

# Suggested Treatment Guideline

## Insomnia

### Step 01 Review Typical Presentation Pattern

- Difficulty initiating or maintaining sleep
- Sleep disturbance secondary to pain or anxiety
- Nocturnal hyperarousal and nightmares associated with PTSD
- Patients not responding to or intolerant to non-sedating formulations (e.g. CBD-dominant)
- Sleep disturbance associated with PTSD symptoms

Proceed to next step



### Step 02 Confirm appropriate patient population

- Patients seeking anxiety and pain relief in the evening
- Moderate to severe insomnia with co-existing anxiety, chronic pain or PTSD
- Prior experience with THC-containing products (in most cases)
- Patients already using daytime formulations seeking adjunctive night-time relief
- Patients who have failed other sleep medications.
- Suitable for evening use
- Caution in elderly or polypharmacy patients – start low and titrate carefully

Proceed to next step



### Step 03 Select Strain Based on Clinical Need

#### Cultiva Signature – Red Velvet

THC 25 % | CBD < 1 % | CBG < 1 %

- Indica-dominant, farnesene-rich profile (3.6 % total terpenes)
- Calming mental effects + deep physical relaxation + anti-inflammatory/pain-modulating effects
- May support sleep initiation and anxiety-related insomnia

#### Cultiva Signature – Noir Diamant

THC 30 % | CBD < 1 % | CBG < 1 %

- Potent indica-dominant cultivar (4.7 % total terpenes)
- Strong muscle relaxation and sedation potential
- Suitable for patients with pain-related or treatment resistant insomnia

Proceed to next step



### Step 04 Initiation and Patient Education

#### Starting Dose (Guidance Only)

- Inhaled via TGA-approved vaporiser  
Start with 1 inhalation (approx. 0.2g flower @ ~3 mg THC delivered) in the evening 15-30 min before bed.  
Increase gradually to 2-3 inhalations as tolerated, if required, allowing at least 5-10 min between inhalations  
Advise consistent timing to reinforce circadian rhythm training

- **Onset of Action:** 5-10 minutes
- **Duration of Effect:** 2-4 hours

\*Always establish maximum daily and monthly THC limits and document patient understanding of potential side effects.

Proceed to next step



### Step 05 Safety Considerations

- Advise patient to avoid driving or operating machinery after THC use
- Use shared decision making to determine measurable treatment goals
- Always discuss and document a treatment cessation strategy if benefit is not demonstrated

#### Monitor for:

- Next-day sedation or grogginess
- Dizziness/orthostatic hypotension in new or elderly patients
- Cognitive impairment
- Potential interactions with CNS depressants (e.g. alcohol, benzodiazepines, opioids)
- Potential for greater sensitivity to CBD / THC in elderly populations
- Tolerance / dependence

Proceed to next step



### Step 06 Follow-Up & Adjustment

**Timing:** Review in 2-4 weeks of evening use.

- **Assessment:** Track sleep latency, night awakenings, overall sleep quality, and daytime alertness.

- Maintain dose if effective
- Consider adding a long-acting medication, if needed