

Dreaming About Nite Bites: A Closer Look at Our THC CBN Edibles

How does our food impact our days? What about our nights? At Pantry, we believe food is part of overall wellness. As such, nutrient-dense food made of high-quality, powerful, and thoughtful ingredients is the recipe for both a [good day](#)...and a good night.

The importance of getting good sleep

Ever lose a night of sleep? Maybe you had to cram for a deadline at work or school. Or, you were traveling across time zones and struggled to adjust. What did you feel like?

One missing night of sleep is enough to increase daytime drowsiness and increase brain fog. What happens if someone struggles with sleep over many nights?

In the immediate future, people are more likely to get in car accidents or fall, since sleep deprivation impacts coordination and reaction time. Work performance suffering because of inability to concentrate is common, too. When you don't feel well, when you're not rested, you don't do well. For the chronically sleep-deprived, there are some increased risks for serious health conditions like diabetes and high blood pressure.

Sleep aids are best when taken to complement healthy sleep habits - called sleep hygiene. Good sleep hygiene comes from a holistic look at health, and includes these tips:

- **Consistency:** Go to bed and get up at the same time each day, including weekends and vacations. Even if you can't sleep, establishing the structured, predictable quiet time helps your body adjust its natural internal clock over time.
- **Comfort:** Set up the environment to be pro-sleep. For a lot of people, this means a cool, quiet, dark room. Others may choose to use white noise in the background.
- **Conscious consumption:** Alcohol, large meals, and caffeine can all negatively impact sleep when consumed later in the day.
- **Goodbye, screens:** Tvs, computers, phones, even backlit readers can interrupt sleep not only by keeping the lights on (reducing melatonin production), but they engage the brain. And, depending on what you're reading or watching, can make things like anxiety worse.
- **Get active:** But during the day, and not too late! Most people benefit from physical activity at least a few hours before bedtime.

We designed our [Nite Bites](#) to work in tandem with a holistic approach to better sleep. The bites are custom formulated with the assistance of chefs to bring the best ingredients together to help people drift into the sleep they seek.

Goodness for good nights

Every ingredient of our Nite Bites was carefully thought out and masterfully combined for the optimal pro-sleep effects. Here's what's packed in them:

The cannabinoids: CBN and THC

A dynamic duo, these cannabinoids are believed to work together to provide a relaxing effect that may reduce inflammation, provide pain relief, and improve overall sleep quality.

Tetrahydrocannabinol (THC) is the best known cannabinoid, famous for its "high," but also great to ease symptoms of things like anxiety and depression.

Cannabinol (CBN) is the new kid on the block; it's what THC ages into over time. There aren't really studies that focus on *just* CBN, but many people believe that CBN, particularly when combined with THC for the entourage effect, is the most sedative cannabinoid and ideal for sleep concerns.

Valerian Root

With a solid track record, valerian root is a natural sedative popular for treating insomnia and easing anxiety. Beyond that, it helps improve focus, reduce stress, support a healthy heart, and promote restful sleep. Beyond personal stories, studies have found that valerian root can help [treat insomnia](#) without noticeable side effects.

L-theanine

Found in tea leaves and named in 1949, the amino acid called L-theanine works as a natural sleep aid by boosting calming brain chemicals like GABA, serotonin, and dopamine. At the same time, it decreases the amount of brain chemicals associated with stress and anxiety.

Passionflower

Known for reducing inflammation and lowering blood pressure, passionflower is widely considered a natural sedative for the promotion of sleep. Two of its most common uses? Easing anxiety and addressing insomnia.

Melatonin

Melatonin is actually a hormone! Humans and other animals make it in their bodies, and it's the primary hormone responsible for regulating our circadian rhythms - our internal clocks. Easily found in shops, melatonin is non-toxic and non-impairing, considered safe for most following a proper dose.

While melatonin itself doesn't *technically* put you to sleep, it puts your body into a quiet relaxation, which allows sleep to take hold. It's known to aid those with insomnia and other sleep disorders, and can help you reset your sleep cycle.

Cocoa Powder

Used for millennia and originating in Central America, cocoa powder is a product from cacao beans. Rich in polyphenols, including flavanols, these antioxidants can help reduce inflammation and other effects of free radicals in the body.

Cocoa powder also contains theobromine - which helps blood flow through the body for better nutrient absorption and cognitive support - as well as tryptophan. Tryptophan stimulates the products of serotonin and melatonin both, which are said to aid the onset of restful sleep.

1:1 cannabinoid ratio for optimal support

Not surprisingly, we find cannabinoids to be one of the essential ingredients for a good night's rest. We mentioned earlier the two cannabinoids THC and CBD, as well as something called the entourage effect.

Our Nite Bites have a delightful 1:1 ratio of THC to CBN, so it's got just enough of both cannabinoids to gently tackle physical and mental conditions preventing restful sleep. Working together, THC and CBN calm the mind, reduce pain and inflammation, and typically lull folks into a gentle sleep.

Add a bit of [dark chocolate decadence](#) before bed and foster better sleep with our healthy take on edibles.