

May is Better Sleep Month!

HAVING TROUBLE GETTING THOSE ZZZZ'S?

GIVE CBD EDIBLES A TRY!

CBD (cannabidiol) is often used by people looking for natural ways to improve sleep. While research is still ongoing, here's a quick overview of how CBD might help with sleep, and what to keep in mind:

Reduces Anxiety & Stress: CBD has been shown to have calming effects, which can help reduce anxiety — one of the biggest reasons people struggle to fall asleep.

Eases Pain & Discomfort: If pain or chronic discomfort keeps you awake, CBD may help by interacting with the body's endocannabinoid system to reduce inflammation and pain perception.

Regulates Sleep Cycles: Some studies suggest that CBD might help regulate circadian rhythms and REM sleep cycles, especially at certain doses.

CHECK OUT THIS AWESOME EDIBLES WE'VE BEEN TAKING TO HELP US GET OUR ZZZZ'S!

NULEEV CBD GUMMIES

contain chamomile, lavender, lemon balm, passion flower, and melatonin to enhance the already powerful sleep aid provided by 20mg of CBD and 3mg CBN in each gummy.

nuleev.com

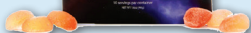


OHHo CBNIGHT MILK CHOCOLATE

Delicious fairtrade chocolate infused with a dreamy blend of 160mg CBD and 40mg CBN to reset your circadian rhythm and lull you to sleep. 55% Colombian cacao. Anti-anxiety & anti-inflammatory. Zero grogginess. weareohho.com

CLR!TY ZZZZS THC, CBN, CBD GUMMIES

Put the day to bed with Zzzzs gummies. Each blueberry flavored gummy contains 5mg hemp-derived THC, as well as CBD to relax and CBN to help you drift off into your coziest dreams. seekclrty.com



GIGLI ELDERBERRY SLEEP GUMMIES

Sweet, flavorful, and perfectly bite-sized! 5mg Delta-9 THC, 5mg CBD, 5mg CBN. Low calorie, low sugar, fat free, vegan & gluten-free. gigli.com