

BACIO GELATO

THC23 INDICA-DOMINANT



AT A GLANCE

Effective Dose

Cultiva Bacio Gelato THC23
0.3g nocte (0.3g daily)

CBD/THC Balanced Oil 10:10mg/ml
0.5ml nocte (5:5mg nocte)

Method of Administration

Inhalation, Storz & Bickel Mighty Medic
(TGA-approved vapouriser)

Patient Outcomes

- Sleep onset latency decreased from 30 to 15 minutes
- Wake after sleep onset reduced from 45 to 30 minutes
- Significant improvements in daytime fatigue, motivation, and concentration
- Able to achieve a full night of sleep on most nights
- Able to cease PRN Diazepam use

PATIENT PROFILE

Age 44 **Sex** Female

Presenting Diagnosis

Insomnia

History

Long standing history of insomnia
for over 20 years

Comorbidities

DM type 2
Hypertension

Presenting Symptoms

Sleep onset difficulty
Sleep maintenance difficulty
Fatigue

Previous Therapies

Temazepam 10mg nocte
Clonazepam 2mg nocte
Conducted sleep studies
Sleep hygiene implementation
Psychotherapy

Impact on Life

Ongoing fatigue affecting
daily motivation and
concentration abilities

Current Therapies

Melatonin
Amlodipine 5mg
Metformin 500mg
Diazepam 5mg PRN
Meditation
Yoga



TREATMENT PLAN

Week 01

Cultiva Bacio Gelato THC23
0.1g nocte (0.2g daily)

CBD/THC Balanced Oil 10:10mg/ml
0.2ml nocte (2:2mg nocte)

Slight improvement in sleep onset latency, reduced to 30 minutes, but wake after sleep onset remained unchanged. Patient reported feeling cautiously optimistic but noted no significant changes in daytime fatigue. Medicinal cannabis was well-tolerated without adverse effects.

Week 02

Cultiva Bacio Gelato THC23
0.2g nocte (0.3g daily)

CBD/THC Balanced Oil 10:10mg/ml
0.3ml nocte (3:3mg nocte)

Sleep onset latency continued to decrease, now at 20 minutes. Notable reduction in wake after sleep onset to 45 minutes. Patient reported feeling more rested in the morning and experienced a slight improvement in daytime fatigue. There were no changes in pharmacotherapy or complementary therapies.

Week 03

Cultiva Bacio Gelato THC23
0.3g nocte (0.3g daily)

CBD/THC Balanced Oil 10:10mg/ml
0.5ml nocte (5:5mg nocte)

Sleep onset latency further decreased to 15 minutes, and wake after sleep onset reduced to 30 minutes. Patient reported significant improvements in daytime fatigue with increased motivation and concentration.

Week 04

Cultiva Bacio Gelato THC23
0.3g nocte (0.3g daily)

CBD/THC Balanced Oil 10:10mg/ml
0.5ml nocte (5:5mg nocte)

Sleep onset stabilised at 15 minutes. Patient reported significant improvement in sleep with minimal instances of wake after sleep, with full night sleep duration on most nights reported. Patient described feeling more refreshed in the morning and more engaged in daily activities.

PATIENT OUTCOMES

Effect on Symptoms

- Sleep onset latency decreased from 30 to 15 minutes.
- Wake after sleep onset reduced from 45 to 30 minutes.
- This led to feeling more rested in the morning and significant improvements in daytime fatigue, motivation, and concentration.
- Able to achieve a full night of sleep on most nights as treatment progressed.
- Able to cease PRN Diazepam use.

Effect on Daily Life

- Reduction of daytime fatigue led to increased motivation and concentration.
- Experiencing full night sleep on most nights which patient had not experienced in 10+ years.

Patient Satisfaction

- Patient expressed high satisfaction with treatment, especially ability to experience undisturbed sleep.
- Patient reported feeling more rested and fresh in the morning which helped her better engage in daily activities.

Doctor's Note

- Patient demonstrated a positive response to medicinal cannabis as an adjunctive treatment for insomnia.
- Objective improvements in sleep parameters and subjective improvements in daytime functioning suggest a beneficial effect.
- Continued monitoring and adjustment of the treatment plan are recommended for optimal management of insomnia in this patient.