

Sleep well with CBD oil

25 – 35% of the population frequently has problems sleeping. Often, these problems are related to stress or upsetting events. However, insomnia can also be a chronic issue, and can have a large negative impact on the daily life and functioning of the people involved. Consequences include lower energy levels, memory issues, problems with focusing, and irritation. Many people have tried almost everything, like the use of sleeping pills, but this does not always work sufficiently. CBD oil can be the solution in these cases. CBD is stress reducing and calming for body and mind. Hence, it can help restore a normal sleeping pattern.

CBD's effects on sleeping



CBD is a constituent of the plant called cannabis. Another constituent of that plant is THC. Both substances are known for their beneficial effects. However, where THC also has a psychoactive effect, CBD does not. THC is illegal and because of that, hemp plants are cultivated with a high CBD concentration. From these plants, CBD oil is made.

Several studies have shown that CBD can have a medicinal effect on a wide range of health issues. One of these issues is insomnia. CBD not just makes falling asleep easier, it also influences the sleep cycle. Sleep is divided into multiple cycles with different phases. CBD oil increases the third phase, which is the phase of deep sleep. It is probable that this is the phase which is troublesome for those who have a sleeping disorder. In addition, CBD decreases the duration of the REM sleep, which is a phase of light sleep in which dreaming occurs. By reducing the REM sleep, people dream less, memory is improved, and symptoms of depression are decreased.

Studies of blood tests have shown that CBD oil influences the dopamine levels in the bloodstream during sleep. This leads to a better, more relaxed sleep. Furthermore, it has been shown that CBD oil can help improve the night's rest of people with an irregular sleeping pattern, and who experience chronic fatigue as a result.

The importance of sleeping

The importance of sleep is often underestimated. Advised are 7 to 8 hours a night, but how much sleep a person really needs depends on the individual. One individual might experience no problems with only 6 hours of sleep per night, while the other will notice fatigue. Everyone will have trouble sleeping from time to time, and will experience fatigue the next day, but this is not a problem. It becomes a problem only when the lack of sleep endures. Sleep forms a large part of our life, up to a third. And a good night sleep provides more than just the energy for the next day; not sleeping can even lead to death. Sleep is necessary for recovery, and for restoring the body. During sleep, new cells are produced and dead cells are removed. The muscles relax, and the frequency of the brain waves, breathing and heart rate become lower. In addition, sleep is important for storing and remembering events that happened during the day.

The cause of sleep disorders

Everyone will have trouble sleeping from time to time. Usually, there will be an identifiable cause. Causes that are often related to sleeping badly are:

- Stress and worries
- Physical issues such as chronic pain
- Endocrine disturbances, changes, or imbalances
- Bad sleeping habits, such as going to bed late, consuming too many caffeine containing products, sleeping during the day, etc.
- Jet lag
- Neurological disorders such as Parkinson's disease, epilepsy, or dystonia
- Side effects of prescription medication

CBD oil as support

Insomnia is a problem often related to other issues. It is of course of the utmost importance to deal with those issues first. We advise that you study what causes these issues, or that you see a doctor who can help with that. CBD oil can offer support in dealing with a number of those underlying causes. Do you sleep badly because of anxieties? CBD can reduce anxiety. Do you sleep badly due to chronic pain? CBD reduces and relieves pain. Take into account that CBD oil is not a panacea for everyone. Just as prescription medication, this oil does not always give the desired effect. This will differ per person and per illness or syndrome. For example, it might relieve pain issues for one person, while for the next it works better as a calming substance. Contrary to much of the prescription medication out there, however, CBD can be used without risks, because it has no known side effects—a huge advantage. Moreover, for most sleep medication a prescription is often necessary. CBD is a homeopathic soporific, and can therefore be bought by everyone.