

Cannabinoid 101: What is CBN?

In recent years CBD has become one of the biggest health trends throughout the world, and for a good reason. Cannabidiol, or CBD, is a psychoactive cannabinoid used by millions worldwide to treat and manage a host of conditions, including anxiety, depression, sleep disorders, and even arthritis.

While CBD and its psychoactive cannabinoid counterpart THC are relatively well known, there are over 100 unique cannabinoids found in cannabis, including CBN. What exactly is CBN, how is it different from CBD or THC, what are its effects, and is it beneficial for you? Thankfully at Green Goddess Collective, we're here to help answer all of these questions and more in this concise educational breakdown.

What Is CBN?

Cannabinol, or CBN, is one of many unique cannabinoids found within the cannabis plant. It was first discovered in [1896](#) and was initially thought to be responsible for the intoxicating "high" commonly associated with cannabis consumption, although this was later discovered to be tetrahydrocannabinol (THC). Unlike THC, CBN is considered only mildly psychoactive, meaning it's non-intoxicating and won't get you high.

It is found in only trace quantities in fresh cannabis and in larger quantities in aged cannabis. This is because cannabinol (CBN) is not converted from cannabigerol (CBG) or cannabigerolic acid (CBGA) like most cannabinoids, but is rather a degraded byproduct of oxidized tetrahydrocannabinolic acid (THCA). Essentially, when exposed to heat, light, and oxygen, THC converts into CBN.

What Are The Benefits Of CBN?

Cannabinol offers users a potential host of purported health benefits, including [anxiolytic](#), [anti-inflammatory](#), and even [antibacterial](#) effects. While cannabinoid research, and particularly research into CBN, is still very much in its infancy, there are an array of promising studies currently available. Current research indicates a variety of potential benefits that CBN can provide, mainly when used in conjunction with other cannabinoids.

One of the more commonly purported properties of CBN is its sedating effects. According to a 2011 [scientific article](#), research shows that CBN may help alleviate insomnia and other sleep disorders by causing feelings of relaxation and even sedation, particularly when used in conjunction with other cannabinoids such as THC.

CBN may have remarkable neuroprotective properties and could even help prevent or treat neurodegeneration. In a [comparative study](#) conducted on rodents, researchers found that CBN may potentially delay the onset of amyotrophic lateral sclerosis, commonly known as ALS or Lou Gherig's disease.

Research has also indicated that CBN may be able to help stimulate appetite. In a [rodent-focused study](#), it was shown that CBN could increase the food intake of subjects. This may help those battling eating disorders better manage their condition and improve their overall quality of life.

Is CBN Right For Me?

While more human clinical trials need to be conducted to determine the full range of effects and benefits cannabinoids can provide, these studies help showcase the promise that CBN has to offer. So should you incorporate CBN into your daily routine akin to CBD? That ultimately depends on your personal preference and if you think CBN could help benefit you. Given a lack of notable side-effects, it may very well be worth exploring.

We hope this article can help better inform your decision. At Green Goddess Collective, we pride ourselves on our ability to support and educate our clients. When starting any therapeutic regimen, be sure to talk to your healthcare provider. They can help ensure there aren't any conflicts with any existing medications and can help you map out a treatment plan that's most effective for you.