



Terpenes + Cannabinoids for Insomnia*

Terpenes:

- Myrcene – 0.5% or above creates a “couch lock” effect for sedation
- Linalool – offers a calming, sedative effect with stress reduction characteristics
- Limonene – can alleviate anxiety and depression; excellent synergistic compound

Cannabinoids:

- CBN – mildly psychoactive; 6 - 10 times more sedative than other cannabinoids
- Cannabidiol, or CBD – antagonist to tetrahydrocannabinol, or THC; more alerting, balancing the effects of THC
- Tetrahydrocannabinol, or THC – sedative in low doses; stimulating in moderate doses; hallucinogenic in high doses

*Responses to terpenes and cannabinoids can vary among individuals.