

# CBD for Sleep

## 35% of the population experience problems sleeping at one time or another.

Most often these problems are related to stress or pain. Then there is the chronic issue of insomnia which can negatively impact one's daily life. Lower energy levels, irritation, memory problems and focus can be just some of the problems with a sleeping disorder.

### Why Do We Need Sleep?

Sleeping is often under appreciated. Recommended hours of sleep run 7 to 8 hours a night, but some people can fully function on only 6 hours per night. Occasionally everyone will have trouble sleeping and experience fatigue the next day. But if the lack of sleep continues, long term problems can occur. Sleep is needed for recovery and for restoring energy to the body. When sleeping, muscles relax which lowers brainwaves, heartbeat and breathing.

### Related Causes of Sleep Disorders

Most sleeping problems can be associated with:

- Stress and Worries
- Chronic Pain
- Neurological Disorders like Epilepsy or Parkinson's Disease
- Disturbances, Imbalances or Changes in the Endocrine System
- Bad Sleeping Habits like Work Shift Changes or Caffeine Intake
- Jet Lag
- Side Effects of Prescription Medications or Procedures

CBD may not be the answer for everyone. As with prescription medications, CBD may not always give the desired effect.

### How CBD May Help

Insomnia is a problem often related to other issues. It is important to consult your doctor regarding any problems and before making any changes to your existing medication or supplement routine.

Sleep is divided into multiple cycles with different phases. One phase is REM sleep which is a phase of light sleep in which dreams occur. CBD could reduce the REM phase so you dream less so memory of the dreams and symptoms of depression are decreased. CBD could also increase the deep sleep in the third phase. This phase is probably the most troublesome for persons with a sleep disorder. Studies have shown that CBD influences the dopamine levels in the bloodstream during sleep which leads to a better and more relaxed sleep.

People with an irregular sleeping pattern may be helped by CBD with an improved night's rest to help ward off chronic fatigue.

CBD has the ability to reduce anxiety, stress and worries, which can be helpful in reducing sleep disorders. It also may reduce and relieve pain that interrupts sleeping cycles. In neurological disorders like PDST, shortening the REM cycle of sleep may help to improve sleep abnormalities.

### Dosing Thoughts

Research studies have used doses from 15 milligrams(mg) to as high as 600mg. Typical CBD supplements provide **20mg to 25mg** of CBD. It is suggested that doses of 20mg to 60mg work best for anxiety sleep issues. High doses in the 100mg to 150mg range tend to be more sedative-like.

May we suggest trying one of our **CuBED Hemp based CBD Tinctures**. Available in **1200mg or 3600mg** concentrations, mixed with our exclusive **Extra Virgin Olive Oil from Italy** or with **All Natural Hemp Seed Oil**.  
**Our Graduated Dropper makes it simple to dose properly.**

It has been suggested starting with a dose of **20mg to 25mg** of CBD. This should sufficiently reduce most anxiety and stress related to insomnia. Increase your dose in stages if you find that you don't sleep through the night.

If you are using CBD for pain relief, consider using your daily dose to help reduce your pain while sleeping. You can dial back your dose if you sleep through the night as you are not as active and require less of a dosage to fight your pain. Consider taking a dose of 160mg if you are looking to CBD as a sedative.

You may require a higher dose that will require you to take multiple droppers of tincture. If so, contact our Customer Service Department and ask about Custom Tinctures. Our lab can create a higher dose concentrated tincture to make administering easier.

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