



FEBRUARY REPORT

PLANT POWERED
SLEEP AID, A LOOK AT
PATIENT PREFERENCE

*"Introducing RYAH Data, our new data analytics report leveraging insights from our proprietary data lake."
- Gregory Wagner,
CEO, Ryah Medtech, Inc.*

THE QUESTION

Although the research into the value of flower for sleep is quite complicated, insomnia remains one of the main reasons why patients turn to this plant for therapeutic value.

What else do we know about this plant based sleep-aid, as used by patients in RYAH Data?

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THE ANSWER

24,220 patients between January 1, 2018, and February 1, 2020, reported through RYAH Data for the use of the plant for insomnia.

Cannabinoid profile, dose, and frequency impact the effectiveness of cannabis for sleep. Still, insomnia is the 5th most common condition reported in the RYAH ecosystem.

More men than women rely on the plant as a sleep aid, and the vast majority are under the age of 40.

Patients also prefer the sedative properties of indica over sativa dominant strains. Almost 100 percent of sessions reported are with indica or indica dominant strains.

5TH **INSOMNIA**
MOST COMMON AILMENT TREATED

This report is based on information pulled from RYAH Data between January 1, 2018, and February 1, 2020

ADDITIONAL DATA

As per the findings of Cannabis, Cannabinoids, and Sleep: a Review of the Literature published in 2017, "Research on cannabis and sleep is in its infancy and has yielded mixed results." [1]

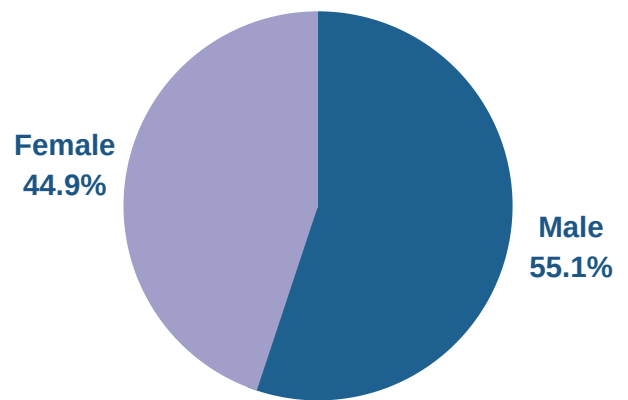
In studies of synthetic cannabinoids (Sativex), patients experienced short-term benefits for sleep apnea. Cannabidiol (CBD) also seems valuable for REM sleep behavior disorder and excessive daytime sleepiness.

Preliminary studies have also explored cannabinoids for nightmares associated with Post-Traumatic Stress Disorder (PTSD) and sleep disturbances from other medical conditions like chronic pain.

Importantly, benefits of cannabis for sleep are dose dependant and for short duration. Frequent and chronic cannabis use is thought to be detrimental to healthy sleep patterns. [2]

