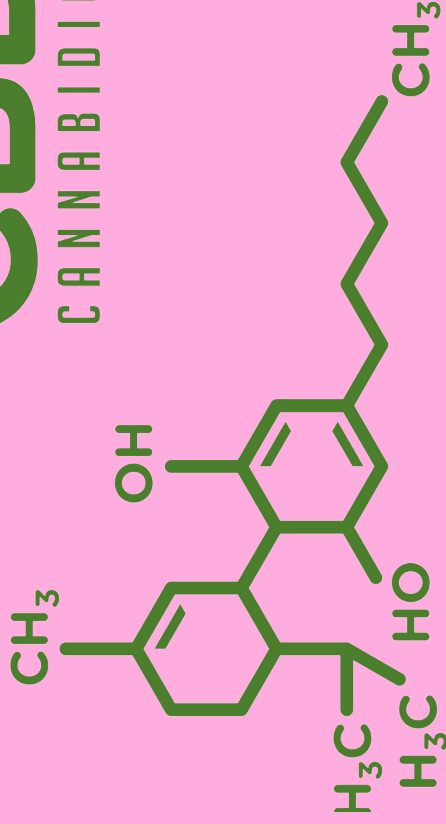
.....

POPP
CANNABIS
AND SLEEP

Follow template
and cut out around
elements

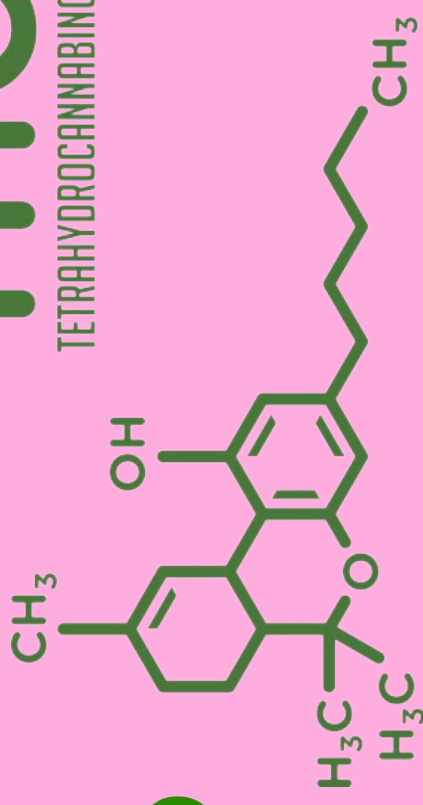


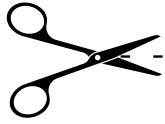
CBD
CANNABIDIOL



VS

THC
TETRAHYDROCANNABINOL



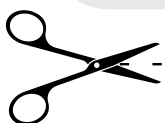


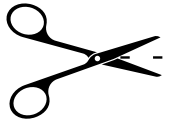
Smaller doses of CBD can cause someone to feel more awake and alert, without the "high" effects of THC.

Higher doses can have calming and sleep-inducing effects.

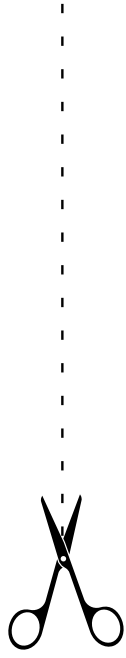
Small doses of THC reduce the time that it takes for a person to fall asleep.

Higher doses increase the time that it takes to fall asleep and affect REM sleep.



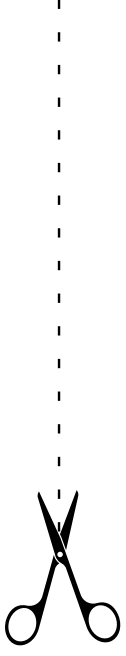


The THC:CBD ratio significantly effects the quality and length of sleep.



TAKEAWAYS & TIPS

**Follow template
and cut out around
elements**

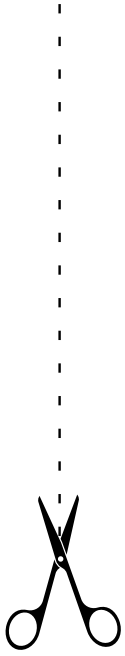


1

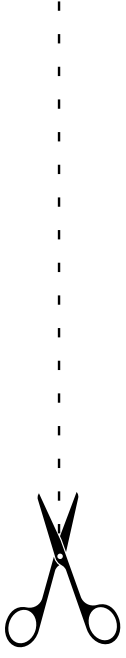
Don't use
cannabis without
knowing how
much THC and
CBD you will be
consuming.

2

Withdrawing
from regular use
of cannabis is a
reported risk
factor for sleep
problems.

