

10 quick 'cannabis and sleep' facts

There are a lot of strongly held beliefs about cannabis and sleep. People who use regularly are often adamant that cannabis is the basis of a good night's sleep. Yet, health professionals are concerned about the impact on quality of sleep for regular users.

A review of research by NCPI's Peter Gates, Jan Copeland and Lucy Alberta reveals initial indications about the impact of cannabis on sleep, but notes, there is still a lot more research that needs to be done.



1 10% of medicinal cannabis users **use cannabis to help them sleep.**

2 While, for medicinal users, the effect of cannabis on sleep seemed mostly beneficial, it's likely that **cannabis impacts symptoms, such as pain**, not sleep itself.



4 Of 6 population studies, 4 found a **link between cannabis use and trouble sleeping.**

3 For people using **cannabis for health reasons**, comparisons found in **favour of other experimental drugs over cannabis-based drugs.**

5 6 studies showed cannabis users may experience a **decrease in time spent in slow wave and REM sleep.**



what they say

6 In 18 studies of a total of 3658 medicinal users, **improvement to specific elements of sleep** were noted, but no studies measured all elements of sleep.

8 3 out of 3 studies on newborns show **cannabis use during pregnancy affects babies' sleep**, with those infants more likely to have irregular sleep and greater arousal time.

7 For adult users, **cannabis is more likely to interrupt normal sleep cycles without changing time spent sleeping.**

9 Of 4000+ people who reported withdrawal symptoms, **56.3%** said they had sleep-related problems, particularly among dependent users and those seeking treatment.

what do we know?

It is very important we increase our understanding of the effect of cannabis on sleep. While studies to-date do provide some indications, results have been mixed and largely unclear. To address this, there is a need for a large-scale, well-controlled study that includes long-term assessment of varying doses of cannabis. Until then, it is essential we keep in mind the other side-effects of cannabis use, especially those related to mental health and the respiratory system.

10 Suddenly quitting cannabis consistently decreased sleep quality, and time asleep verses time awake.