

After a long gaming session, many players find themselves staring wide-eyed at the ceiling, unable to fall asleep. If you're wondering, "Why can't I sleep after gaming? Is it the screens or the adrenaline?" you're not alone. Sleep disturbances post-gaming are common, and uncovering the root cause can help you build a better wind down routine. This blog post breaks down the science behind why gaming affects sleep, explores the role of blue light from screens, examines how adrenaline impacts your nighttime rest, and even considers whether supplements like CBD gummies might help — with a special nod to Joy Organics and the regulatory landscape set by the FDA and the World Anti-Doping Agency (WADA).

Why Is Sleep Important After Gaming?

Sleep is foundational for cognitive performance, emotional resilience, and physical recovery. For gamers, good sleep isn't just about feeling rested—it can make a measurable difference in reaction time, memory recall, strategic thinking, and overall gameplay. So, understanding why sleep is disrupted after gaming — and what actually helps — is crucial.

The Two Usual Suspects: Screens and Adrenaline

Broadly speaking, two big factors can keep you up after gaming:





- **Screen Exposure:** Blue light from monitors, TVs, and phones suppresses melatonin production, a hormone that signals your body to wind down.
- **Adrenaline and Arousal:** Competitive gaming triggers the release of stress hormones like adrenaline and cortisol, boosting alertness just when you want to relax.

Screen Time and Blue Light: How Much Does It Matter?

Blue light exposure in the evening disrupts your circadian rhythm by inhibiting melatonin release. This is why sleep experts often recommend you stop screens before bed—ideally an hour or two before trying to fall asleep.

Yet, the evidence is mixed about how much blue light alone impairs sleep in gamers. Some studies show that gaming on bright screens delays sleep onset and reduces total sleep time, but for many, it's not just the light—it's also what the brain is doing while gaming.

Adrenaline: The Gamer's Double-Edged Sword

Intense gaming spikes adrenaline and cortisol. These stress hormones increase heart rate, blood pressure, and alertness—all great for high-stakes plays but lousy for nodding off later.

Think of it like a fight-or-flight response activated just when your body should be winding down. Even if you turn off the screen, <https://www.tribality.com/articles/does-cbd-do-anything-for-gamers/> your brain may stay keyed up, making "sleep after gaming" difficult.

CBD Basics and THC Distinctions: Could Cannabidiol Help?

Faced with sleep troubles, some gamers have turned to **CBD supplements** to help relax. CBD (cannabidiol) is a non-psychoactive compound found in hemp and cannabis plants touted for potential anxiety reduction and sleep-support properties. Companies like **Joy Organics** specialize in high-quality, broad-spectrum CBD gummies and tinctures targeted toward wellness.

But before you hit "buy," it's crucial to understand the distinctions:

- **CBD vs. THC:** Unlike THC (tetrahydrocannabinol), CBD does *not* cause a high. THC is psychoactive and remains tightly regulated.

- **Hemp Legality:** In the U.S., hemp-derived products must contain less than 0.3% THC by dry weight to be legal, as defined by the **Food and Drug Administration (FDA)** and federal law.
- **WADA and Competitive Gaming:** The **World Anti-Doping Agency (WADA)** bans THC but exempts CBD, making CBD generally safe for esports athletes to use without risking doping violations—provided products are third-party tested and free of forbidden substances.

The Legality and Safety Puzzle

Legality aside, CBD gummies and oils vary wildly in quality. Without third-party lab results showing cannabinoid levels and contaminants, it's impossible to verify the label's accuracy. Joy Organics, for instance, provides up-to-date lab reports on every batch, a transparency standard I personally look for.

Evidence Strength: Anxiety vs Sleep vs Performance

Regarding scientific support:

- **Anxiety Reduction:** Moderate evidence suggests *CBD may help reduce anxiety*, which can indirectly improve sleep by quieting racing thoughts post-gaming.
- **Sleep Quality:** Research on CBD improving sleep directly is less robust. Some findings are promising, but comprehensive large-scale human trials are still needed.
- **Gaming Performance:** There's little to no data suggesting CBD enhances in-game reaction time or accuracy. However, less anxiety might improve focus for some.

Dosing Mismatches: Gummies vs. Clinical Studies

One common confusion is dosing. Clinical studies on CBD frequently use 300–600 mg per day doses, while commercial gummies usually offer 10–25 mg per serving. This *dosing mismatch* means many over-the-counter gummies may be too low to produce measurable effects seen in research.

If you decide to try CBD to support your wind down routine after gaming, here's a simple way to think about dosing:

Type	Typical Dose in Studies	Typical Dose in Gummies	Notes
Clinical Sleep/Anxiety Studies	300-600 mg/day	N/A	High doses, often purified CBD isolate or oil drops
Commercial Gummies (e.g., Joy Organics)	N/A	10-25 mg per gummy	May require multiple gummies to approach study-equivalent doses

Always remember: More is not always better, especially with supplements. Start low, observe effects, and consider consulting a healthcare professional, especially if you're taking medications.

Actionable Tips: How to Improve Sleep After Gaming

Whether it's the screens or adrenaline keeping you up, here's a practical *wind down routine* to help you sleep better after gaming:

1. **Schedule your gaming sessions early enough** so your last intense play ends at least 1-2 hours before bedtime.
2. **Implement a "stop screens before bed" rule**—use blue light filters, dark mode, or specialized glasses if you must use devices late.
3. **Practice relaxation techniques:** Try deep breathing, progressive muscle relaxation, or light stretching to reduce adrenaline.

4. **Consider supplements mindfully:** If CBD interests you, pick a reputable brand like **Joy Organics** that provides transparent lab testing, and start with a low dose.
5. **Maintain consistent sleep hygiene:** Keep your room cool, dark, and quiet. Avoid caffeine late in the day.

Summary: Screens, Adrenaline, and CBD in Sleep After Gaming

So, is it the screen's blue light or adrenaline that's primarily keeping you awake after gaming? The honest answer: it's usually a mix of both. Blue light delays melatonin release, while adrenaline revs your system up, competing with your body's natural sleep signals.

Supplements like CBD offer a potential tool for anxiolytic support, helping you unwind mentally, but evidence for direct sleep enhancement is weaker and dosing in commercial gummies often falls short of what's been studied clinically. Remember to choose hemp-derived CBD products with less than 0.3% THC—ensuring legality and compliance with organizations like the FDA and WADA.

By understanding these factors and crafting a thoughtful wind down routine that minimizes screen exposure and manages physiological arousal, you can improve your chances of restful sleep, recovering faster, and showing up sharper in your next gaming session.

About the author: As a former esports team manager turned health-and-science editor, I've spent nearly a decade translating supplement science into clear, practical advice for gamers. I'm always skeptical until I verify lab batch reports, and I keep a running list of "things sponsorship reads never mention." Sleep well, game well.. Of course, your situation might be different