

## CBD Oil & Sleep

This document offers a number of research sources and third-party articles on efficacy and experiences when using CBD oil products. The research below is not exhaustive but intended to provide a starting point for any individual considering using CBD oil. You are heartily welcomed to explore on the internet wider for further research before you make a decision.

### About CBD

Video – Why CBD

[https://vimeo.com/191698330?fbclid=IwAR2IIAdvfgozAyuaTdcKzEFMKce9oe\\_trRKeI-Y1DzCnFCeDSPCoNlp0GKU](https://vimeo.com/191698330?fbclid=IwAR2IIAdvfgozAyuaTdcKzEFMKce9oe_trRKeI-Y1DzCnFCeDSPCoNlp0GKU)

<https://echoconnection.org/discovery-endocannabinoid-system/>

<https://echoconnection.org/look-endocannabinoid-systems-cb1-cb2-receptors/>

<https://echoconnection.org/endocannabinoid-system-encourages-homeostasis-mean/>

<https://echoconnection.org/whattoknowbeforeyoubuycbdoil/>

<https://echoconnection.org/cbd-absorbed-body/>

### Sleep

<https://echoconnection.org/cbd-and-sleep/>

<https://echoconnection.org/cbd-can-help-address-insomnia/>

<https://www.netdoctor.co.uk/healthy-living/a25854145/cbd-oil-sleep/>

<https://medium.com/cbd-origin/does-cbd-make-you-sleepy-2358ed573bcb>

<https://www.canabomedicalclinic.com/the-benefits-of-cbd-oil-for-sleep-disorders-and-insomnia/>

[https://www.huffingtonpost.com/entry/the-ultimate-guide-to-cbd-and-sleep\\_us\\_59b013e9e4b0c50640cd63a0](https://www.huffingtonpost.com/entry/the-ultimate-guide-to-cbd-and-sleep_us_59b013e9e4b0c50640cd63a0)

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- Vapes

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