

Title: The Impact of Marijuana as a treatment for Insomnia

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Given the recent introduction of Marijuana as an effective tool in the treatment process of insomnia, the main aim of the present study is to investigate the exact nature of the impact. Therefore, the study is primarily focused on the real effect of prescribing Marinol® as an effective treatment of insomnia. A target group of 60 patients suffering from chronic insomnia in Milan Psychiatric Hospital are selected and divided into two groups of intervention and control group. The reported data collected through a time span of six months would be used as assessment criteria. REM and Non-REM sleep are also further analyzed. This randomized control trial is thus concentrated on the impact of the Dronabinol prescription on the duration of sleep in these patients. Ultimately, the correlation between the use of Dronabinol sleeping time of the sample group would be presented in a detailed table.

Biography

Yasin Ahmadi has completed his master in Clinical Psychology at University of Bergamo, Italy. He has experienced research training at The New School and New York University and also supervised by Dr. Francesca Morganti (University of Bergamo, Italy) and Dr. Giorgo Tasca (University of Ottawa, Canada)

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