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The Cannabis-Barometer – Medical Cannabis as an Effective Therapy for Sleep Disorders

A Survey of 1,086 Medical Cannabis Patients





Dr. Julian Wichmann M.D. Specialist and CEO of Bloomwell GmbH:



For years, the public debate surrounding medical cannabis has often talked 'about' patients rather than 'with' patients. This has led to skepticism, particularly towards those who start their medical cannabis treatment via online platforms with a questionnaire-based approach, rather than through their general practitioner. Some patients even face blanket accusations of misuse, especially when it comes to seemingly 'mild' conditions like sleep disorders.

However, if you speak with the patients themselves, it becomes clear that the consequences of sleep disorders are far from 'mild.' Cognitive impairments caused by lack of sleep significantly impact people's personal and professional lives..

To establish evidence-based conclusions and facts, Bloomwell initiated direct dialogue with individuals dealing with sleep disorders and conducted a survey of nearly 1,000 patients using medical cannabis to treat their sleep disorders.

The results should serve to debunk misconceptions that patients are misusing medical cannabis..

The severity of their conditions is immense, as is their need for effective treatments. Almost 93% reported they had already tried over-the-counter remedies, and 83.5% said they had used other medical sleep aids, which were significantly less effective than medical cannabis. Compared to other medical sleep aids, patients reported significantly fewer side effects with cannabis.

Encouragingly, almost 42% of respondents were able to reduce their intake of other medical sleep aids thanks to cannabis. More than 91% found cannabis to be more effective than non-prescription options. After often spending years unsuccessfully searching for solutions and enduring sleepless nights, these patients now have an alternative that truly helps them.



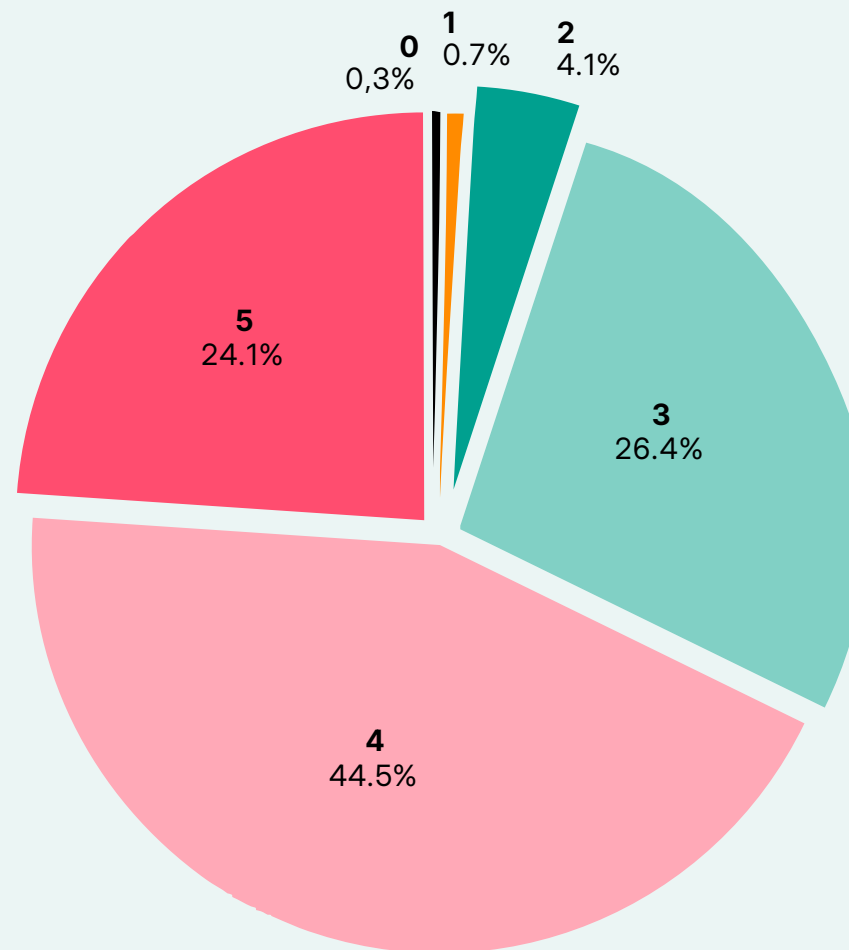
1

Impact of Sleep Disorders

Approximately 95% of respondents reported that their daily life and work are significantly affected by their sleep disorders (rating in the upper half of the scale).

Over two-thirds indicated a severe impact (rating of 4 or 5). 1% stated that their sleep disorder had little to no impact on their life (rating of 0 or 1).

How much do your sleep disorders impact your quality of life and work?



