

# Here Are The Benefits of CBD/CBN for Sleep & Pain, According to Industry Leader The Strictly Co

*CBD, touted as a safe alternative to prescription sleep medications, serves as an excellent choice for its relatively low toxicity.*

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/EINPresswire.com/ -- When individuals struggle with sleep, it's normal to want to find a cure that will help them get the rest they need. Industry leader The Strictly Co says on their hunt for

products that can help them, individuals would likely have come across CBN and CBD.



"Many people have complained about tossing and turning at night, struggling to fall asleep. In fact, millions of people across the country have difficulty getting a good night's rest. According to the Centers for Disease Control and Prevention (CDC), about 70 million American adults suffer from chronic sleep problems. This is where gelatin-free CBD gummies come into the picture," a representative of The Strictly Co said in a statement.

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Happiness consists of getting enough sleep. Just that, nothing more.”

*Robert A. Heinlein*

Although broad resources are available to help improve sleep—from vitamin supplements and medications to sleep training and gadgets—more are turning to CBD and Ashwagandha for a more potent effect.

CBD is among the most abundant in the Cannabis Sativa plant and is known to benefit sleep. In fact, CBD helps people with various sleep issues, such as insomnia and restless leg syndrome, as well as other disorders.

Like CBD gummies, CBN (cannabinol) gummies are among the more than 100 cannabinoids found in cannabis. These chemicals react to specific receptors in the body and can potentially

help you get quality sleep, battle sleep disorders and insomnia, and more.

The CBD tinctures for sleep are made with all-natural ingredients and come in four delicious flavors: peppermint, blue raspberry, lemon, and cherry. They are also easy to take and work quickly to help individuals relax and drift off to sleep. On top of this, they are completely natural and free of any harsh chemicals or artificial additives.

Vegan CBD gummies are one of the most convenient ways to take [CBD for pain](#). They're easy to carry with those on the go, and they don't need any particular preparation like some other types of CBD. Individuals only need to pop a gummy in their mouth and enjoy the mouthwatering flavor as they settle and prepare for bedtime.

The powerful formula utilizes potent plant-based ingredients such as aloe vera, witch hazel, coconut oil, and more to soothe and protect the skin. In addition, the proprietary blend of CBD pain relief cream penetrates the skin to target pain and inflammation at the source.

Those looking for a natural way to relieve pain and inflammation and want to [buy CBD gummies](#) may visit [www.strictlycbd.com](http://www.strictlycbd.com) to get started. Others who wish to learn more about The Stricly Co and its complete list of game-changing products may follow its social channels for more information.

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Strictly Sleep Gummies



Strictly Sleep Tinctures

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