

Symptom Report: Using Medical Cannabis To Treat Insomnia

Highlights

Prevalence

How common is it to treat insomnia with medical cannabis?

5%
of sessions

*Sessions= Patient outcome logged on Strainprint app when Patient medicates

Demographics



of Patients treating insomnia lives in **Canada**

The highest concentration of these Patients (8%) live in **Nova Scotia**



of Patients who logged Sessions were **female**

Types of Cannabis Used

95%

Of Sessions included **dried flower or oil**



Top products included **both** sativas and Indicas

How effective is medical cannabis at treating insomnia?

On average, medical cannabis improved sleep by



45%

Gender Differences



- ✓ Heaviest users **were 35-54-year-olds**
- ✓ Methods of ingestion **varied**
- ✓ THC:CBD ratios **varied**



- ✓ Heaviest users were **18-34-year-olds**
- ✓ Methods of ingestion **consistent**
- ✓ THC:CBD ratios **very similar**