

CBD For Sleep

October, 2022

CBD works differently than other sleep aids because it does not introduce foreign hormones that directly trigger sleep, such as melatonin. Instead, CBD follows a more natural path by utilizing your body's own hormones and treating underlying causes of insomnia. CBD and Serotonin, commonly known for causing feelings of happiness and wellbeing, is also largely involved in sleep. Low levels of serotonin are responsible not only for disorders like anxiety and depression, but also for insomnia. Unlike other sleep aids, which seek to introduce foreign chemicals, CBD works by indirectly affecting the re-uptake of serotonin. CBD interacts with serotonin receptors in the body and inhibits those receptors from binding to your body's serotonin. By inhibiting this process, CBD allows for higher levels of serotonin in the body, which is crucial for allowing the body to achieve good rest. Treating the underlying causes of insomnia is a longer lasting solution to the issue of insufficient sleep.

CBD has been found to help with certain sleep anomalies that occur during rapid eye movement (REM) sleep. There are two types of sleep: non-rapid eye movement (NREM) sleep and rapid eye-movement (REM) sleep. NREM sleep progresses through a 90-minute cycle leading up to REM sleep, in which brain wave activity increases and dreaming occurs. REM sleep is also the time when previously learned information is solidified into a memory. In another study published on the National Center for Biotechnology Information (NCBI), a branch of the National Institutes of Health reported "The main finding from this study is that CBD oil can be an effective compound to reduce anxiety and insomnia. A review of the literature suggests some benefits from the use of CBD because of its anxiolytic and sleep-inducing effects. Animal studies support use of this treatment and report that "CBD may block anxiety-induced [rapid eye movement] sleep alteration via its anxiolytic effect on the brain." Low-dose CBD formulations seem to keep people alert and awake and not alter the sleep cycle. However, this may one day prove beneficial for circadian rhythm disorders like excessive daytime sleepiness and narcolepsy

About US

Novel CBD started as a means to provide premium quality CBD and CBD-infused products with unmatched service and unparalleled commitment to our community. Our commitment to providing world-class products and improved quality of life for people and animals is a passion for everyone at dwell, and we are committed to being good stewards of our natural resources to earn and retain the confidence our customers have placed in our company and products.

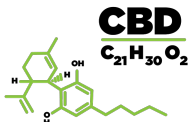
Our Mission

To provide our customers with the highest quality CBD & CBD-infused products available, while serving our community with a commitment and dedication to wellness for everyone!

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