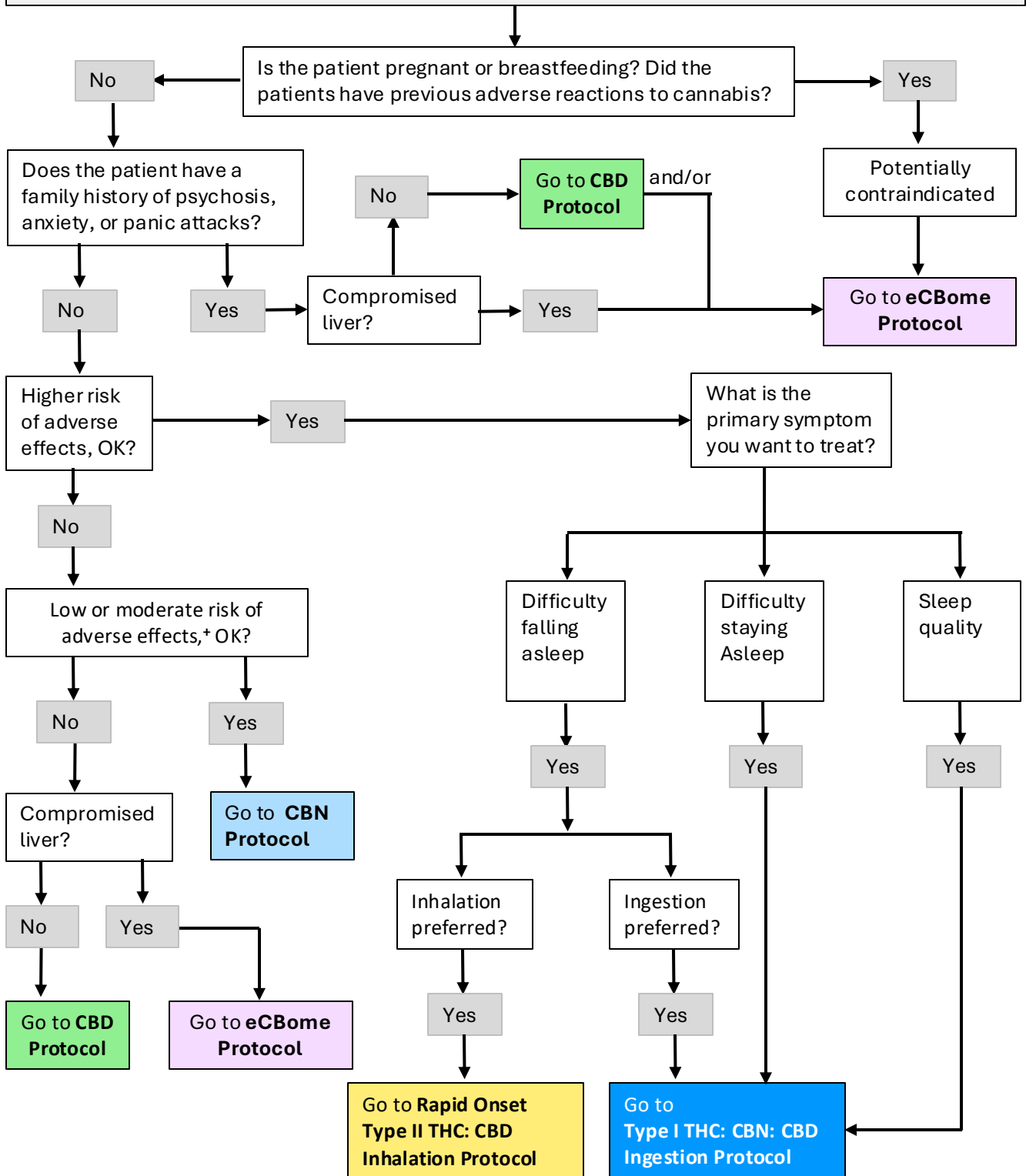


Insomnia (Sleep Disorders) Screening Process & Treatment Protocol

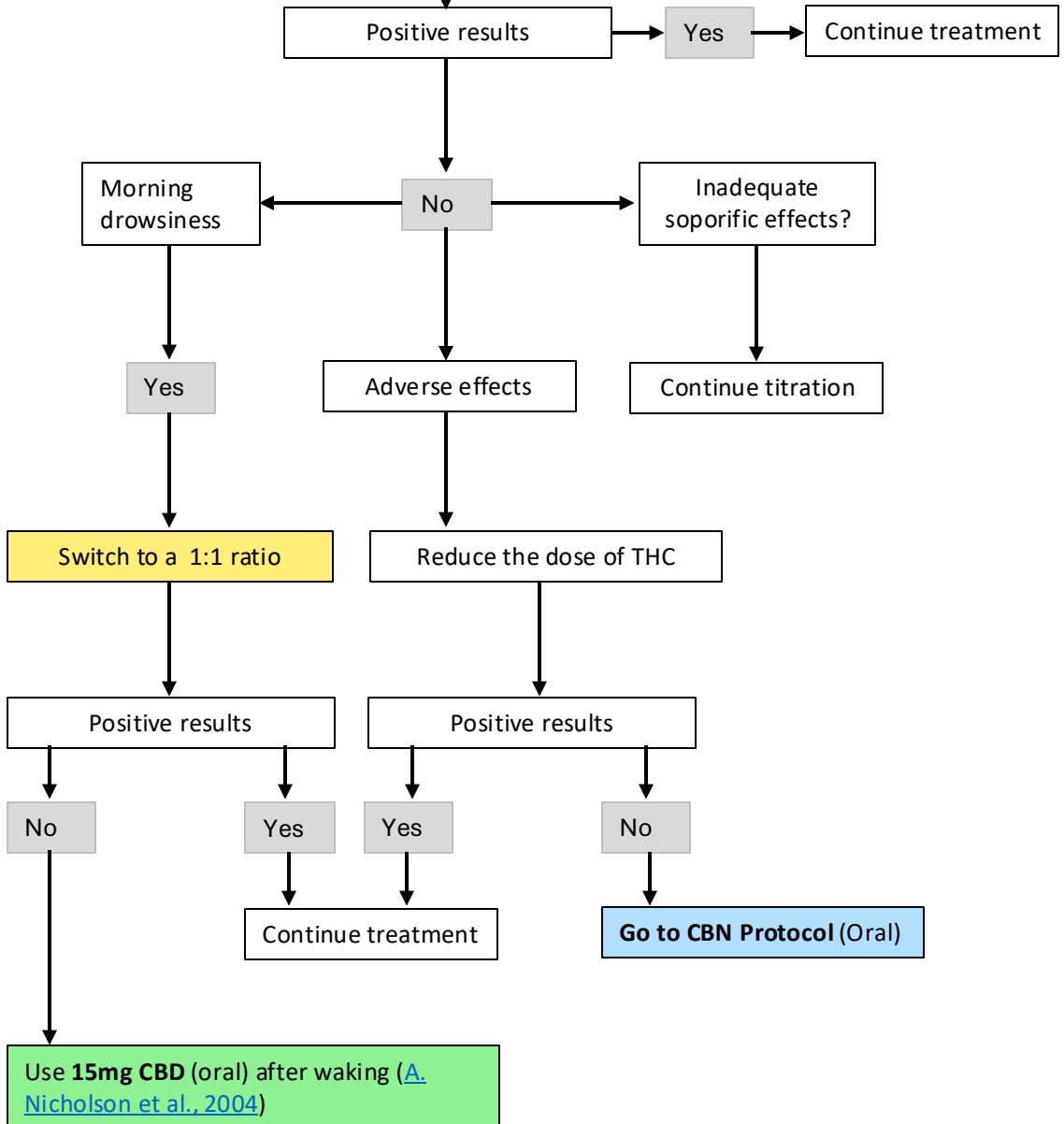


Form-specific considerations: While an oral form is typically preferred ([A. Bell et al., 2023](#)) when using cannabinoid-based therapeutics systemically, inhaled applications have also demonstrated degrees of efficacy in clinical trials.

Insomnia (Sleep Disorders) Rapid Onset Type II THC:CBD Protocol (Inhalation)

Rapid Onset Type II THC: CBD Protocol (Inhalation)
Mean effective concentration: 20% THC: 6% CBD ([J. Vigil et al., 2023](#))
Titrate to effect, stop if adverse effects occur
Maximum daily: 20mg THC (may increase with expert guidance)

If you need help converting % to mg for inhalation, go to the CannaKeys widget [click here](#)



