



# holisticcannabis

**A C A D E M Y**

[holisticcannabisacademy.com](https://holisticcannabisacademy.com)



# Insomnia: Integrating Cannabis for Optimal Sleep



Joanne Matson

Founder, Canna-Veda  
[Joannematson.com](http://Joannematson.com)



**holisticcannabis**  
ACADEMY





# Ayurvedic Approach to Well Being

- Ayur + veda = science or wisdom of life
- Treat the person first, disease second
- Troubleshooting insomnia is individualized







# Ayurvedic Approach to Insomnia

- Combination of space, air, fire, water, earth create 3 doshas (energies)
  - Vata, Pitta, Kapha vary among everyone
- Doshas can determine root cause of insomnia
  - Excessive Vata (heat energy) – gastritis, hot flashes, mental agitation, insomnia







# Circadian Time Clock

- Sleep is critical for healing + rejuvenation
- Each dosha – Vata, Pitta, Kapha – has a dominant time during the 24-hour circadian clock







# Circadian Clock + Food

- Between 10am-2pm is ideal for largest meal + digestion (strong Pitta energy)
- Leftover toxins (ama) from poor digestion can lead to inflammation + disease
- Between 10pm-2am is subtle digestion for the mind to release the day's sounds + thoughts







# The Circadian Rhythm Clean Up

- REM (rapid eye movement) sleep is full relaxation for the brain to do clean-up
- Between 10pm-2am is the circadian time best suited for deep rejuvenation + cleansing
- Being awake during 10pm-2am inhibits full mind + body detoxification







# Why Insomnia?

- Nervous distress/anxiety is a most common cause
- Hypersensitivity to light and sound is prevalent
- Excessive alcohol use or travel can be contributors
- Explore life events to determine root cause of insomnia







# The Stages of Sleep

- First – relaxed, easily awakened, short duration
- Second – slower brain wave frequency, majority of sleep cycle is here
- Third – short duration before moving into deep REM sleep
- Fourth – full transition into REM sleep, vivid dreams, muscles paralyzed, eyes move behind closed lids







# Categories of Insomnia

- Inability to fall asleep creating anxiety + stress
- Quickly fall asleep but wake few hours later
- Inability to fall asleep but move in and out of sleep + wake cycles all night
- Examine the emotional body to help determine the cause of insomnia







# Baby Steps to Managing Insomnia

- No late evening meals or excessive caffeine
- No bright lights or loud music – too stimulating for the brain
- Legs propped up or forward folding relaxes the nervous system
- Cell phones, laptops turned off near the bed







# Brain Wave Disruption

- Electromog is the interruption of brainwave patterns caused by low level electromagnetic field exposure (EMF)
- Cell membrane receptors become impermeable preventing nutrients in + toxins out
- Stress response by the cell is similar to chemical or heavy metal exposure
- Reduce EMF exposure at every opportunity







# Herbal Medicine for Insomnia

- Cannabis + other herbs can help balance body energies for improved sleep
- Warm herbal tea – jatamansi, ashwaghandha, nutmeg – + ghee (clarified butter) helps absorption
- Warm organic milk + herbal blends (cloves, saffron) can be nourishing







# Cannabis for Insomnia

- Improved sleep is often a secondary result of using cannabis for other treatment purposes
- Primarily the terpene and cannabinoid profile that deter the plant's therapeutic benefits







# Deciding on Cultivars

- Indica versus Sativa is a broad generalization; the terpene profile is what counts
- Indica skews towards drowsiness but varies on individual metabolism
- Low THC content is preferable to avoid an awoken state
- Myrcene (terpene) is a potent sedative, also found in mangoes, thyme, citrus







# Terpenes for Insomnia

- Myrcene inhibits energetic effect of THC + reduces inflammation, muscle spasms, anxiety, stress
- Linalool, floral terpene in lavender, is an anti-depressant + calming sedative
- Limonene, in citrus rinds, most beneficial in combination with linalool +myrcene







# Cannabinol (CBN) for Insomnia

- CBNA (acid form) becomes CBN after heating
- CBN is very sedative in small doses – 2.5mg to 5 mg
- Ask for lab test results to determine specific cannabinoid content







# Entourage Effect Work Best

- Entourage effect or the combination of cannabinoids + terpenes yields best results
- Large amount of pinene (terpene) may create an awakened state
- Takes trial + error to determine most effective sleep combination for each individual







# Inhalation Facilitates Falling Asleep

- Smoking or vaping delivers rapid onset
  - Suitable for those who can't fall asleep
  - One or two puffs may be suitable for first or second stage of sleep
  - Avoid too much which may create an excitatory state







# Oil Based Tinctures

- Infused hemp oil + camelina oil tinctures, under the tongue, deliver good absorption
- Tinctures recommendations:
  - Take 30-60 minutes before bedtime
  - Depending on tincture strength, begin with 5-10 drops working up to 30
  - Effect may last through the night or require additional dose if awakened







# Edibles for Sleep

- Effects vary greatly due to individual metabolism making dosing more challenging
- Foods + capsules requires longer onset time; take 1-2 hours before bedtime
- Using multiple methods – small amount of inhalation + tincture at bedtime – can be useful
- Keep a journal to track sleep patterns with product routine







# Improved Functionality

- Adequate sleep is critical for stress management + preventive medical care
- Cannabis users (for sleep) have improved daytime functionality + quality of life
- REM sleep is critical to body healing

