

I personally have been taking the cannabis oil for approx. 4 months now to help with sleeping problems, which I have had for 20 years or so. I have found natural products don't help & prescription sleep medications quite often don't work or if they do, it is only temporary relief before my body gets a tolerance & they become ineffective. As well these have bad side effects for me. I take the cannabis oil for 3-4 nights in a row & get my sleep patterns working normally & then cease taking it & I find my sleep is quite normal for at least 3-4 weeks before I repeat the process & this has given me an ongoing good nights sleep, something I have not experienced for a very long time.

My oldest daughter sustained serious head injuries in a motor vehicle accident in 2004. Since the accident she has experienced severe headaches & migraines most days & in the last 2 years they have increased to between 6-13 a week which has made her life nearly unbearable. We have tried every sort of medication to try & help her including Imgran, which helped her initially but ended up giving her cluster headaches, so that had to be stopped & she had no relief at all from her headaches & migraines. We tried a course of Botox but that was ineffective & then we tried the cannabis oil & her headaches & migraines dropped immediately from up to 13 per week to 1-2 per month. She takes .5ml 3 times a day & her quality of life has improved profoundly. Instead of spending most of her life in bed incapacitated, she can now lead a relatively normal life & enjoy doing it.

My other daughter has had post natal depression, 2 young children with special needs, a very high pressure job & sleeping problems. She has been taking a small amount of cannabis oil for 2 months now as she feels she needs it & tells me it has made a huge difference to her life, she sleeps well & has found she is much better equipped to deal with the pressures of her work & family.

My son who lives in the Kimberleys & is a 1st responder for fires, has sleeping problems & has been taking small amounts of the cannabis oil as he feels he requires it for a month now & he has found it to have improved his sleep quality significantly.