

Meta Title: Unlocking Restful Nights: Your Guide To Using CBD for Sleep

Meta Description: Discover how to achieve peaceful nights with this guide on using CBD for sleep. Learn the usage tips and potential effects of CBD in enhancing sleep.

Unlocking Restful Nights: Guide To Using CBD For Sleep



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Healthy sleep habits are very important to your overall well-being. Sleep impacts your mental clarity, energy levels, physical fitness, and emotional balance. But with today's hectic world and the rise of smart gadgets, many individuals struggle on occasion to get a good night's rest. And **poor sleep can negatively affect daily life.**

Fortunately, early research suggests that there are a number of interventions we can implement to improve sleep quality. One potential solution for better sleep that has recently emerged is cannabidiol (CBD).

The use of CBD for sleep has created some buzz in the health industry since it went mainstream in 2013. A decade later, millions of people already use CBD and say it helps them fall asleep easier and improves overall sleep quality. However, many people are still unsure about what CBD is, if CBD is legal, and how it may help support their health.

In this article, we'll explore the following:

- What CBD is and its link to having better sleep
- How to use CBD for enhancing sleep
- How to choose the right CBD products to improve sleep quality

Try CBD for Sleep

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Understanding The Sleep Cycle

Before diving into how CBD promotes restful nights, let's talk about how quality sleep can affect your overall health and well-being.

The **sleep cycle has different stages, with each having a specific purpose**. The REM stage, for instance, forms memory consolidation and cognitive function. Deep sleep, on the other hand, is vital for physical restoration.

Unfortunately, several factors like pain, anxiety, and stress may cause sleep issues. **When your sleep is disrupted, even once in a while, it can lead to daytime fatigue, irritability, and reduced cognition.**

If this is you, it might be time to consider addressing your sleep habits. This is where CBD *along with improved sleep hygiene* can help you rest easier.

What is Cannabidiol (CBD)?

CBD is derived from the Cannabis sativa plant. However, **this hemp derivative does not produce the feeling of being “high” like its counterpart, tetrahydrocannabinol (THC)**. CBD is available in oils, creams, capsules, and gummies, and it has gained popularity for supporting sleep, among other potential benefits.

Hemp Vs. Marijuana

Many people are hesitant about trying a CBD product because they associate it with marijuana, which is not federally legal in the United States. Though marijuana and industrial hemp are

scientifically the same plants, they have **different genetic profiles**. Marijuana can be Cannabis indica, Cannabis sativa, or Cannabis ruderalis, while industrial hemp *is always Cannabis sativa*.

Another huge difference between these two is **how industrial hemp is bred** compared to the marijuana form of Cannabis sativa. The former is very fibrous, with long strong stalks, and has fewer flowering buds. On the contrary, the latter is bushier, smaller, and has lots of flowering buds.

Marijuana also has a higher concentration of THC than CBD, whereas **hemp contains a higher concentration of CBD than THC**, making hemp's cannabinoid profile more appropriate for people looking to benefit from cannabis without the "high." In addition to its health and wellness properties, hemp is also used for creating food, herbal supplements, rope, paper, fiber, bricks, natural plastic, and oil. Marijuana, on the other hand, is often used only spiritually, medicinally, and/or recreationally.

Cannabis oil may refer to both hemp- or marijuana-derived oil. But **Bluebird Botanicals CBD oil is hemp-derived**.

CBD Oil for Sleep

How CBD works

CBD **interacts with the body's endocannabinoid system (ECS)**. This body system is composed of CB1 receptors (Central Nervous System), CB2 receptors (Peripheral Nervous System), and molecules that regulate different bodily functions, such as mood, pain perception, appetite, and sleep.

Once you consume CBD, it will interact with CB1 and CB2 receptors to maintain balance and homeostasis in your body. In [promoting sleep](#), CBD has been shown to increase adenosine levels.

How to Choose CBD Products



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With several hemp-derived CBD products on the market today, you should know how to differentiate what is beneficial from those that are not. Ideally, you must **prioritize safety and quality**. Here are essential factors to consider:

Sourcing and Third-party Testing

Look for CBD products obtained from hemp that are free from harmful substances like herbicides and pesticides.

Make sure to buy CBD products that have **undergone third-party testing**. This gives you peace of mind that the products you are taking are verified for their purity and potency.

At Bluebird Botanicals, the ingredients and final batch of our CBD products are tested by accredited third-party laboratories for purity and potency. You can view the [test results](#) of our products with your own eyes.