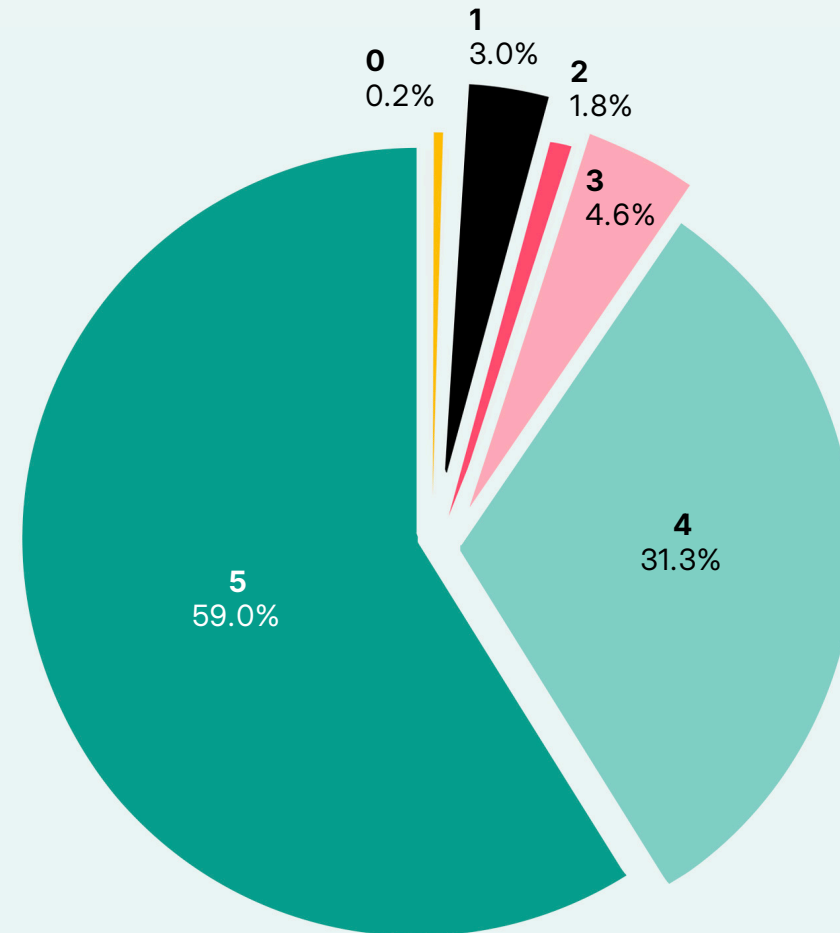
(0 = not at all, 5 = a lot)

2

Effectiveness of Medical Cannabis

95% of respondents rated medical cannabis as highly effective for treating their sleep disorders. Over 90% gave it a rating of 4 or 5, indicating strong therapeutic effectiveness.

How effective is medical cannabis in treating your sleep disorder?



(0 = very ineffective, 5 = very effective)

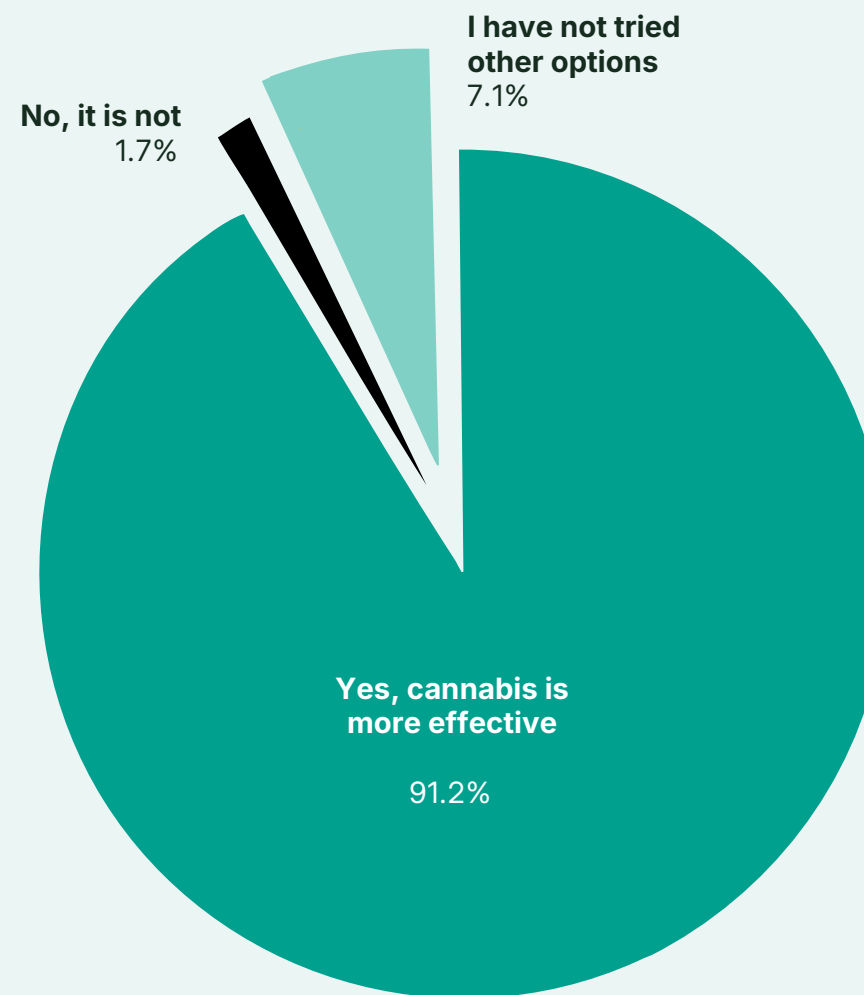


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Medical Cannabis vs. Over-the-Counter Sleep Aids

91.2% of respondents found medical cannabis to be more effective than over-the-counter sleep aids (e.g., valerian or melatonin). Only 1.7% believed cannabis was not more effective. Nearly 93% of respondents had previously tried over-the-counter options.

