



FULL TEXT LINKS



Randomized Controlled Trial *J Sleep Res.* 2023 Jun;32(3):e13793. doi: 10.1111/jsr.13793.

Epub 2022 Dec 20.

Medicinal cannabis improves sleep in adults with insomnia: a randomised double-blind placebo-controlled crossover study

Karin Ried ^{1 2 3}, Tasnuva Tamanna ¹, Sonja Matthews ¹, Avni Sali ¹

Affiliations

PMID: 36539991 DOI: [10.1111/jsr.13793](https://doi.org/10.1111/jsr.13793)

Abstract

Insomnia or difficulty falling and or staying asleep is experienced by up to 30% of the general population. This randomised crossover double-blind placebo-controlled 6-week trial aimed to assess the tolerability and effectiveness of the Entoura-10:15 medicinal cannabis oil on sleep in adults with insomnia. A total of 29 participants with self-reported clinical insomnia completed the crossover trial. Participants were randomly allocated to receive placebo or active oil containing 10 mg/ml tetrahydrocannabinol (THC) and 15 mg/ml cannabidiol (CBD) over 2-weeks titrated 0.2-1.5 ml/day, followed by a 1-week wash-out period before crossover. Tolerability was assessed by daily diary. Effectiveness was measured by saliva midnight melatonin levels, validated questionnaires, i.e., the Insomnia Severity Index, and the Fitbit activity/sleep wrist tracker. Entoura-10:15 medicinal cannabis oil was generally well tolerated, and was effective in improving sleep, whereby 60% of participants no longer classified as clinical insomniacs at the end of the 2-week intervention period. Midnight melatonin levels significantly improved in the active group by 30% compared to a 20% decline in the placebo group ($p = 0.035$). Medicinal cannabis oil improved both time and quality of sleep, in particular light sleep increased by 21 min/night compared to placebo ($p = 0.041$). The quality of sleep improved overall by up to 80% in the active group ($p_{\text{Phase2}} = 0.003$), including higher daily functioning ($p = 0.032$). Observed effects were more pronounced in Phase 2 due to the period effect and loss of blinding. Entoura-10:15 medicinal cannabis oil was well tolerated and effective in improving sleep in adults with insomnia.

Keywords: circadian rhythm; insomnia; medicinal cannabis; melatonin; sleep.

© 2022 The Authors. Journal of Sleep Research published by John Wiley & Sons Ltd on behalf of European Sleep Research Society.

[PubMed Disclaimer](#)

Related information

[MedGen](#)

[PubChem Compound \(MeSH Keyword\)](#)

LinkOut - more resources

Full Text Sources

[Ovid Technologies, Inc.](#)

[Wiley](#)

Medical

[MedlinePlus Health Information](#)