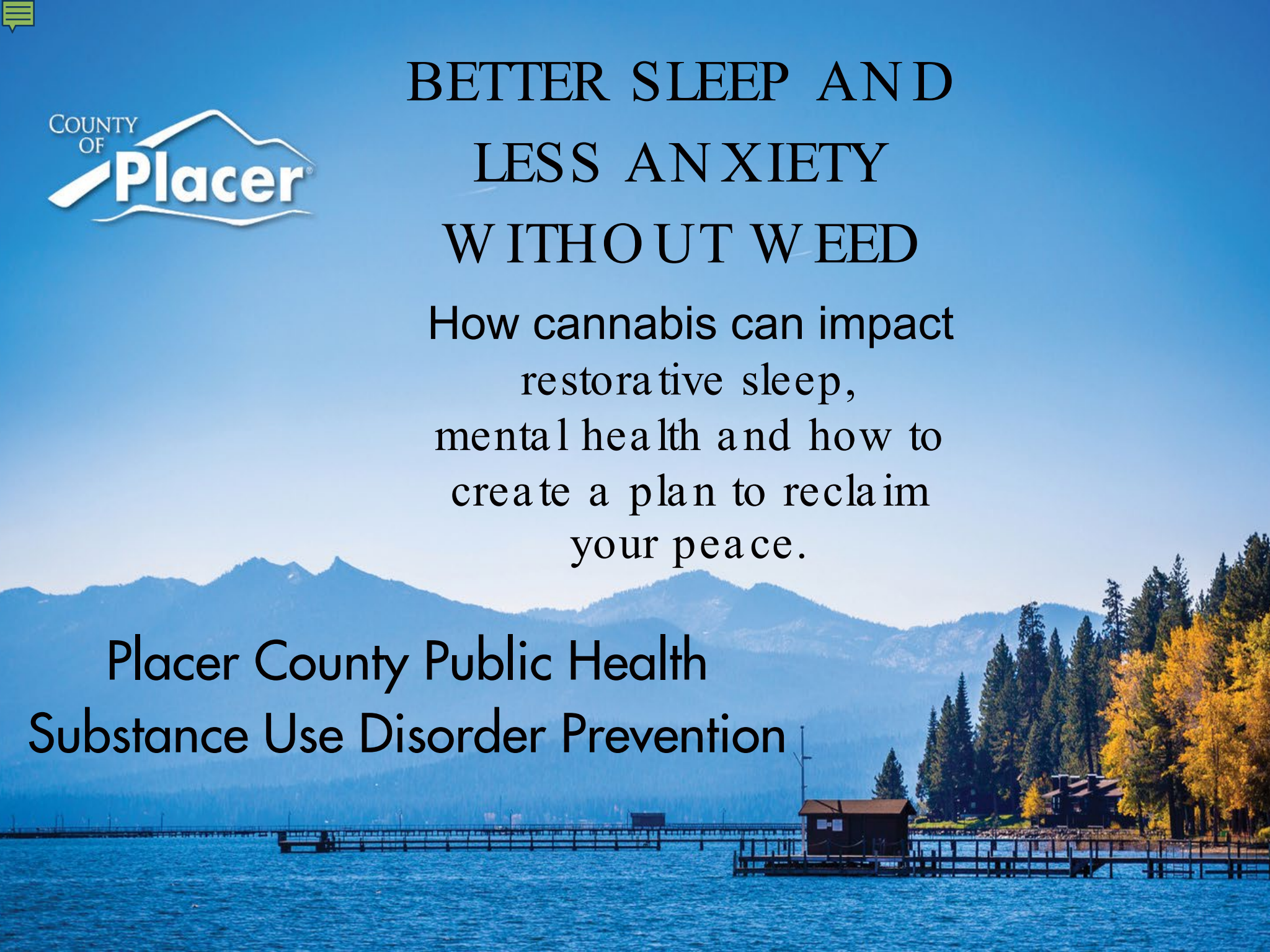

BETTER SLEEP AND LESS ANXIETY WITHOUT WEED

How cannabis can impact restorative sleep, mental health and how to create a plan to reclaim your peace.

Placer County Public Health
Substance Use Disorder Prevention

WHAT YOU WILL WALK AWAY WITH TODAY:

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1. Increased knowledge of how cannabis interferes with critical restorative sleep processes and mental health.
2. Increased awareness of potential symptoms when transitioning away from cannabis use.
3. Increased knowledge of how to plan effectively to cope with challenges for a successful transition and improved restorative sleep with all its benefits.

