

“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, an association that held true across differences in sex and race.



- Researchers were interested in knowing how people’s use of marijuana to help sleep predicts frequency of marijuana use, problematic use, how well people sleep, and what, if any, relationship exists between these and the sex or race of the individual.
- 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 (no sex/race differences).
- ✓ Using marijuana to sleep was associated with difficulty getting a full night’s sleep (no sex/race differences).
- ✓ Sleep problems **are** linked to marijuana use and problematic use (no sex/race differences).