Full-Spectrum vs. Isolate vs. Broad-Spectrum

You also need to know the differences between these three variations:

- **Full-spectrum CBD oil** – contains the naturally occurring compounds in the cannabis plant, including tetrahydrocannabinol (THC), within legal limits of 0.3% THC concentration or less
- **CBD Isolate** – Only contains the cannabinoid CBD, with non-detectable levels of THC
- **Broad-spectrum CBD oil** – contains the full array of naturally-occurring cannabinoids, minus the THC.

[Find Your Bluebird CBD Match](#)

How to Use CBD for Sleep

CBD products are available in different forms, each having its own pros and considerations.

CBD Gummies

CBD Gummies offer the health benefits of CBD in a discreet and tasty option for a more enjoyable way of taking CBD. They come in different flavors and provide a predetermined dosage.

For Bluebird Botanicals' CBD Gummies, **take one gummy orally up to twice daily**. It comes in the flavors of strawberry, lemon, and watermelon. Do not take more than two gummies a day.

CBD Oils

CBD oils are the most versatile and common form of CBD.

For Bluebird Botanicals' CBD oil, we recommend **dropping the oil into your mouth**. But if you want to mask its "hempy" flavor, you can add it to your food or drinks, such as your smoothie, applesauce, honey, or even just water.

Another great option to help relax is making your own CBD bath bombs... Check out a tried and true recipe for CBD oil [bath bombs](#)!

Important Note:

- CBD affects individuals differently. Start with a low dose, then gradually increase until you achieve your desired sleep-enhancing effects.
- Make sure to keep a daily log to monitor any changes before and after taking the CBD.

CBD Soft Gels or Capsules

Soft gels or capsules are a convenient way of consuming CBD, providing a consistent dosage. Soft gels are good, taste-neutral sleep aid alternatives if you don't like the taste of CBD oil.

CBD Topicals

Topicals like CBD lotion and creams can be applied to different areas of your body to hydrate and revitalize skin. Massage onto your skin as part of a nighttime routine, which might help you relax easier for a more restful sleep.

Possible Side Effects

First, you should always speak to your doctor or healthcare professional before starting any new product, including CBD products. While CBD is generally considered safe, it is important to know the [potential side effects](#) and take necessary precautions.

Side effects of using CBD may include:

- dry mouth
- changes in appetite
- drowsiness
- diarrhea

It's important to start with a low CBD oil dosage and monitor how your body responds. If you experience any persistent or concerning side effects, discontinue use and consult with your doctor.

Additionally, CBD can interact with alcohol and some medications. Thus, it's crucial to consult with your physician if you are taking any prescription medications, have underlying health conditions, or are pregnant.

[Shop for CBD Products](#)

How to Enhance Your CBD Experience

Practice good sleep hygiene. Create a bedtime routine, establish a sleep schedule, and limit screen exposure before bed.

Cultivate a relaxing environment. Dim the lights, play some soothing music, and create a calm space to help promote relaxation.

Pair CBD with other relaxation techniques. Consider combining CBD with meditation, deep breathing exercises, or a warm bath to enhance sleep-promoting effects.

Practice stress management techniques. Incorporate yoga, mindfulness, or journaling to help relax the mind and reduce tension throughout your body.

Exercise regularly. Consider aiming for at least 30 minutes of moderate exercise most days of the week.

Final Thoughts

CBD can be a natural solution for promoting restful nights, especially for those struggling with occasional sleep disturbances. Though research is still ongoing, our clients have reported positive results when incorporating Bluebird Botanicals CBD Gummies into their sleep routine.

Remember, **CBD is not a one-size-fits-all solution**. Thus, finding the right dosage and timing that works for you is important. Additionally, **incorporate other natural remedies and lifestyle changes** to further enhance the quality of your sleep. If you are considering CBD for sleep, it's always advisable to ask a healthcare professional for approval to ensure it's safe for you and to get personalized guidance.

With the potential benefits that CBD offers, it's worth exploring how it can contribute to your journey toward restful nights. Consider incorporating CBD into your bedtime routine and give yourself the gift of a good night's sleep.

At Bluebird Botanicals, we provide high-quality CBD products. Our artisan formulations have been handcrafted by a certified clinical herbalist. If you want to know more about CBD, reach out to our knowledgeable team.

Remember, **a restful night's sleep is within reach, and CBD may be the key to unlocking it.**

Disclaimer: This article doesn't constitute medical advice. It is for informational purposes only. Always consult with your healthcare professional before adhering to a new health regimen.

[Get Started with CBD - Shop Now](#)