CANNABIS AND SLEEP
CBD (CANNABIDIOL) VS THC (TETRAHYDROCANNABINOL)

Follow template and cut out around elements.
Smaller doses of CDB 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.
Don't use cannabis without knowing how much THC and CBD you will be consuming.

Withdrawing from regular use of cannabis is a reported risk factor for sleep problems.
Only legal or prescribed cannabis will allow the user to truly understand how much THC and CBD they are consuming.

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

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SOURCES


