

SELF-IDENTIFIED HEALTH CONDITIONS REPORTED FOR THE USE OF MEDICAL CANNABIS: SLEEP DISORDERS AND ITS COMORBIDITIES

Maria Bravo^{1,2}, Nicholas Lintzeris ^{1,2}

¹ *Drug and Alcohol Services, South Eastern Sydney Local Health District, Sydney, Australia.*

² *The University of Sydney, Division Addiction Medicine, Faculty of Medicine and Health.*

Introduction / Issues OR Introduction and Aims: There has been an increased interest in the use of cannabis for medical purposes. Among others, sleep disturbances have been largely associated with the use of cannabis and Medical cannabis (W.Swift, 2005).

Sleep disorders present with medical comorbidities such substance use disorders and other mental health conditions quite frequently (Dikeos, 2011).

Our purpose is to explore the type of comorbidities reported by medical cannabis users depending on whether or not sleep was a health condition.

Method: An Australian convenient sample of Medical cannabis users self-reported about medical conditions. The data was collected online in 2016 using Research Electronic Data.

Results: Preliminary results show that 707 (43% of a final sample of 1748) reported medical cannabis use to palliate sleeping disturbances. Among those, 599 (36%) sleeping disorders were one of their health conditions but not the main reason for medical its consumption. In contrast, for 108 participants (6.6%) medical cannabis was mainly used for the management of their sleep disturbances. Further patterns of cannabis use, and health conditions of the 3 groups would be provided.

Discussions and Conclusions: Sleep issues are common within medical and non-medical cannabis users. Since it presents a high level of complexity due to the coexistence with other medical conditions, further studies with more inclusive sampling are required.

Implications for Practice or Policy: Comorbidity is associated with worse clinical management. Efficient therapies for sleep disorders are needed.

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