

Minnesota Medical Cannabis Program Petition to Add a Qualifying Medical Condition

Making your petition

- Any person may petition the Minnesota Department of Health ("the department" or "MDH") to add a qualifying medical condition to those listed in subdivision 14 of Minnesota Statutes section 152.22.

**Petitions are accepted only between June 1 and July 31, each year.
Petitions received outside of these dates will not be reviewed.**

Petitions must be sent by certified U.S. mail to:

Minnesota Department of Health
Office of Medical Cannabis
P.O. Box 64882
St. Paul, MN 55164-0882

- You must mail the original copy of the petition with an original signature.
- Complete each section of this petition and attach all supporting documents. Clearly indicate which section of the petition an attachment is for.
- Each petition is limited to one proposed qualifying medical condition.
- If a petition does not meet the standards for submission, it will be dismissed without being considered.
- If the petition is accepted for consideration, MDH will send the petition documents to the Medical Cannabis Review Panel ("Review Panel"). MDH staff will also provide information to the Review Panel about the proposed qualifying condition, its prevalence, and the effectiveness of current treatments.

Petition review process

- The Review Panel meets at least once a year to review all eligible petitions.
- MDH will post notice of the public hearing on its medical cannabis website.
- After the public meeting and by November 1, the Review Panel will provide the Commissioner of Health its written report of findings.
- The Commissioner will approve or deny the petition by December 1 of the year the petition is accepted for consideration.

- You may withdraw the petition before the Review Panel's first public meeting of the year by submitting a written statement to the Department stating that you wish to withdraw it.

Section A: Petitioner's Information			
Name (First, Middle, Last): [REDACTED]			
Home Address (including Apartment or Suite #): [REDACTED]			
City: [REDACTED]		State: MN	Zip Code: [REDACTED]
Telephone Number: [REDACTED]		Email Address: [REDACTED]	

Section B: Medical Condition You Are Requesting Be Added
<p>Please specify the name and provide a brief description of the proposed qualifying medical condition. Be as precise as possible in identifying the condition. Optional: Include diagnostic code(s), citing the associated ICD-9 or ICD-10 code(s), if you know them. <i>Attach additional pages as needed.</i></p>
<p>I propose that Insomnia ICD-10:F51.0 be recognized as a qualifying condition to receive medical marijuana under subdivision 14 of the Minnesota Statutes section 152.22. Insomnia is defined by The Mayo Clinic as a persistent disorder that can make it hard to fall asleep, hard to stay asleep or both, despite the opportunity for adequate sleep. With insomnia, you usually awaken feeling unrefreshed, which takes a toll on your ability to function during the day. Insomnia can sap not only your energy level and mood but also your health, work performance and quality of life.</p>

Section C: Symptoms of the Proposed Medical Condition and/or Its Treatment

Describe the extent to which the proposed qualifying medical condition or the treatments cause suffering and impair a person's daily life. *Attach additional pages if needed.*

Insomnia often makes effected people feel zombie-like, as though they are being dragged through life without actually enjoying the experience. It causes much stress to the individual and can lead to other health problems. The most common treatment is sleep medication which is often highly addictive and many of the risks of this medication can outweigh the initial problem.

Section D. Availability of conventional medical therapies

Describe conventional medical therapies available and the degree to which they ease the suffering caused by the proposed qualifying medical condition or its treatment. *Attach additional pages if needed.*

Conventional therapies range from chiropractic care, to talk therapy, to pills, to acupuncture, to herbal remedies such as melatonin and velarion root. As each case of insomnia is different, some or all of these remedies may not work. Medication is habit forming and often only prescribed for short periods of time, people can become addicted as well as suffer from many other side effects that come from taking medications. Herbal remedies are wonderful for people whom they work for, but they are not always enough for people who suffer from more severe insomnia. Talk therapy has been proven to be helpful, but treatment may take months in order to take effect in the patient.