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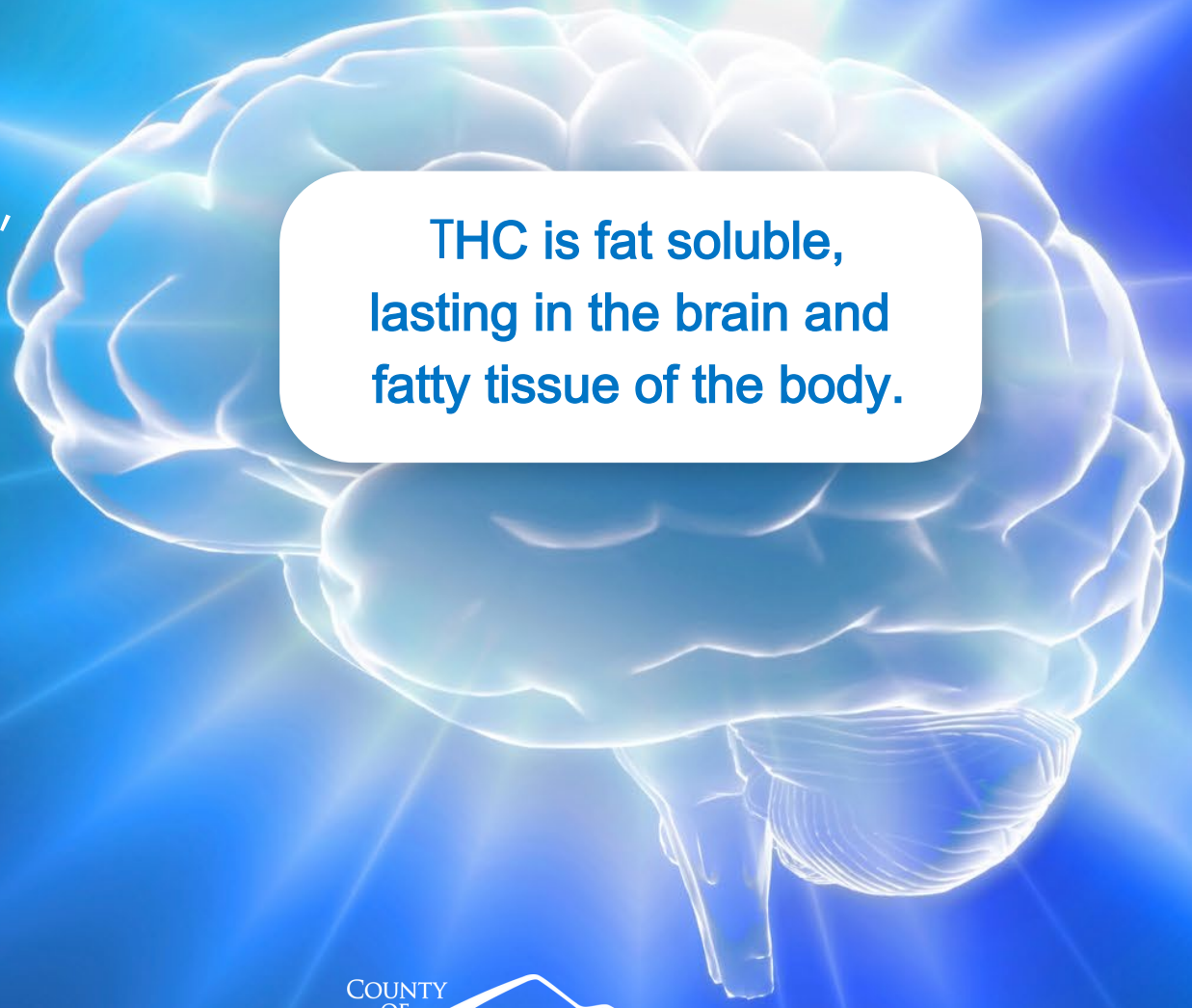
THC & THE BRAIN

THE SCIENCE OF THC

Using THC, and other drugs like opiates, alcohol, nicotine, amphetamines, and cocaine, flood the brain with Dopamine, a neurotransmitter that creates the feeling of pleasure.

Regular substance use dysregulates the brain's own Dopamine production and ability to feel pleasure, motivation naturally.



THC is fat soluble, lasting in the brain and fatty tissue of the body.