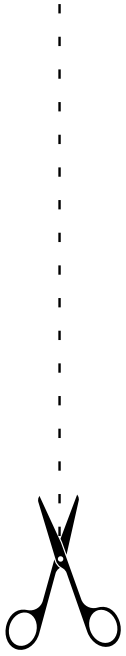


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4

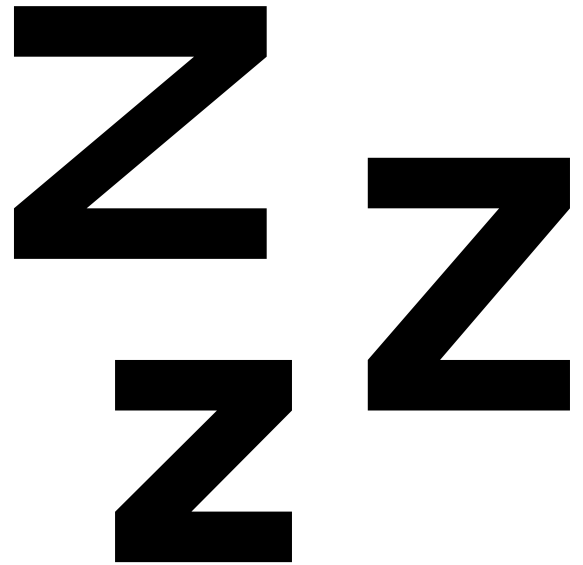
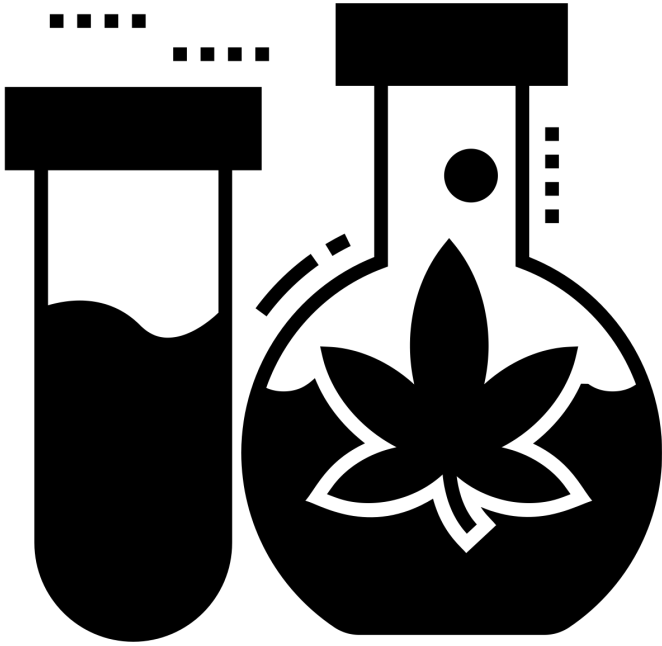
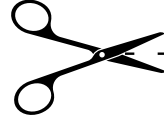
More research is
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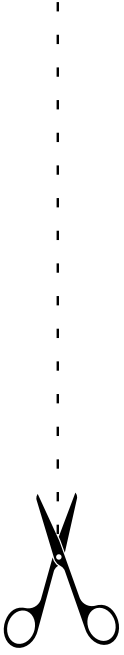


3

Only legal or
prescribed cannabis
will allow the user to
truly understand how
much THC and CBD
they are consuming.

Follow template
and cut out around
elements





zzz

Microscope

+

Marijuana leaf

≡

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SOURCES

Gates, P. J., Albertella, L., & Copeland, J. (2014). The effects of cannabinoid administration on sleep: A systematic review of human studies. *Sleep Medicine Reviews*, 18(6), 477-487. doi:10.1016/j.smrv.2014.02.005

Pivik, R. T., Zarcone, V., Dement, W. C., & Hollister, L. E. (1972). Delta-9-tetrahydrocannabinol and synhexl: Effects on human sleep patterns. *Clinical Pharmacology & Therapeutics*, 13(3), 426-435. doi:10.1002/cpt1972133426

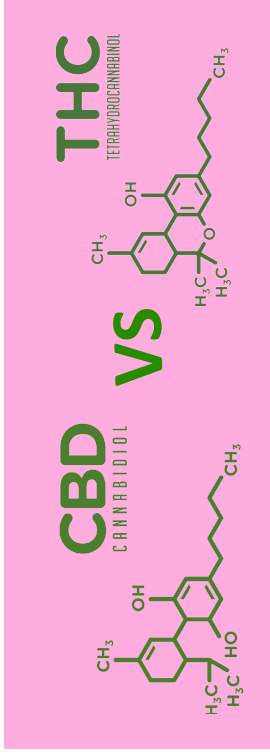
Shannon, S. (2016). Effectiveness of Cannabidiol Oil for Pediatric Anxiety and Insomnia as Part of Posttraumatic Stress Disorder: A Case Report. *The Permanente Journal*. doi:10.7812/tpp/16-005

The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research. (2017). Washington, DC: The National Academies Press.

Tringale, R., Jansen, C. (2011). Cannabis and Sleep. O'Shaughnessy's. <https://www.beyondthc.com/wp-content/uploads/2014/04/Tringale-Jensen-20111.pdf>



CANNABIS AND SLEEP



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TAKEAWAYS & TIPS

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2

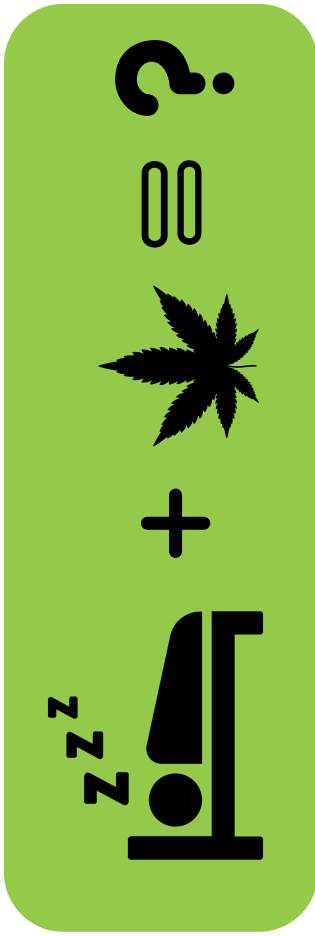
Withdrawing from regular use of cannabis is a reported risk factor for sleep problems

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Only legal or prescribed cannabis will allow the user to truly understand how much THC and CBD they are consuming.

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More research is needed to build upon the current evidence for benefitting certain medical sleep conditions.



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Tringali, R., Jones, C. (2011). *Cannabis and Sleep*. O'Shaughnessy's. <http://www.oxonabhc.com/wp-content/uploads/2014/04/Tringali-Jones-2011.pdf>