

Cultural Daily

Independent Voices, New Perspectives

7 Ways How Edibles Can Affect Your Sleep

Our Friends · Monday, May 16th, 2022

Edibles are a type of cannabis-infused food or drink. They can be made with either marijuana or hemp, and they come in many different forms, such as brownies, candy, cookies, drinks, gummies, and more.

If you've ever indulged in a few edible snacks before bed, you know that the results can be pretty unpredictable.

Sometimes, edibles can help knock us out quickly and send us into a deep sleep. But sometimes, they can have the opposite effect, keeping us up at night and restless.

In this article, we'll explore seven ways how edibles can affect your sleep.

So, keep reading on for some valuable information!

1. Edibles Can Make You Feel More Relaxed

If you're feeling stressed out or anxious, consuming an edible can help you feel more relaxed.

This is because cannabis has natural sedative properties that can help to ease your nerves and tension. When you're more relaxed, it's easier to fall asleep and stay asleep throughout the night.

2. Edibles Can Help to Lessen Pain

If you're dealing with pain, whether it's chronic or acute, consuming an edible can help to lessen your discomfort.

Cannabis has natural pain-relieving properties that can help to take the edge off of your pain and make it more manageable. This can, in turn, lead to a better night's sleep.

3. Edibles Can Increase Your Appetite

If you're having trouble getting a good night's sleep because you're dealing with hunger pains, consuming an edible can help.

Cannabis can stimulate your appetite, which can help you to fall asleep and stay asleep through the night.

4. Edibles Can Reduce Anxiety

If you're struggling with anxiety, consuming an edible can help to ease your symptoms. Cannabis has natural anxiolytic properties that can help to calm your nerves and ease your anxiety.

So, if you're having trouble sleeping because you're feeling anxious, an edible could be a good option for you.

5. Edibles Can Improve Your Mood

If you're struggling with insomnia, it can often be due to low mood or depression.

Cannabis has natural antidepressant properties that can help to improve your mood and lift your spirits. This can, in turn, help you to fall asleep and stay asleep through the night.

6. Edibles Can Increase Your Creativity

If it's difficult for you to fall asleep because you can't stop thinking about all the things you need to do, consuming an edible can help.

Cannabis can increase your creativity and help you to brainstorm new ideas. This can help take the focus off of what's keeping you awake and allow you to fall asleep more easily.

7. Edibles Can Help You to Wake up Feeling Refreshed

If you're struggling with insomnia, consuming an edible can help you to wake up feeling more refreshed.

Cannabis may help to reduce the amount of time you spend in REM sleep, which is the lightest stage of sleep. This means you'll wake up feeling more rested and less groggy.

Start Improving Your Sleep Today

While edibles can definitely enhance your sleep, it's important to be mindful of how they affect you. Start with a small dose and see how that makes you feel before bed.

If you find that edibles help you fall asleep more easily or stay asleep longer, then keep incorporating them into your routine. However, if they make it harder for you to get to sleep or disrupt your sleep cycle, discontinue use and consult with a doctor.

Ultimately, the key is finding [what edibles help you sleep](#) so that you can enjoy all the benefits of restful slumber.

Photo by [Margo Amala](#) on [Unsplash](#)

This entry was posted on Monday, May 16th, 2022 at 11:05 am and is filed under [Check This Out](#). You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. Both comments and pings are currently closed.

