

“Sleep and Marijuana—Not a Good Combination”

Episode Overview

This episode looks at the relationship between sleep and marijuana use. The results indicate that marijuana use is related to worse sleep efficiency.



- Researchers were interested in knowing how people’s use of marijuana to help sleep predicts frequency of marijuana use, problematic use, and how well people sleep.
- This research adds to what is known about marijuana use and sleep quality, especially among young adults, and disrupts common misconceptions about this topic.

TAKEAWAYS

- ✓ College students’ use of marijuana to sleep was associated with more frequent and problematic use in both the prior month and year.
- ✓ Using marijuana to sleep was associated with difficulty getting a full night’s sleep.
- ✓ Sleep problems **are** linked to marijuana use and problematic use.