

Dope sleep – Does cannabis improve sleep?



MACQUARIE
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Abstract

Cannabis is commonly used for decades to aid sleep. In many countries, cannabis has been decriminalised or legalised, and there is a government proposal to allow cannabis-like product (cannabidiol) to be available over the counter at pharmacies. But what is the evidence about the effectiveness of cannabis products on sleep? Dr Camilla Hoyos will provide the latest insights into this topic.

Biography



Dr Camilla Hoyos is one of Australia's leading clinical trials experts in sleep medicine. Dr Hoyos is passionate about generating new knowledge on how sleep disorders, insufficient sleep and poorly timed sleep impact our health. She has conducted several studies examining the effect of cannabis-like products on sleep and performance.