

Recent cannabis use and nightly sleep duration in adults: an infographic

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SUMMARY

Cannabis is often perceived as providing benefits as a sleep aid. In this nationally representative, cross-sectional study of adults aged 20–59 years in the USA, Diep *et al*¹ categorized survey respondents into non-users and recent users based on their reported use of cannabis in the previous 30 days. Their

primary outcome was nightly sleep duration, categorized as short (<6 hours), optimal (6–9 hours), or long (>9 hours). Recent cannabis users were found to have greater adjusted odds of reporting both short (adjusted odds ratio (aOR) 1.34, 95% CI: 1.12 to 1.59) and long sleep (aOR 1.56, 95% CI: 1.25 to 1.96). Heavy users, who were those using cannabis at least 20 of the past 30 days, were even more likely to report sleep durations at the extreme ends of the range.

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