



WALGENBACH

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Effect of CBD on sleep

EFFECT OF CBD ON SLEEP

- Pain and stress are one of the most common reasons for sleep problems. This is exactly where CBD can provide relief. CBD directly affects the body's own endocannabinoid system. This system consists of CB1 and CB2 receptors which are distributed throughout your body, which can be targeted to tackle issues. CBD applications can help with various issues including, for example:
 - Inflammation
 - Anxiety problems
 - Tension (cramps etc.)
 - Inner unrest



EFFECT OF CBD ON SLEEP

- Many sleep problems are caused by not being able to switch off properly. Be it work or personal life, thoughts often keep you awake for hours. Many experiences and studies advocate CBD due to its relaxing and calming effect, which serves as an ideal support.
- The effect of CBD or hemp oil on sleep disorders is also said to favour the deep sleep phase.
- It is up to you to find out whether CBD can help you fall asleep as an alternative to conventional sleeping pills. Since it is a natural active ingredient, an effect of hemp oil on sleep is not a must. However, experiences and studies so far are promising.



EFFECT OF CBD ON SLEEP

- CBD oil dosage for sleep disorders

- For sleep disorders, insomnia & sleep apnoea, a micro-dosing of 2 mg to 20 mg CBD daily is recommended. However, the optimal dosage varies from person to person, so everyone needs to find their own suitable dose. To find your optimal dosage, we recommend the step-up method. According to this, you start with a low dosage and slowly increase the dose until you reach the desired effect.

- In concrete terms, it looks like this:

- Start with **1 drop of CBD oil per day**. For beginners, we recommend starting with 5% CBD oil for sleep problems. If you prefer to tackle your sleep problems with a higher concentrated CBD oil, e.g. 10% or 15%, that is of course also possible.
- Keep the dosage of 1 drop a day for the first 3 days.
- Note daily if and how your body reacts to the cannabidiol.
- When the 3 days are over, draw a first conclusion. Have you already achieved the desired effect? Then you have already found your optimal dose and will keep it in the future. If not, increase the dose by 1 drop.
- Keep the increased dose for another 3 days and make notes on how you feel. If you still do not feel the desired effect, increase the dose by another drop. Repeat this process until you achieve the desired effect and have found your optimal dosage.



TAKING CBD FOR SLEEP DISORDERS

- When should I take CBD oil to sleep?
 - This depends on how quickly your body reacts to CBD. As a rule, the onset of effect can be expected after 15-60 minutes. It is therefore recommended to take the oil 1 hour before going to bed.
- Which CBD oil is best for sleep disorders?
 - For beginners, we recommend a 5% CBD oil, as mentioned in the dosage section. This provides the perfect basis to try out whether CBD works for you and what dosage you need.
 - Not only are you buying cost-effectively, but you are also allowing your body to slowly acclimatise to CBD.
 - Experienced users can also use a 10%, 15% or 20% CBD oil for their sleep disorders. However, you should be aware of the dosage you need.



CBD CAN HELP WITH SLEEP DISORDERS, BUT...

As previous experience and studies have shown, CBD oil can help with sleep disorders. In addition to this property, the natural active ingredient also has many other advantages that you can use to support the health of your body.

Please note that CBD is not a miracle cure. Sleep problems often develop over years, which is why an overnight improvement is very unlikely. Furthermore, CBD should only be used as a support. A healthy lifestyle is important. This includes regular exercise, a balanced diet, a solid sleep rhythm, minimising stress and much more.





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