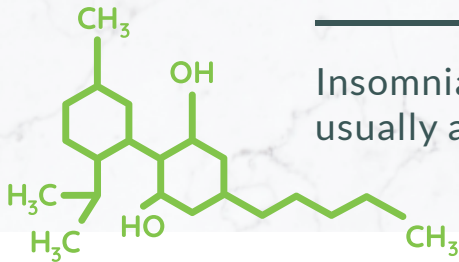
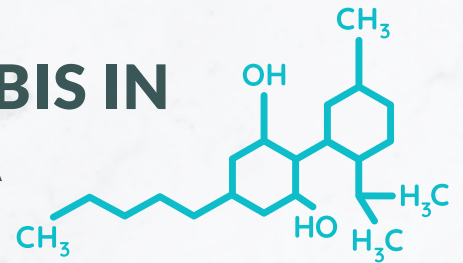


# THE ROLE OF CANNABIS IN TREATING INSOMNIA



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

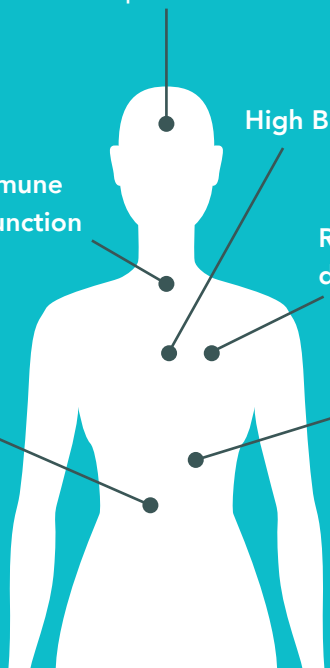
Poor Immune System Function

High Blood Pressure

Risk of heart disease

Obesity

Risk of diabetes



## 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

- o Studies suggest CBD may help with both falling asleep and staying asleep,<sup>6</sup> possibly decreasing anxiety and pain which can also interfere with sleep <sup>7</sup>
- o THC also plays a role in inducing sleep, and may reduce REM sleep (dreams/nightmares) <sup>8</sup>

### Terpenes

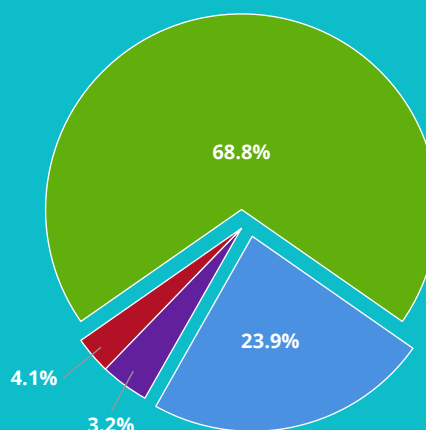
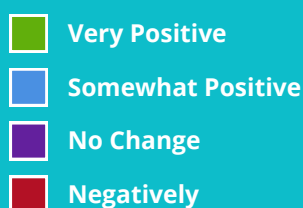
- o Caryophyllene is a terpene believed to relieve insomnia due to its relaxing properties, while Myrcene and Terpinolene are known for sedative effects and Linalool can aid in falling asleep faster<sup>9</sup>

### Flavonoids

- o Linarin is a flavonoid that has demonstrated sedative and sleep-enhancing properties in preliminary research <sup>10</sup>

**92.7% of Havest Medicine patients with Insomnia report that medical cannabis has Met or Somewhat met their expectations.** <sup>11</sup>

Total Sample Size 16,183 | August 2018 - August 2019



## 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**

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)**

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Assessment. Education. Support