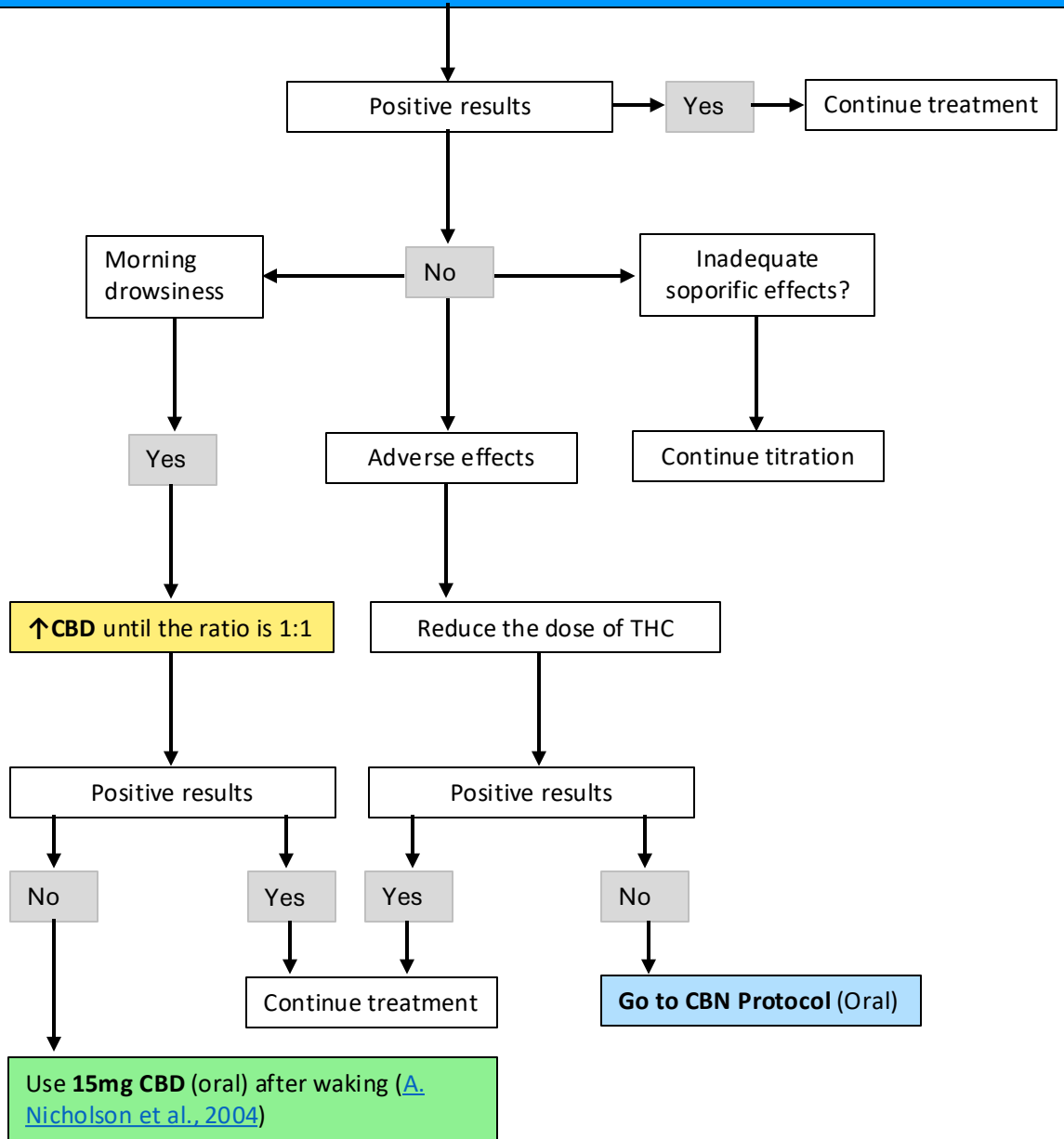
Insomnia (Sleep Disorders) Type I THC: CBN: CBD Ingestion Protocol

THC: CBN: CBD Protocol (ratio 10:1:0.5) (Oral)

Starting Range: 2.5-10mg THC, add CBN, CBD to ratio ~1.5 hours before sleeping ([J. Walsh et al., 2021](#))

Titrate: Every 2-3 days ↑THC by 2.5-5 mg nighttime plus CBN and CBD to ratio (titrate to effect)

Maximum daily: 20mg THC; CBN, CBD to ratio



Insomnia (Sleep Disorders) CBN Protocol (Oral)

For all primary symptoms:

- Difficulty falling asleep
- Difficulty staying asleep
- Sleep quality

CBN Protocol (Oral)
Dose: 20mg CBN ~1 hour before sleeping
(M. Bonn-Miller et al., 2023)

Positive results

No

Yes

Continue treatment

Ineffective
soporific
effects?

Adverse
effects from
CBN?

