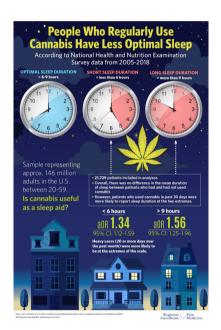
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Recent cannabis use and nightly sleep duration in adults: an infographic

Eric S Schwenk , ¹ Rajnish K Gupta , ² Calvin Diep³

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.

¹Anesthesiology, Sidney Kimmel Medical College at Thomas Jefferson University, Philadelphia, Pennsylvania,

²Anesthesiology, Vanderbilt University Medical Center, Nashville, Tennessee, USA

³Department of Anesthesiology and Pain Medicine, University of Toronto, Toronto, Ontario, Canada

Correspondence to Dr Eric S Schwenk, Anesthesiology, Sidney Kimmel Medical College at Thomas Jefferson University, Philadelphia, Pennsylvania PA 19107, USA; prepdrum@gmail.com

Twitter Eric S Schwenk @ESchwenkMD, Rajnish K Gupta @dr_rajgupta and Calvin Diep @calvdiep

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ORCID ins

Eric S Schwenk http://orcid.org/0000-0003-3464-4149
Rajnish K Gupta http://orcid.org/0000-0003-3401-4737

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