

"I want help falling asleep"

Timing: - Faster-acting onset
Goal effect: Relaxing, sleepy, enhanced calm, reduced anxiety
Choices: Non-Euphoric or Euphoric, Sedating or Calming
Methods: Vapor > Tincture or Lotion; Occasional use is as effective as daily use.
Descriptors: "Indica" > 1:1 > CBD ; High myrcene, high beta-caryophyllene, aged cannabis, high CBN, high THC
Strains: *Girl Scout Cookies, Buddha strains, Purple strains, Northern Lights, Bubba Kush, Grape Ape, Harlequin, Master Kush, Cannatonic*
Advice: To avoid discomfort, use a low, comfortable amount of THC. Best when used at the same time daily, & with good sleep hygiene

Vapor: Take at time of sleep. Expect to work promptly (within minutes), and typically lasting 1-3 hours

- 1- (*Non-Euphoric*) vape 3:1 CBD:THC – take minimum inhaled amount until desired effect; Have CBD before and/or after other full-spectrum cannabis to further avoid euphoria.
- 2- (*Mild Euphoric*) vape 1:2 CBD:THC – take minimum inhaled amount until desired effect;

Edible: Take 30-60 minutes prior to goal sleep time; Chocolate or oil/fat-based product is better than honey or sugar-based options

- 1- (*Non-Euphoric*) select low-dose "1:1" edible @ 1:1 CBD:THC (or greater CBD @ 2:1, 3:1, 6:1, etc.) May have CBD before and/or after other full-spectrum cannabis to further avoid euphoria.
- 2- (*Mild Euphoric*) select low-dose (1-2mg) "Indica" edible. Wait 120 minutes before considering additional dose. For more experienced users, begin with larger low-dose options (4mg, 5mg)

Tincture: Take 20-60 minutes prior to goal sleep time; alcohol-based options are faster onset, but generally less comfortable than oil.

- 1- (*Non-Euphoric*) select low-dose "CBD" tincture @ 4:1 CBD:THC (or greater CBD @ 6:1, 12:1 etc); Large doses of CBD are most effective to avoid euphoria (200mg-300mg.) Pure CBD tincture (minimal THC) is a less effective, but less expensive, option.
- 2- (*Mild Euphoric*) select low-dose 5-10mg) edible @ 1:1 CBD:THC (or greater CBD @ 3:1, 6:1, etc)

Lotions: Apply liberally, 10-30 minutes prior to goal sleep time; May apply to Head/Neck/Back/Shoulders or large muscle groups

- 1- Apply cannabis lotion to warm areas with muscle tone. Prepare skin with alcohol for better depth of penetration.

Note: A mix of cannabinoids is critical to ideal relief. CBD alone may work, but combinations work better.