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Sex Hormones

Serotonin

Cortisol

Dopamine

Melatonin

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THC INTERFERES WITH RESTORATIVE SLEEP PROCESSES

If THC is in your system, Restorative Sleep processes don't occur, especially those associated with REM Sleep. REM sleep is important for memory consolidation, emotional processing, and brain development:

- Organizing & filing away of daily experiences and learning for easier recall later
- Numerous hormonal resets occur - especially those affecting mood.
- Toxins are cleaned from brain pathways for quicker thinking
- Immune system is recharged
- Bone and muscle growth and repair, cell repair/healing all occur during restorative sleep.

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OTHER RISKS OF THC USE

Increased Mental Health Risks:

- Psychosis
- Cannabinoid Hyperemesis
- Depression, Anxiety
- Suicidality
- Trauma related incidents/exposure
- Dementia

Increased Physical Risk of Early Death:

- Hypertension, Cardiovascular Disease
- COPD
- Opioid use/misuse/poisoning
- Lung cancer
- Medication interactions

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A BRIGHTER TOMORROW

- Lungs
- Heart
- Memory
- Emotions
- Sleep

POSSIBLE TEMPORARY WITHDRAWAL SYMPTOMS AVERAGING FIRST 1 - 30 DAYS

- depressed mood
- irritability,
- nervousness/anxiety, restlessness
- increased anger/aggression
- violent outbursts
- nausea
- decreased appetite
- stomach pain
- shakiness
- sweating
- sleep difficulty
- strange/wild dreams
- craving to smoke cannabis
- diarrhea/loose stools
- dizziness
- muscle spasms/aches
- hiccups
- stuffy nose
- feverish feeling
- hot flashes
- chills, increased appetite
- headaches,
- fatigue/tiredness
- yawning
- difficulty concentrating
- general physical discomfort.

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WHAT WE KNOW

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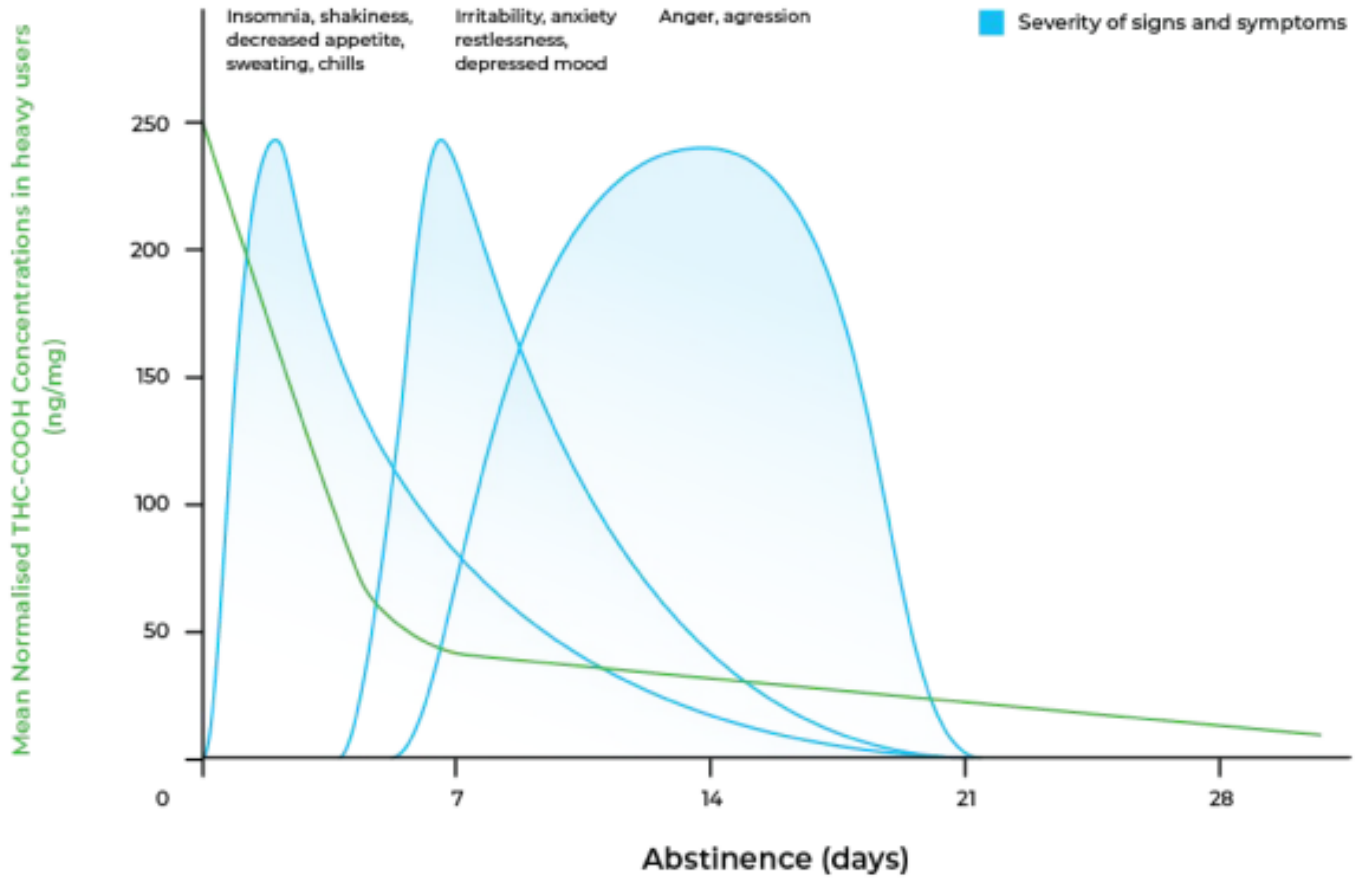

