

Emblem 

cannabis helps

SLEEP DISORDERS

MEDICAL CANNABIS

Grown locally and legally in Paris, Ontario.

At Emblem, we grow carefully tended batches of the world's finest cannabis. We cultivate our strains into medical products that enhance your well-being, and bring them to you with all the love and care of genuine cannabis enthusiasts and whole health advocates.

Find out more at EmblemCannabis.com



Sleep Disorders

Poor-quality sleep can have a negative effect on your hormone levels, mood, weight and general well-being. A variety of sleep disorders exist, with insomnia (difficulty in falling or staying asleep) among the most common. Others include sleep apnea, restless leg syndrome and narcolepsy (a sudden and irresistible need to sleep during the day). Recurring night terrors, sleepwalking, teeth grinding and even regular bed-wetting are all sleep disorders that can also have a grave impact on one's quality of sleep and quality of life.

HOW CANNABIS CAN HELP

Many studies have shown that one of the major cannabinoids found in cannabis, THC, can improve the quality and duration of sleep in helping treat a variety of sleep disorders. It can reduce the amount of time it takes for those with insomnia to fall asleep, and decrease the number of times patients wake up during the night. Another recent study, focusing on the cannabinoid Cannabidiol (CBD), showed regular CBD treatments were effective in increasing patients total sleep time.

WHAT YOU NEED TO KNOW ABOUT CANNABIS

Cannabis sativa is a natural plant that has been used for medical purposes for thousands of years. Cannabis contains more than 100 active compounds called cannabinoids. The two most well-known active cannabinoids are tetrahydrocannabinol (THC) and cannabidiol (CBD) which are the primary compounds responsible for the therapeutic benefits of the plant.

Patients who have received authorization from their physician can now access medical cannabis to help manage their symptoms and conditions. If you believe medical cannabis may be right for you and want to be assessed for medical cannabis treatment, we recommend you speak with your primary physician or visit one of our partner cannabis clinics for assistance.

For personal guidance on how cannabis could make a difference in your life, we invite you to speak with one of our Cannabis Counsellors at 1-844-546-3633 or email welcome@emblemcannabis.com.

SOURCES: Chagras, et al., 2013 and Cousens & DiMascio, 1973

Emblem 