



Dosing + Titration of Cannabis for Insomnia*

- Smoking/Vaping
 - Helps the initial falling asleep
 - Instant effect, usually lasts a few hours
- Tinctures
 - Initial onset effect in 30-45 minutes
 - Can last throughout the night
 - Start low and go slow to find the individual's optimal dose
- Edibles:
 - Initial onset effect varies among individuals from 30 minutes to 2+ hours
 - Can last throughout the night
 - Because of liver metabolism, can be more potent and longer lasting into the morning

*Individual responses can very widely depending on gender, body type, metabolism, usage, genetics, etc