FIGURE 1 Typical course of cannabis withdrawal. Adapted from Goodwin *et al.* [35] and Queensland Health (2012) [34, 90]. Typical urinary tetrahydrocannabinol carboxylic acid (THC-COOH; the main secondary metabolite of THC) levels are drawn from Goodwin *et al.* [35] and reflect high-range, chronic cannabis use

SUCCESS STORIES

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"Quit recently. Had insomnia, cold sweats, and super vivid dreams for about a month after quitting!" - Anonymous

"The super intense month of nightmares and pouring sweat is what I get when I have a break. It's pretty hard going, but will pass in around 3/4 weeks... " - Anonymous

"126 days sober with the help of marijuana anonymous. It was really hard getting through the no sleep weeks but now I am sleeping better than ever!" - Anonymous

"Smoked 17 years and went cold turkey and never had no insomnia issues whatsoever .." - Anonymous

Insomnia, really vivid and scary nightmares... But, after you make it, you sleep and rest way better than before, the fight isn't for nothing 💪 - Anonymous

*Dr. Matt Walker: https://images.app.goo.gl/t6KedNSpn41NEtbH6

HOW TO MAKE A PLAN

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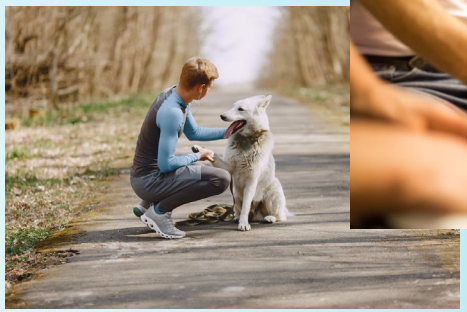
1. Restore Dopamine and REM Sleep
2. Create a supportive circle, which may include treatment, and/or seeing a therapist.

1. Create a game plan to handle withdrawal symptoms.
2. Determine where to be for the first few weeks - low demands, possible time off or help.

5. Create new environment & opportunities!



Health Coping Activities Rebuild Healthy Dopamine, Serotonin, Melatonin Levels for Improved Mood and Sleep

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KEY STRATEGIES

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Engage Your Social Circle

Engage Friends, Family, Employers, & possibly a new, supportive circle, like Marijuana Anonymous (24/7 online meetings)

Create a Safe Space

If you have an opportunity to get away for even a few days or take sick leave to change your environment, with low impact responsibilities.

Develop Replacement Coping Strategies

Find several new activities to create fulfillment and to redirect your thoughts when you feel vulnerable.

PREPARE YOUR SPACE

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Add to Your Outdoor Spaces

Create a new outdoor routine to improve your mood with new ways to enjoy this time.

Improve Indoor Relaxation Spaces

Remove paraphernalia, posters, clothing, symbols of cannabis and replace with new, healthy and/or pleasing aesthetics and a few new activities.

By Healthy Foods

Fresh, whole foods high in nutrition, like plenty of green, leafy vegetables and fruits can improve mood. Have easy to grab healthy meals and snacks ready.

