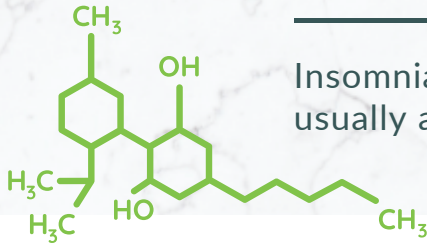
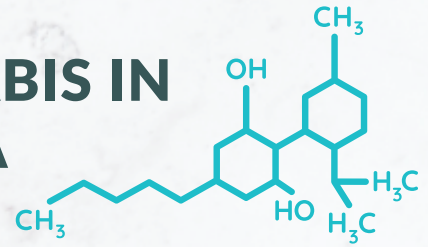


# THE ROLE OF CANNABIS IN TREATING INSOMNIA



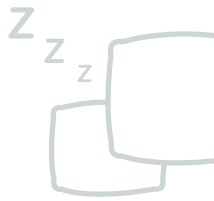
Insomnia is described as the prolonged and usually abnormal inability to get enough sleep.<sup>1</sup>

## Types of Insomnia<sup>2</sup>



### Acute insomnia

a brief episode of difficulty sleeping, usually caused by a life event or travel. Often resolves without any treatment.



### Chronic insomnia

a long-term pattern of difficulty sleeping, usually considered chronic if a person has trouble falling asleep or staying asleep at least 3 nights per week for 3 months or longer.



### Comorbid insomnia

occurs with another condition. Certain medical conditions, such as arthritis or back pain, can make it hard to sleep or make a person uncomfortable at night. Psychiatric symptoms, such as anxiety and depression, are also associated with changes in sleep.



### Onset insomnia

difficulty falling asleep at the beginning of the night.



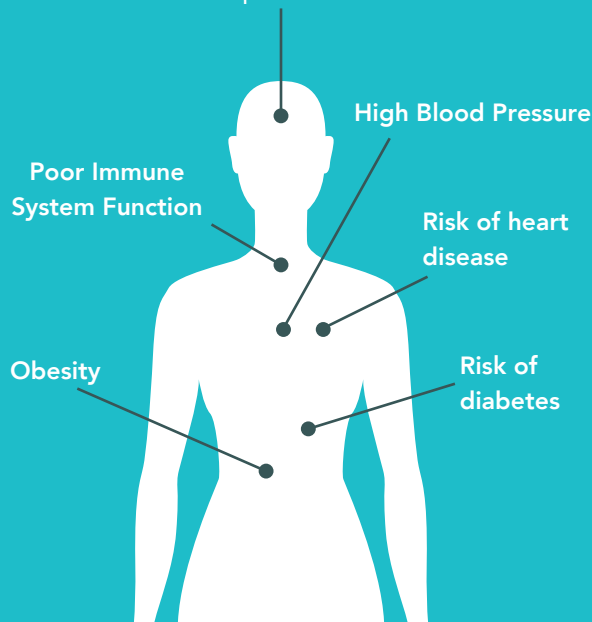
### Maintenance insomnia

inability to stay asleep; waking up during the night and having difficulty returning to sleep.

## Complications of Insomnia<sup>3</sup>

### Psychological Problems

- Risk of depression
- Risk of anxiety disorder
- Slowed reaction time
- Lower performance



## Top 10 Medical Conditions Treated with Medical Cannabis at Harvest<sup>4</sup>

- 1 Anxiety
- 2 Insomnia
- 3 Arthritis
- 4 Back pain
- 5 Depression
- 6 PTSD
- 7 Fibromyalgia
- 8 Migraines/Headaches
- 9 Multiple Sclerosis
- 10 Inflammatory Bowel Disease



# The Entourage Effect and Latest Thinking on Treating Insomnia with Medical Cannabis

The Entourage Effect, first posited in 1988 by Mechoulam and Ben-Shabat, describes the synergistic nature of the many pharmacologically active compounds in cannabis, including cannabinoids, terpenes and flavonoids.<sup>5</sup>

## The Roles of Cannabinoids, Terpenes and Flavonoids in treating insomnia

### Cannabinoids

Studies suggest CBD may help with both falling asleep and staying asleep, possibly decreasing anxiety and pain which can also interfere with sleep

THC also plays a role in inducing sleep, and may reduce REM sleep (dreams/nightmares)

### Terpenes

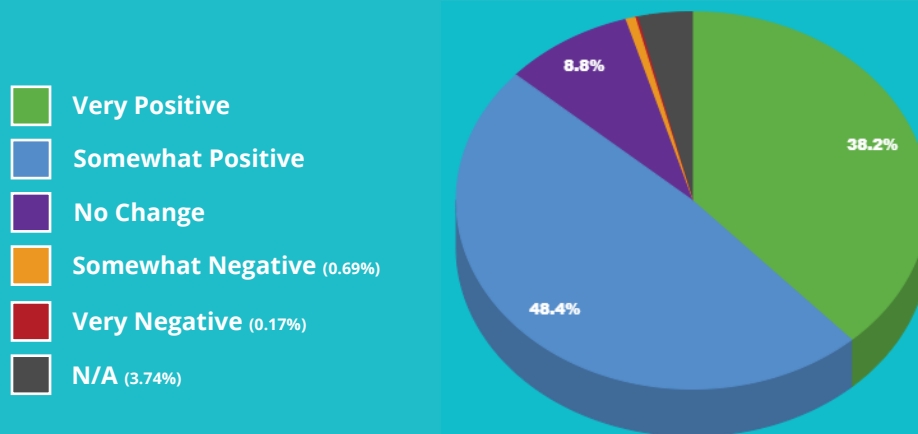
Caryophyllene is a terpene believed to relieve insomnia due to its relaxing properties, while Myrcene and Terpinolene are known for sedative effects and Linalool can aid in falling asleep faster

### Flavonoids

Linarin is a flavonoid that has demonstrated sedative and sleep-enhancing properties in preliminary research

**92.7% of Harvest Medicine patients with sleep disorders self-report that medical cannabis has somewhat or very positively affected their quality of life.**<sup>4</sup>

Total Sample Size 21,956 | February 2021- Q1 2021



## Additional Resources

### American Sleep Association

For further information visit [www.sleepassociation.org](http://www.sleepassociation.org)

Speak with your healthcare practitioner about possible interactions with your current medications.

Patients can track results and progress using the Strainprint App.

[strainprint.ca](http://strainprint.ca)

Enter Harvest Medicine's unique activation code upon sign up: **HMED**

Call or visit us online to learn more

1-844-488-4633 | [hmed.ca](http://hmed.ca)

### References

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MEDICINE**

Assessment. Education. Support