

Cannabis Therapy for Insomnia

Restful sleep can feel out of reach for many dealing with insomnia. Medical cannabis may offer a natural, therapeutic solution for those suffering from insomnia. By promoting relaxation and easing the mind, cannabis may help improve sleep quality and support a healthier, more restful sleep.



- **Promotes Relaxation:** Cannabis may help calm the mind and body, making it easier to unwind and prepare for sleep.
- **Shortens Sleep Latency:** Cannabis may reduce the time it takes to fall asleep.
- **Regulates Sleep Cycles:** Cannabinoids like THC and CBD may interact with the body's natural sleep cycle, helping support a consistent sleep routine.
- **Eases Pain and Discomfort:** For those kept awake by physical pain, cannabis may provide relief, allowing for a more comfortable night's rest.

Things to Consider

- Consider cannabis products with high CBD and low THC content. Higher doses of CBD may support longer sleep time, while high THC doses may shorten it.
- Taking cannabis as an edible or tincture before bed may lead to better rest, thanks to its slow-release effects throughout the night.

Consult your healthcare provider to get the most from your medical cannabis.



Center for Medical Cannabis
Medical.Cannabis@doh.nm.gov
(505) 827-2321

Center for Medical Cannabis
Website: mcp.doh.nm.gov