Section E: Anticipated benefits from Medical Cannabis

Describe the anticipated benefits from the medical use of cannabis specific to the proposed qualifying medical condition. *Attach additional pages if needed.*

Marijuana would give people a non-addictive, herbal option that works to help them sleep. In the attached article you will find that Marijuana helps people fall asleep faster, stay asleep, and sleep longer. This is all people who suffer from insomnia want.

Section F (optional): Scientific Evidence of Support for Medical Cannabis Treatment

It will strengthen your petition to include evidence generally accepted by the medical community and other experts supporting the use of medical cannabis to alleviate suffering caused by the proposed medical disease or its treatment. This includes but is not limited to full text, peer-reviewed published journals or other completed medical studies. Please attach complete copies of any article or reference, not abstracts.

I have attached relevant articles. *(check box if you have attached scientific articles or studies)*

Section G (optional): Letters in Support of Adding the Medical Condition

Attach letters of support for the use of medical cannabis from persons knowledgeable about the proposed qualifying medical condition, such as a licensed health care professional.

I have attached letters of support. *(check box if you have attached letters of support)*

Section H: Acknowledgement and Signature

Please Note: Any individually identifiable health information relating to any past, present, or future health condition or health care contained in this Petition is classified as a health record under Minnesota Statutes §144.291, and is not subject to public disclosure.

I certify that the information provided in this petition is true and accurate to the best of my knowledge.



SIGNATURE

07/11/2016

DATE (mm/dd/yyyy)

*To obtain this information in a different format, call:
(651) 201-5598 in the Metro area and (844) 879-3381 in the Non-metro.*

5 Ways Marijuana Affects Your Sleep

NOV 25, 2013



It's common for people to use marijuana before bed time, whether out of habit or necessity. Now, research on marijuana and sleep helps explain why.

Besides easing insomnia, marijuana seems to have a wide range of effects on sleep.

This is because chemicals in marijuana, known as cannabinoids, actually mimic the activity of chemicals found naturally in the brain.

These chemicals and their biological pathways make up the body's endocannabinoid system, which is responsible for regulating sleep, among other things.

Likewise, research shows that marijuana can also have a direct impact on sleep. Here's 5 of the most important effects that studies have identified so far.

1. Easier Falling Asleep



(Photo: clinicaomegazeta.com)

Some of the earliest research on marijuana and sleep shows that marijuana's main ingredient, THC, can significantly reduce the time it takes for both insomniacs and healthy people to fall asleep.

In a small study published in 1973, THC reduced the time it took for 9 subjects with insomnia to fall asleep by over an hour on average. However, the researchers noted that too high of a dose could counteract the effect.

THC was also found to ease falling asleep in a 2013 study involving healthy subjects.

2. Longer Sleep

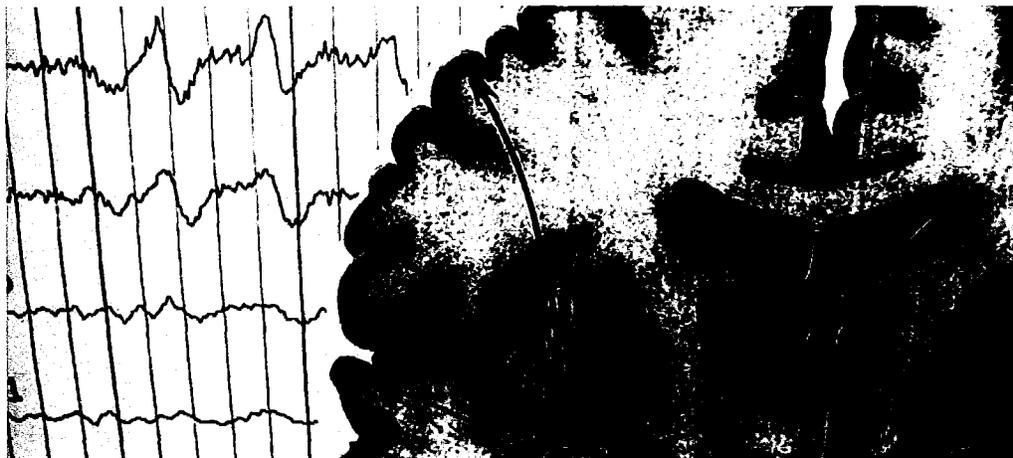


(Photo: WikiHow)

Early studies also revealed that taking either THC or CBD before bed could lead to an increase in overall sleep. In one study, increasing the dose of THC also increased the amount of time spent sleeping.

