
CBD and Melatonin for Sleep: How Do They Compare?

Tossing and turning...waking up at 3 am with your mind racing...watching the clock tick closer and closer to morning... Sound familiar? If so, you know that a bad night's sleep can ruin your day. When it happens regularly, you can build up a sleep debt that's not easy to overcome.

If you've been searching for solutions to sleep problems, you may be wondering about using CBD and melatonin for sleep. The good news is that CBD and melatonin can work synergistically to give you a better night's sleep.

We've created this guide to answer all your questions about CBD and melatonin for sleep so you can determine if they're the right fit for you. Read on, and get ready for a restful night.

What Causes Poor Sleep?

Sound, unbroken sleep is the foundation for functioning at your best. Sadly, poor quality sleep and lack of sleep are all too common. Up to [70 million adults](#) in the United States alone suffer from sleep disorders.

Why do we have so much trouble sleeping? There are many factors contributing to the epidemic:

- **Stress** – Demanding workplaces, long commutes, busy personal lives — in today's world, it's hard to avoid the kind of stress and anxiety that can keep you up at night.
- **Artificial Lighting and Electronics** – Most of us spend the evenings on our phones or in front of our TVs (or both). While scrolling your feed or watching a favorite show can feel like a good way to unwind after a long day, the [blue light](#) from electronic devices can disrupt your brain's sleep-wake cycle.
- **Sedentary Lifestyle** – For most people, physical activity naturally leads to better sleep. But with so much time spent sitting in our cars and offices, it's a struggle to find time to get up and move each day. This can contribute to feelings of restlessness and excess energy at night.

How CBD and Melatonin Can Improve Your Sleep

Sleep disorders can be a challenge to overcome. Remedies for sleep are highly individual, and what works for some people doesn't work for everyone. In addition, many people are concerned with the possibility of [habit-forming side effects](#) when using prescription medications for sleep.

CBD and melatonin are two solutions that may offer a natural alternative to help with sleep problems. Each affects your body slightly differently. Together, they can work in tandem to enhance your body's own ability to fall asleep and sleep more soundly.

To understand why they work so well together, let's take a closer look at how each one affects your body.

How Does Melatonin Work?

[Melatonin](#) is a hormone that's naturally produced by your brain. It's known to play a key role in the sleep-wake cycle (also known as your circadian rhythm).

Here are a few key factors to know about how melatonin works in your body:

- **Helps You Fall Asleep** – Melatonin is released in your brain to help you fall asleep. It works most effectively when you stick close to a regular bedtime, so your brain produces it when you need it.
- **Works in Tandem With Your Circadian Rhythm** – Our brains are wired to release melatonin as evening approaches and light decreases. Overexposure to light at nighttime, especially blue light waves from electronic devices, throws off the brain's sense of when to release melatonin.
- **Production Declines Over Time** – As you age, the amount of melatonin produced in your body decreases. This may be one reason why older people often struggle more with insomnia.

Luckily, melatonin supplements seem to work similarly to your body's own melatonin. A review of [19 studies](#) involving over 1600 participants found that the use of melatonin supplements showed a significant link to improved sleep quality.

How Does CBD Work?

CBD is a type of molecule known as a **cannabinoid**. Our bodies naturally produce another kind of cannabinoid, called an **endocannabinoid**. CBD is what's known as a phytocannabinoid (a cannabinoid derived from plant sources, like hemp).

Because it's so similar to our own endocannabinoids, CBD can bind to endocannabinoid receptors found throughout our bodies. Collectively, these receptors are known as the [endocannabinoid system](#), or the ECS.

Scientists are still studying the ECS to learn exactly what it's responsible for. However, we do know that the ECS plays a part in regulating: