

3<sup>rd</sup> International Conference on

# NEUROPSYCHIATRY AND SLEEP MEDICINE

&

8<sup>th</sup> International Conference on

# NEUROLOGY AND BRAIN DISORDERS

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## Does cannabis or marijuana affect your sleep

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This presentation focuses on the historical use of marijuana and cannabis oil throughout history starting with early mankind using these natural substances for medicinal and spiritual purposes. This discussion includes discussion of the Ancient Hindus in India, who were against the use of alcohol, but accepted social cannabis use. Ancient Rome's wealthy people who completed banquets with a cannabis-seed dessert that known for the good feeling it caused. Ancient Indian weddings where cannabis (bhang) was served for good luck and a sign of hospitality. And Chinese texts say that cannabis can lighten a person's body and allow them to communicate with spirits. The lecture will discuss the evolution of cannabis and marijuana into the modern social culture starting with the 1960's to the present decriminalization or legalization in certain states of either medical use or recreational use, or both, even though usage remains illegal by the United States federal government. Cannabis is still a schedule I substance, meaning that the government does not consider cannabis to be medically therapeutic due to lack of research to support its benefits. We will discuss the social and economic consequences of these laws. Finally, the effects of cannabinoid or cannabis-based medicines on sleep & sleep architecture, both perceived and studied, including individual differences, concentrations, and frequency of use. Do the current laws create a barrier to research? Only one university in the country, University of Mississippi, is permitted by the National Institute of Drug Abuse to grow marijuana for research. We will also discuss an important point: Should the medical community communicate these findings to patients with insomnia who inquire about medical cannabis? Research shows cannabis's effect on sleep seems more variable, depending on the person, the timing of use, the cannabis type and concentration, mode of ingestion and other factors.

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