Yes

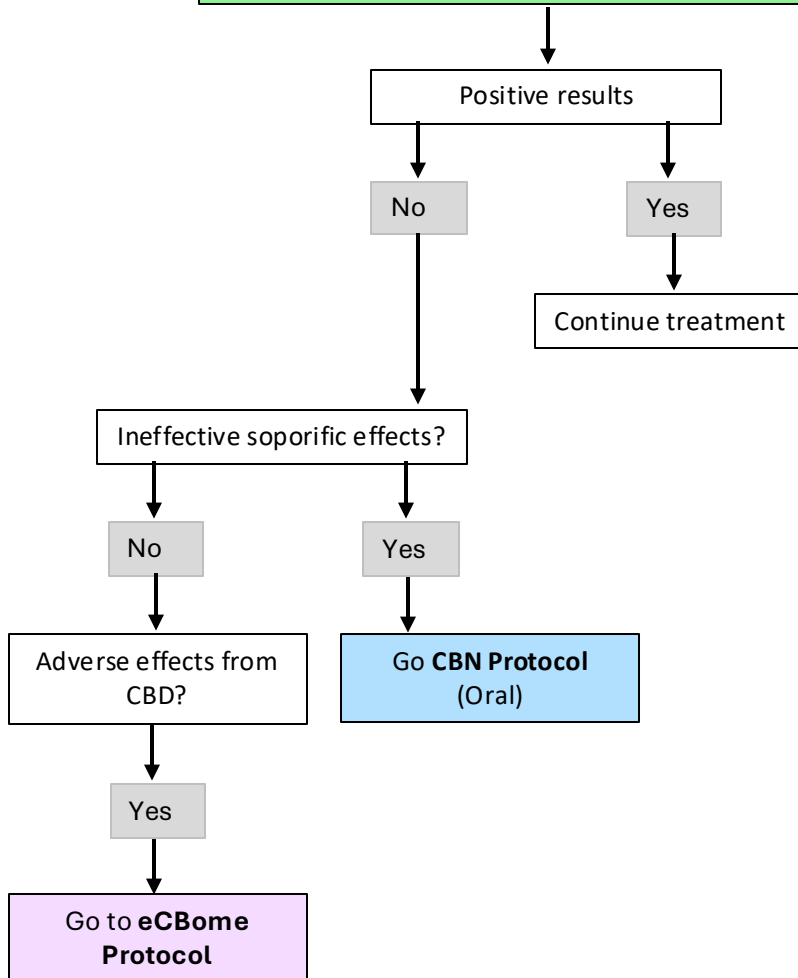
Yes

Go to **eCBome
Protocol**

Consider adding the **"Start Low; Go Slow THC Protocol."**
Starting dose: THC 1 mg daily x 1 week⁷
Titrate: ↑THC by 1 mg a week

Insomnia (Sleep Disorders) CBD Protocol (Oral)

CBD Protocol (Oral)
Starting Dose: 50mg CBD 1-1.5 hours after their last meal and before sleeping (J. Kisiolek et al., 2023)



Insomnia (Sleep Disorders) eCBome Protocol

Ensemble Effect and Modulators of the eCBome for Insomnia

Terpenes

Linalool Exploratory evidence suggests that linalool can function as a sleep aid and to relieve exhaustion and mental stress ([R. André et al., 2024](#)).

Lipidome

↑ **Omega-3:** A systematic review and meta-analysis of clinical trials found that supplementation of omega-3s may improve certain aspects of sleep health throughout childhood (but not in adults) ([Y. Dai et al., 2021](#)).

Dietary considerations

Ketogenic diet may improve sleep disturbances in migraine patients ([G. Merlino et al., 2023](#)).

Mind-Body Medicine

Exercise: The results of this systematic review and meta-analysis of clinical trials suggest that exercise has great potential for treating insomnia ([A. Riedel et al., 2024](#)).

Osteopathic manipulation may induce sedative effects ([J. McPartland et al., 2005](#)) with potential relevance to insomnia.

Yoga: Clinical experiments suggest that practicing yoga holds promise as a non-pharmacological approach for the treatment of insomnia ([D. Mathew et al., 2024](#)).

Tai Chi (a 12-week training) improved sleep, an effect that was sustained for 24 months, in elderly patients with insomnia ([P. M. Siu et al., 2021](#)).

Acupuncture can significantly improve the better sleep quality in insomnia patients challenged by diverse types of insomnia ([Han-Yu Xu et al., 2024](#)).

Microbiome

***Bifidobacterium breve*:** The authors of this clinical trial found that certain probiotics (e.g., *B. breve* CCFM1025) show tremendous potential in improving quality of sleep by primarily targeting the gut-brain axis ([Y. Lan et al., 2023](#)).

Lactobacillus Acidophilus was associated with improved quality of sleep in patients with chronic methamphetamine use ([R. Badrfam et al., 2024](#)).