

The Benefits of CBD on Sleep

Cannabidiol, also known as CBD, has many health benefits that people around the world are slowly beginning to discover. The use of CBD and other hemp-related products has become a topic of contention as governments attempt to regulate its usage and consumption. Some people have misconceptions about CBD that tarnish the name.

The reality is that CBD is not a psychoactive drug. It does not have the mind-altering capabilities found in [THC](#) and cannot get you high. Using CBD or hemp-related products can directly benefit your health in a variety of ways. These products are known to alleviate and manage pain, reduce mental health disorder symptoms, and help you sleep better.

Despite a growing body of research that supports these claims, people are still skeptical about using CBD or other hemp-related products. Their misconceptions create doubt and make people hesitant to try these products.

But we are here to fix that. CBD is a jack of all trades that can improve many of your health issues. It is an all-natural treatment solution, so there is no risk of developing nasty side effects that often accompany western medicine.

CBD has a [calming effect](#) on the nervous system, and it has been shown to promote better sleep and reduce symptoms of sleeping disorders. Let's find out how!

How Does CBD Benefit Your Sleep?

The recommended amount of sleep for adults is 8 hours a night. Everyone is different so this can vary person-to-person, but for many adults, that means up to 1/3 of our day asleep. Our bodies require sleep to rest, reset, and heal.

Since sleep plays such an integral role in our health and well-being, it is important to ensure that you are getting enough high-quality sleep. Up to 80% of Americans have difficulty falling asleep. Poor sleep or insomnia can be caused by many different things like mental health problems, caffeine, medications, and physical disturbances which may prevent you from resting. Depending on the cause of your sleep issues, CBD may be able to offer some relief.

[Research](#) suggests that CBD improves sleep by interacting with specific receptors that control the sleep-wake cycle in our bodies. It can improve the underlying issues that cause sleeplessness, regulate our sleep cycles, and cause less grogginess when we are awake.

Improved Underlying Issues

CBD can improve a variety of health issues which can lead to better sleep. For some people, sleeplessness is caused by mental health issues. Research has shown that CBD can improve anxiety and promote better sleep. One [study](#) found that nearly 80% of participants had lower anxiety levels,

and nearly 67% reported better sleep. Another [study](#) found that a CBD supplement gradually helped improve sleep quantity and quality for a girl diagnosed with PTSD.

Other people have difficulty falling asleep because of high levels of pain. As we previously discussed, CBD and other hemp-related products have also been shown to soothe the pain. In one [study](#), the authors concluded that CBD can soothe chronic pain which in turn promotes better sleep.

Sleep Cycle Regulation

Other research has found that CBD can improve symptoms of sleeping disorders. One [study](#) found that CBD improved symptoms of REM sleep behavior disorder (RBD) in participants with Parkinson's. Another [study](#) found that the consumption of the medical Cannabis flower helped improve insomnia in most participants.

Less Grogginess

A few studies have examined the impact of CBD on grogginess. The [research](#) found that CBD can impact wakefulness in both humans and animals. These findings suggest that CBD not only promotes better sleep, but it also decreases grogginess after sleeping.

How to Implement CBD Into Your Daily Routine?

Researchers are still examining the impact of CBD on sleep, but early results show that it can improve disorders related to sleep and sleeplessness.

Now that you are aware of how CBD can improve your sleep, you may be wondering how to incorporate it into your routine. Finding products and learning which ones are the best for you can be an intimidating and overwhelming process.

CBD comes in many different forms, including ingestible options (like oils and supplements), topicals (like lotions or creams), and tinctures (can be dissolved in water). Users have many different options that make incorporating CBD into their daily routine a breeze. Whatever your preference may be, there is sure to be a product for you!

Whatever product you choose will likely benefit your health in some way. We spend as much as 1/3 of our lives asleep, so why waste that time on low-quality sleep? CBD or other hemp-related products may help provide the high-quality sleep that you are looking for.

Here at Ivy J, we strive to create products that can easily fit into your busy lifestyle. Here are our top three CBD products to help improve your sleep:

1. [Ivy J Water Soluble Sleep Support Spray](#)

The Ivy J Water Soluble Sleep Support Spray is a unique option. The spray uses nanotechnology which increases the overall absorption rate of the ingredients (CBD,

melatonin, and serotonin). Just 1mL at bedtime can help you get a good night of sleep and wake up feeling well-rested.

2. [Ivy J Sleep Support Capsules](#)

The Ivy J Sleep Support Capsules are another ingestible option that promotes relaxation and support restful sleep. The capsules are a combination of CBD, vitamin D3, and calcium citrate which work together to help our brains produce more melatonin (the hormone that controls the sleep-wake cycle). Taking 1-2 capsules nightly (with food) can help you fall and stay asleep.

3. [Ivy J Bath Bomb \(Sleep\)](#)

The Ivy J Bath Bomb for sleep is the perfect addition to a warm bath. CBD and eucalyptus work together to promote good sleep, tranquility, and mental clarity. The bath bomb is a simple and fun way to add CBD into your daily routine.

Whether you are experiencing occasional difficulty falling asleep or you have been diagnosed with a sleeping disorder, CBD or other hemp-related products can offer you relief. The only thing between you and a great night of sleep is getting your hands on one of these all-natural solutions that your body is sure to love!