TREATMENT and/or OTHER MENTAL HEALTH SUPPORT

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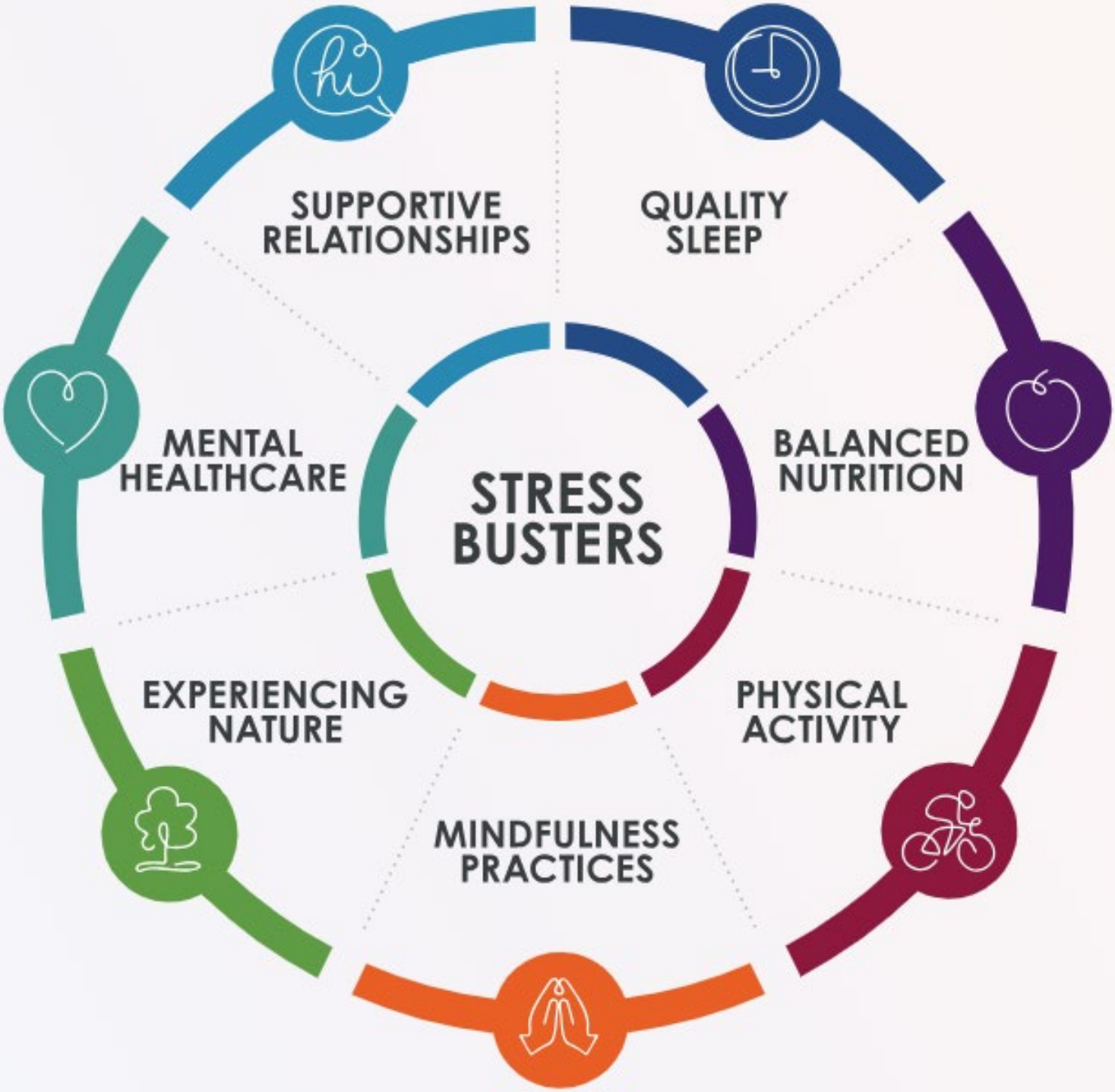
Support resources can help you on your journey to a healthier life. resources are expanding every day for general treatment, counseling, and/or other resources.

ESSENTIAL ELEMENTS FOR PHYSICAL AND MENTAL HEALTH



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4-4-6
BREATHING
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WHAT NEXT?

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- Take resources
- Share with others
- Reach out for help
- What is biggest challenge you see that people may have for cessation success?
- What else do you need or think people may need for success in THC cessation?
- Other thoughts and/or questions?

A PLACE TO START

211

For all needs.

1. Placer.ca.gov/SubstanceUse
2. Marijuana Anonymous
3. 30-Day Self-Help Guide

https://mcwell.nd.edu/your-well-being/physical-well-being/drugs/marijuana-or-cannabis-sativa/quitting-marijuana-a-30-day-self-help-guide/

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