

## INSOMNIA/SLEEP



Cannabis is one of the world's oldest known effective sleep aids. However, we are just now starting to understand that cannabis has a complex relationship with sleep and insomnia. THC works by stabilizing sleep states, increasing the amounts of restorative slow wave sleep. THC by itself does not usually initiate sleep or cause overwhelming drowsiness, it just stabilizes it. It is in combination with terpenes and minor cannabinoids that we start to see differential effects including drowsiness and "couch-lock."

It should be noted that as tolerance develops, higher and higher doses are required to induce a desired sleep effect. This can upset the balance of internal circadian rhythms over time leading to modified sleep/wake patterns. Frequent tolerance breaks can be beneficial when cannabis is used as a primary sleep aid, especially if one finds that normal sleep rhythms have been interrupted.

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CBD is also appropriate for sleep/insomnia but has much more subtle effects. CBD helps with sleep issues primarily through its antianxiety functions. CBD is also known to be biphasic in its effect as a sleep aid with lower doses being energizing and higher doses causing drowsiness.

### TERPENES

Myrcene and, to a lesser extent Terpinolene and p-Cymene, are known sedatives. One should look for high percentages of these terpenes, but in general, any strain with high total terpene content should be appropriate for sleep issues.

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