



Improving Sleep Quality Safely

Discover how CBD and cannabis may support your journey to restful, restorative sleep. This guide is designed for those seeking natural approaches to better rest.

Inside, you'll find evidence-based information about common sleep challenges, how cannabinoids work with your body, and practical safety guidance to help you make informed choices.

Better sleep is possible. Let us show you how.

Welcome

Connect With Us

Your trusted guide to better rest

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Book a consultation today !!!



Intentional Living, LLC



CBD & Cannabis Sleep Guide

For Better Rest, Naturally





Why Sleep Matters

As we age, sleep patterns naturally shift. Many adults experience lighter sleep, more frequent waking, and difficulty falling back asleep.

Quality sleep is essential for cognitive function, immune health, mood regulation, and overall vitality. Understanding these changes is the first step toward better rest.



How CBD May Help:

Promotes Relaxation

Supports Sleep Consistency

Eases Nighttime Tension

THC & Sleep Notes



Rest & Restore

Low doses of THC may help with falling asleep, while CBD supports staying asleep. Finding your balance is key.

CBD and cannabis work with your body's natural systems to support calm and restful evenings.





Safety First Approach

Myrcene: Found in hops and mangoes, promotes sedation and muscle relaxation. Linalool: The calming compound in lavender, eases anxiety and supports restful sleep.

Beta-Caryophyllene: Found in black pepper and cloves, may reduce inflammation and promote calm. These terpenes work synergistically with CBD to enhance relaxation.

Your journey to better sleep starts with one small step.

Key Terpenes

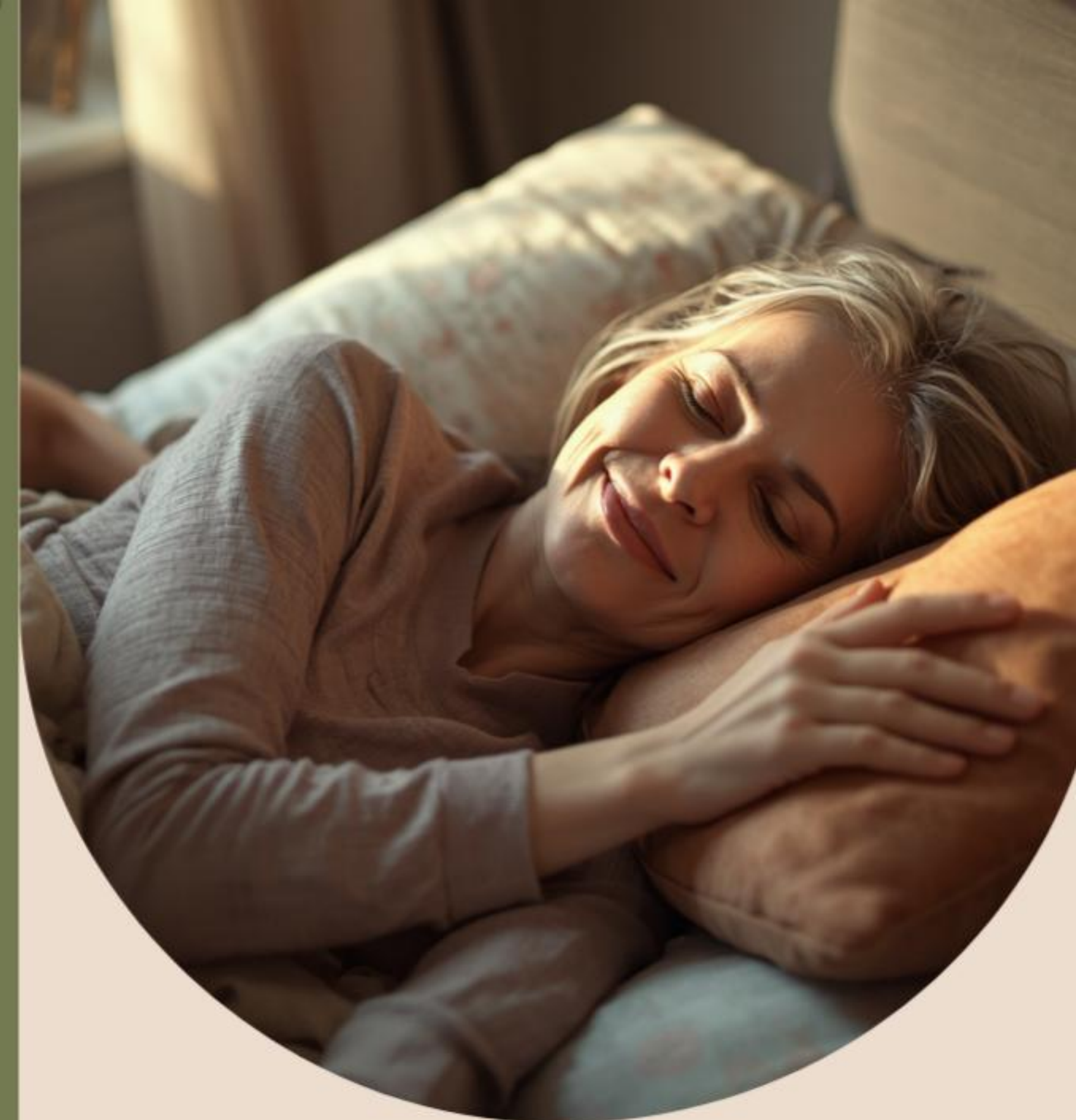
Nature's Sleep Helpers

Myrcene · Linalool · Beta-Caryophyllene

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Visit us for more info:
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Rest well, live well

