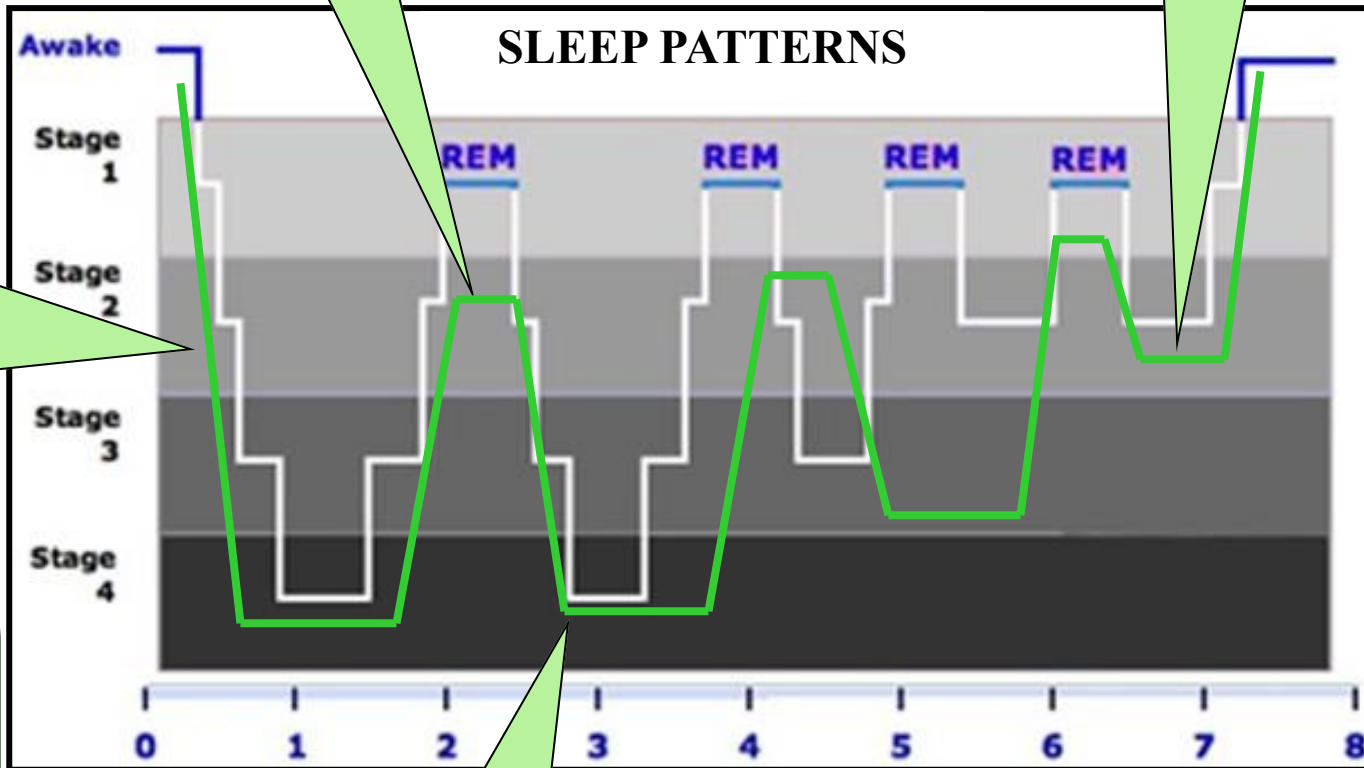


## SLEEP PATTERNS



Marijuana decreases total REM sleep and REM sleep density.


Marijuana increases stage 2 sleep throughout the night.

Using marijuana prior to sleep shortens sleep latency or decreases the time it takes to transition from full wakefulness to sleep.

Non—Restorative Sleep: Because of the increase in slow wave sleep and decrease in REM sleep, some marijuana users complain of memory impairment, not feeling rested, and not having dreams.

As it is fat soluble, it takes longer than a day for the active ingredient—THC—to leave your system. Disturbances in sleep patterns can remain for up to five days after use and normal sleep patterns may not return for one week or longer.

Marijuana increases stage 4 or slow wave sleep in the first part of sleep.

Normal sleep pattern:   
 Marijuana influenced: 