

MEDICAL MARIJUANA FOR INSOMNIA? WHAT YOU SHOULD KNOW.

**EDUCATIONAL SERIES:
HEALTH CONDITIONS**

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INSOMNIA IS NOT A QUALIFYING CONDITION FOR MEDICAL MARIJUANA IN FLORIDA.¹

However, a physician may recommend medical marijuana if Insomnia is related to another condition that qualifies under Florida law.

WHAT IS INSOMNIA?

- Insomnia is a condition that makes it difficult to fall asleep, stay asleep, or get restful sleep, occurring at least 3 nights per week and for at least 1 month. It can affect daily activities, mood, or well-being.²
- Insomnia can be short-term, lasting less than 3 months, or chronic (long-term), lasting 3 months or more.³
- Treatment may include therapy to improve sleep and changes in sleep habits, daily routines, and diet. Medication may also be used if these changes do not help enough.³

CAN MEDICAL MARIJUANA HELP WITH INSOMNIA?

- There is currently not enough evidence to recommend medical marijuana as a treatment for insomnia.⁴⁻⁶
- A few small studies found that cannabinoids (chemicals found in cannabis) may slightly improve insomnia symptoms. However, these studies did not look at whether sleep problems could return or get worse after stopping cannabis, nor do they provide sufficient information regarding cannabinoids safety for this indication.⁷⁻⁹

WHAT SHOULD I ASK MY HEALTHCARE PROVIDER?



1. Discuss any prescription medications you are taking including antidepressants, pain medications, or drugs for other conditions.

Tell your provider about any other health problems you have. There are many possible interactions between medical marijuana and diseases, or other substances.⁶

2. Report and discuss any concerning effects of medical marijuana with your physician.⁶

The use of medical marijuana can cause side effects such as dizziness, daytime sleepiness, confusion, and a fast heartbeat.⁹ Therefore, regular communication with your healthcare provider can assist in identifying risks and side effects.

1. The 2020 Florida Statutes, Title XXIX, Chapter 381, section 381.986: Medical use of marijuana.

2. Roth T. Insomnia: definition, prevalence, etiology, and consequences. J Clin Sleep Med. 2007;3(5 Suppl):S7-S10.

3. Krystal AD, Ashbrook LH, Prather AA. What Is Insomnia? JAMA. 2021;326(23):2444. doi:10.1001/jama.2021.19283

4. Bhagavan, C., Kung, S., Doppen, M. et al. Cannabinoids in the Treatment of Insomnia Disorder: A Systematic Review and Meta-Analysis. CNS Drugs 34, 1217–1228 (2020). https://doi.org/10.1007/s40263-020-00773-x

5. Whiting PF, Wolff RF, Deshpande S, et al. Cannabinoids for Medical Use: A Systematic Review and Meta-analysis. JAMA. 2015;313(24):2456-2473. doi:10.1001/jama.2015.6358

6. Hsu M, Shah A, Jordan A, Gold MS, Hill KP. Therapeutic Use of Cannabis and Cannabinoids: A Review. JAMA. 2026;335(4):345-359. doi:10.1001/jama.2025.19433

7. Lavender, I. G., N. S. Marshall, D. McCartney, et al. 2026. "Cannabinol for Acute Treatment of Insomnia Disorder in a Randomized Placebo-Controlled Crossover Trial." Journal of Sleep Research 35, no. 4: e70284. https://doi.org/10.1111/jsr.70284.

8. Hausenblas H, Hooper S, Lynch T. Effectiveness of a Cannabinoids Supplement on Sleep and Mood in Adults With Subthreshold Insomnia: A Randomized Double-Blind Placebo-Controlled Crossover Pilot Trial. Health Sci Rep. 2025;8(2):e70481. Published 2025 Feb 19. doi:10.1002/hsr2.70481

9. Jennifer H Walsh, Kathleen J Maddison, Tim Rankin, Kevin Murray, Nigel McArdle, Melissa J Ree, David R Hillman, Peter R Eastwood. Treating insomnia symptoms with medicinal cannabis: a randomized, crossover trial of the efficacy of a cannabinoid medicine compared with placebo, Sleep, Volume 44, Issue 11, November 2021, zsab149, https://doi.org/10.1093/sleep/zsab149

For more information, please visit the Consortium for Medical Marijuana Clinical Outcomes Research at mmjoutcomes.org.

Please note: this document is for informational purposes only, but is not medical or legal advice and should not be used to make healthcare decisions. Please consult your healthcare provider to find out what treatment options are available for you.