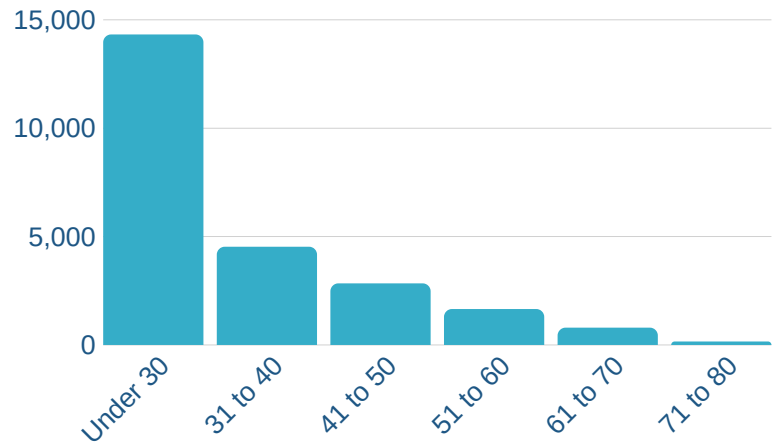
GENDER

PATIENTS TREATING INSOMNIA



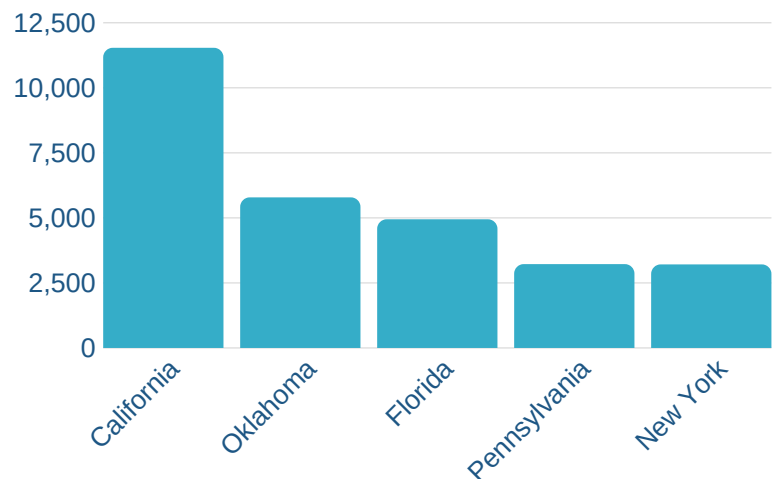
AGE

PATIENTS TREATING INSOMNIA



LOCATION

PATIENTS TREATING INSOMNIA



ADDITIONAL DATA

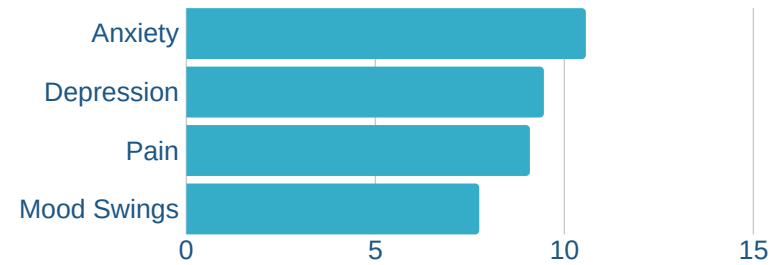
While there is a growing argument against the genetic differences between indicas and sativas, the vast majority of patients reporting through RYAH Data rely on indicas and indica dominant strains for insomnia.

"Cannabis species and cannabinoid concentration preference among sleep-disturbed medicinal cannabis users" explored strain type in more detail.

According to their survey, participants preferred sativas to reduce nightmares, but CBD-rich strains are better for improving insomnia and sleep latency. [3]

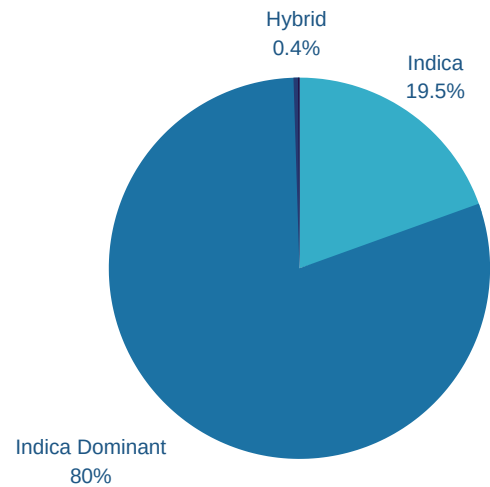
COMMON AILMENTS

OF PATIENTS WITH INSOMNIA



STRAIN PREFERENCES

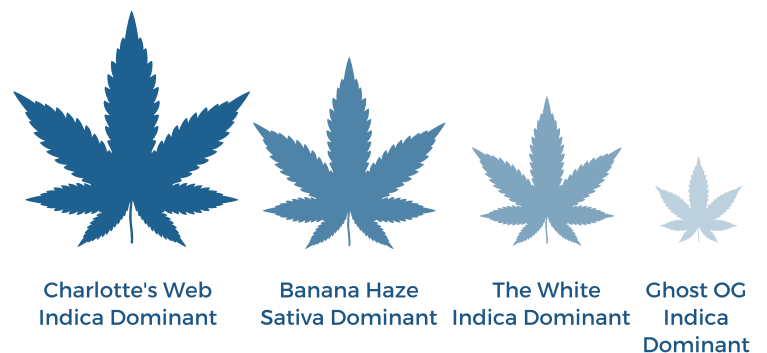
BY STRAIN TYPE



BY RELIEF OF AILMENT (INSOMNIA)



BY DESIRED EFFECTS (FALL ASLEEP SOUNDLY)



ADDITIONAL SOURCES

(1)

Babson, K. A., Sottile, J., & Morabito, D. (2017). Cannabis, Cannabinoids, and Sleep: a Review of the Literature. *Current Psychiatry Reports*, 19(4). doi: 10.1007/s11920-017-0775-9

(2)

Hser, Y.-I., Mooney, L. J., Huang, D., Zhu, Y., Tomko, R. L., McClure, E., ... Gray, K. M. (2017). Reductions in cannabis use are associated with improvements in anxiety, depression, and sleep quality, but not quality of life. *Journal of Substance Abuse Treatment*, 81, 53-58. doi: 10.1016/j.jsat.2017.07.012

(3)

Belendiuk, K. A., Babson, K. A., Vandrey, R., & Bonn-Miller, M. O. (2015). Cannabis species and cannabinoid concentration preference among sleep-disturbed medicinal cannabis users. *Addictive Behaviors*, 50, 178-181. doi: 10.1016/j.addbeh.2015.06.032

(4) Strain details provided by AllBud should be used as rough guidelines only.

Find Marijuana Dispensary, Strain & Doctor Info & Ratings. (n.d.). Retrieved February 10, 2020, from <https://www.allbud.com/>

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