However, higher doses of THC also caused a “hang over” feeling in some subjects when they woke up, while the feeling was not present at lower doses.

3. More Deep Sleep



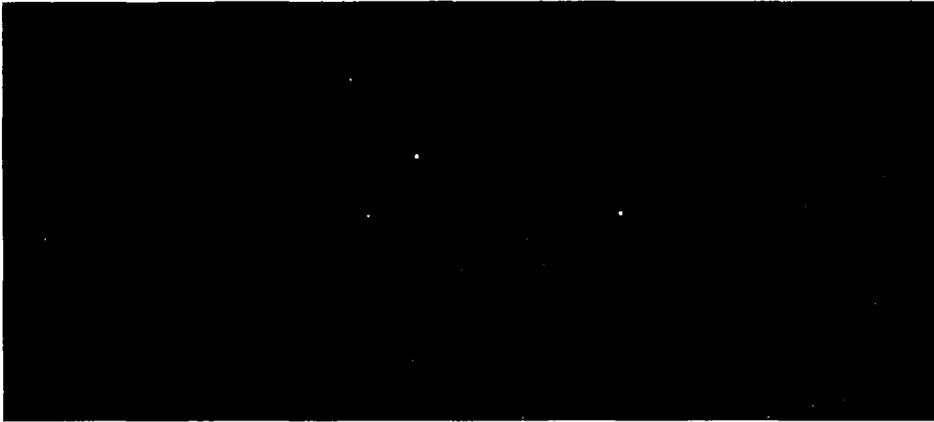
(Photo: cobalt123/Flickr)

Some of the more interesting effects of marijuana on sleep involve its impact on the sleep cycle. Studies show that THC can increase the amount of slow-wave sleep, also known as deep sleep, that an user experiences during their slumber.

This is likely a good thing, since deep sleep is believed to play a major role in the restoration process that occurs during sleep.

What’s more, experts believe that the most damaging effects of sleep deprivation result from a lack of slow-wave sleep. For example, research has shown that reduced slow-wave sleep can be a strong predictor of high blood pressure in older men.

4. Shorter REM Sleep



(Photo: uhdwallpapers.org)

Another way marijuana affects the sleep cycle is a reduction in REM sleep. Many people who smoke before bed report a lack of dreaming, which only occurs during REM sleep.

While less REM sleep could be seen as a negative effect of marijuana use, scientists are still not sure what purpose REM sleep actually serves.

However, people who quit after using marijuana on a frequent basis often experience an increase in REM sleep, also known as the “REM rebound” effect, which is accompanied by an increase in dreaming and restlessness during sleep. But this effect tends to wear off within days or weeks, depending on the individual.

5. Better Breathing



(Photo: Huffington Post/Getty)

When it comes to medical use, marijuana could offer an incredible benefit to the approximately 25% of men and 9% of women who suffer from a disorder called sleep apnea.

Sleep apnea is characterized by disrupted breathing during sleep, and has been linked to a number of serious conditions, including diabetes and heart problems. Unfortunately, the vast majority of sleep apnea sufferers remain undiagnosed and untreated.

Even of those who seek treatment, many eventually give up on wearing a CPAP mask every night.

But that's where marijuana may help, as researchers are currently trialing THC as an alternative, with early results already showing promise. If clinical trials are successful, sleep apnea patients may one day have the option of swapping a bulky sleep mask for popping a few pills before bed.