

# Does Daytime Cannabis Help After Poor Sleep?

## Daytime Cannabis Use Can Improve Sleep Quality

Sleep is a vital component of overall health, yet a significant portion of the population struggles with it. Insomnia, whether occasional or chronic, affects millions, driving a multi-billion-dollar industry of over-the-counter and prescription sleep aids. These solutions often come with side effects, fail to replicate natural sleep patterns, and may leave users feeling groggy the next day. Emerging research, however, suggests a surprising alternative: using cannabis during the day could enhance the quality of sleep at night.

### The Connection Between Daytime Cannabis and Nighttime Sleep

Recent studies indicate that consuming cannabis during the day, especially after a poor night's sleep, can improve the quality of sleep that same evening. These studies found statistically significant improvements in sleep quality on cannabis use days compared to non-use days.

#### Key Findings from the Research

**Enhanced Sleep Quality:** Participants reported better sleep, fewer awakenings, and longer sleep duration on days they used cannabis.

**Reduced Nightmares and Faster Sleep Onset:** Cannabis use was associated with fewer disruptive dreams and shorter times to fall asleep.

**Varied Benefits Based on Insomnia Severity:** Individuals with severe insomnia experienced the most pronounced improvements.

It is important to note that these findings were self-reported, meaning they were not confirmed using electroencephalographic (EEG) measurements. However, the consistency of participants' reports highlights the potential of cannabis as a sleep aid under certain conditions.

#### Why Timing Matters: Daytime vs. Nighttime Cannabis Use

Using cannabis just before going to sleep may seem logical, but research suggests otherwise. Individuals who consume cannabis at bedtime often experience:

**Reduced REM Sleep:** Cannabis decreases REM sleep, which is critical for memory consolidation and emotional regulation.

**Increased Non-REM Sleep:** While this type of deep sleep is restorative, an imbalance caused by reduced REM can harm overall sleep health.

**Cognitive Impairments:** Prolonged suppression of REM sleep can lead to daytime fatigue, impaired thinking, and even depression.

Additionally, using cannabis as a nighttime sleep aid has been linked to a higher likelihood of problematic cannabis use over time.

## **Benefits of Daytime Cannabis Use**

Conversely, consuming cannabis during the day appears to align more harmoniously with the body's natural rhythms. This approach allows individuals to reap the sleep-enhancing benefits of cannabis without disrupting REM sleep.

## **The Science Behind Cannabis and Sleep**

The brain's endogenous cannabinoid system plays a significant role in regulating the sleep-wake cycle. This system is composed of endocannabinoids—molecules naturally produced in the brain—and cannabinoid receptors. The interaction between these components influences various phases of sleep and wakefulness.

## **How Endocannabinoids Affect Sleep**

**2-AG (2-Arachidonoylglycerol):** Levels of this endocannabinoid are higher during the day, promoting wakefulness.

**AEA (Anandamide):** This endocannabinoid peaks at night, enhancing both non-REM and REM sleep depending on the receptor it activates.

Cannabis interacts with these same receptors, mimicking the effects of endocannabinoids. During the day, cannabis can potentially stimulate pathways that promote restful sleep later on, as opposed to consuming it right before bed, which disrupts the natural sleep cycle.

## **Role of Adenosine**

Daytime cannabis use also appears to influence adenosine, a neurotransmitter that promotes sleep. Adenosine levels rise during sleep and contribute to the drowsiness many people feel upon waking. Cannabis may facilitate the release of adenosine, aiding in the transition to restful sleep.

## **Cautions About Cannabis as a Sleep Aid**

While daytime cannabis use shows promise as a way to improve sleep, it is not without caveats. Using cannabis to treat insomnia or other sleep disorders requires a nuanced approach.

### **Limitations of Current Research**

**Lack of Standardized Methods:** Most findings are based on self-reports rather than objective EEG measurements.

**Dependency Risk:** Long-term reliance on cannabis for sleep could lead to dependency or tolerance.

**Incomplete Understanding:** The precise mechanisms, dosages, and timing for optimal effects are still under investigation.

## **Practical Recommendations for Using Cannabis to Improve Sleep**

For those considering cannabis to improve their sleep quality, the following guidelines may help:

**Use During the Day:** Avoid consuming cannabis in the evening or right before bed to preserve REM sleep.

**Choose Low THC Products:** High-THC products may impair REM sleep more significantly.

**Monitor Dosage:** Start with small amounts and observe how your body responds.

**Combine with Other Sleep Hygiene Practices:** Maintain a consistent sleep schedule, limit screen time before bed, and create a comfortable sleep environment.

## **Broader Implications of Cannabis for Sleep Health**

The use of cannabis as a sleep aid highlights the complexity of the human sleep cycle and the challenges of addressing sleep disorders. Unlike traditional sleep aids, which often mask underlying issues, cannabis interacts with the body's natural systems.

### **Potential Benefits**

**Fewer Side Effects:** Compared to prescription medications, cannabis may have a more favorable side effect profile when used appropriately.

**Improved Sleep Architecture:** By influencing the endocannabinoid system, cannabis may help restore balance to disrupted sleep patterns.

### **Areas for Future Research**

Further studies are needed to:

Understand the long-term effects of cannabis on sleep.

Identify optimal dosages and product types for various sleep disorders.

Explore the interplay between cannabis use and other lifestyle factors affecting sleep.

For millions struggling with insomnia and poor sleep quality, cannabis presents an intriguing alternative to traditional sleep aids. However, timing is crucial—daytime use appears to be the key to reaping its sleep-enhancing benefits without disrupting essential REM sleep.

While cannabis is not a perfect solution, its interaction with the body's endocannabinoid system opens the door to new possibilities in sleep science. With continued research, cannabis could become a valuable tool for improving sleep health in a safe and effective manner.

*Stay informed about the latest cannabis industry developments with [Cannabis Risk Manager](#).*

Email: [info@cannabisriskmanager.com](mailto:info@cannabisriskmanager.com) | Phone: +415-226-4060

© Copyright 2025 Cannabis Risk Manager. All Rights Reserved