I want help with

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Falling Asleep

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Check out our blog and social media handles for more information on medical cannabis.



Blog: cedfoundation.com/blog

Instagram: drbenjamincaplan

Twitter: @drcaplan

**Goal Effect:** Relaxing, Sleepy, Calming, Reduced Anxiety

**Delivery Methods:** Vapor > Tincture, Topical, or Edible

**Cannabinoids & Terpenes to Look for:** Cannabidiol (CBD), Cannabinol (CBN), Tetrahydrocannabinol (THC), and Caryophyllene

**Advice:**

To Avoid Discomfort when using THC, Start Low and Go Slow. Only Inhale the Minimum Amount Needed to Feel Effects. Best when used at the Same Time Each Day and Keep Good Sleep Hygiene.

*“I’ve got insomnia. My method of choice is microdosing. Instead of a big vape all at once, I use little doses spaced throughout the day. Life - changing” - Anonymous*

**Vapor**

Onset:15-20 Minutes

Duration: 1-3 Hours

Euphoric: Vape 2:1 THC:CBD – Take Minimum Amount Until Desired Effects

Mild-Euphoric: Vape 1:3 THC:CBD – Take Minimum Amount Until Desired Effects

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| Pros: Quick Effects, Variety of Tools | Cons: Expensive, Short Duration |

**Edible**

Onset: 30-60 Minutes

Duration: 2-4 Hours (Dose Dependent)

Euphoric: Higher Ratio of THC:CBD

Mild-Euphoric: Low Dose/Ratio of THC:CBD

Non-Euphoric: 100% CBD

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| Pros: Long Lasting, Discreet | Cons: Delayed Effects Occasionally Cause Overconsumption |

**Tincture**

Onset: 20-60 Minutes

Duration: 1-3 Hours

Euphoric: Higher Ratio of THC:CBD

Mild-Euphoric: Low Dose/Ratio of THC:CBD

Non-Euphoric: 100% CBD

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| Pros: Long Shelf Life, Discreet, Rapid Onset | Cons: Expensive, Alcohol-Base can be Difficult to Take |

**Topical**

Onset: 10-30 Minutes

Duration: 2-3 Hours

Lotion: Tends to be less concentrated, may require **more** product

Balm: Tends to be more concentrated, may require **less** product

Oil: Tends to be more concentrated, may require **less** product

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| Pros: Rarely Psychoactive, Discreet | Cons: Irritation,  Localized Effects Only |