Does medicinal cannabis improve my sleep quality more effectively than other over-the-counter sleep aids?

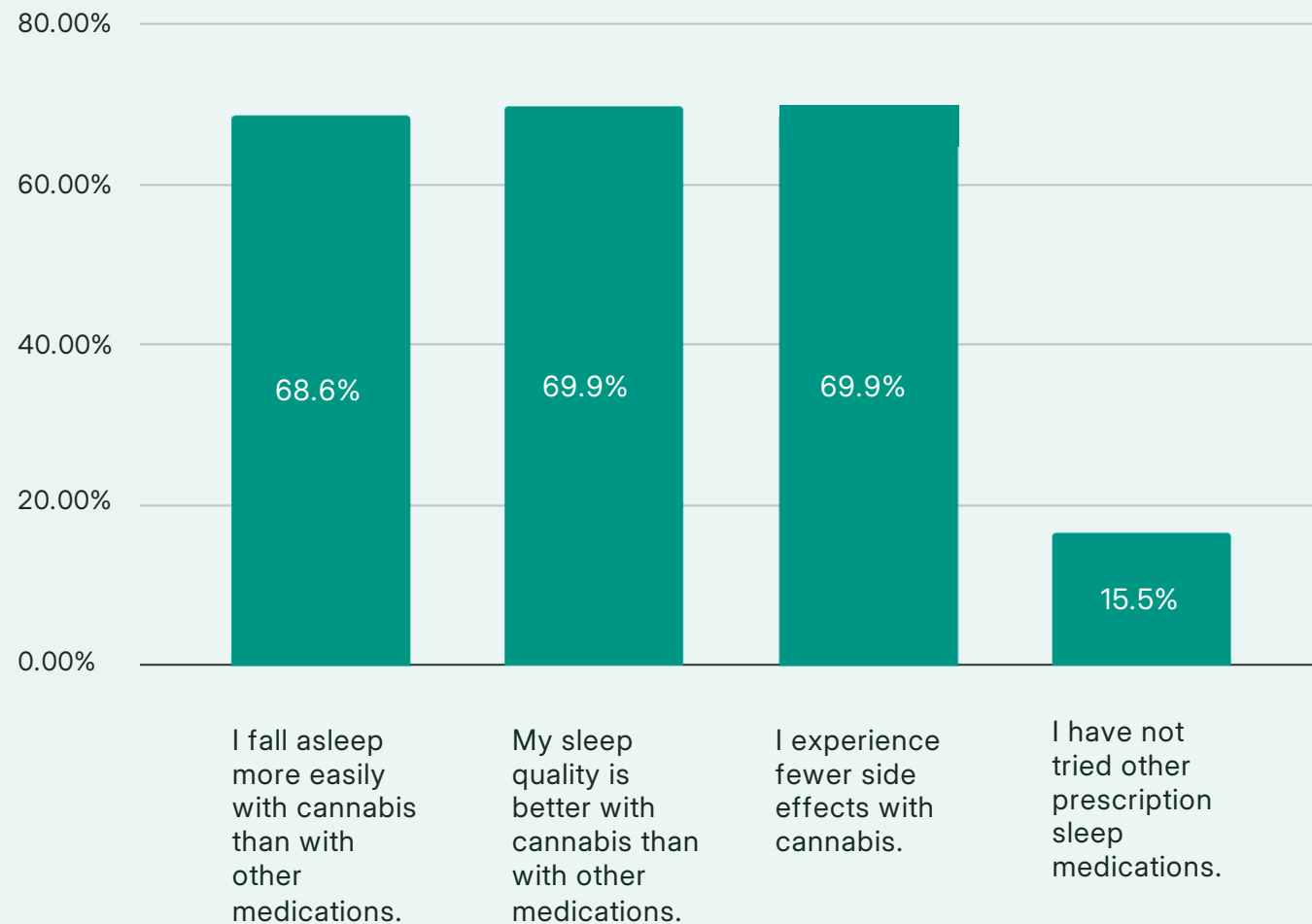




4

Medical Cannabis vs. Other Prescription Sleep Medications

Medical cannabis performs better among respondents than other prescription medications for treating sleep disorders for the majority of whom (83.5%) who have already tried such alternatives. The consensus is clear: medical cannabis is more effective than other sleep medications in helping patients fall asleep, improves sleep quality, and causes fewer side effects. The high number of individuals who have previously sought medical solutions for their condition is a strong indication of the long-term suffering many of them have endured.



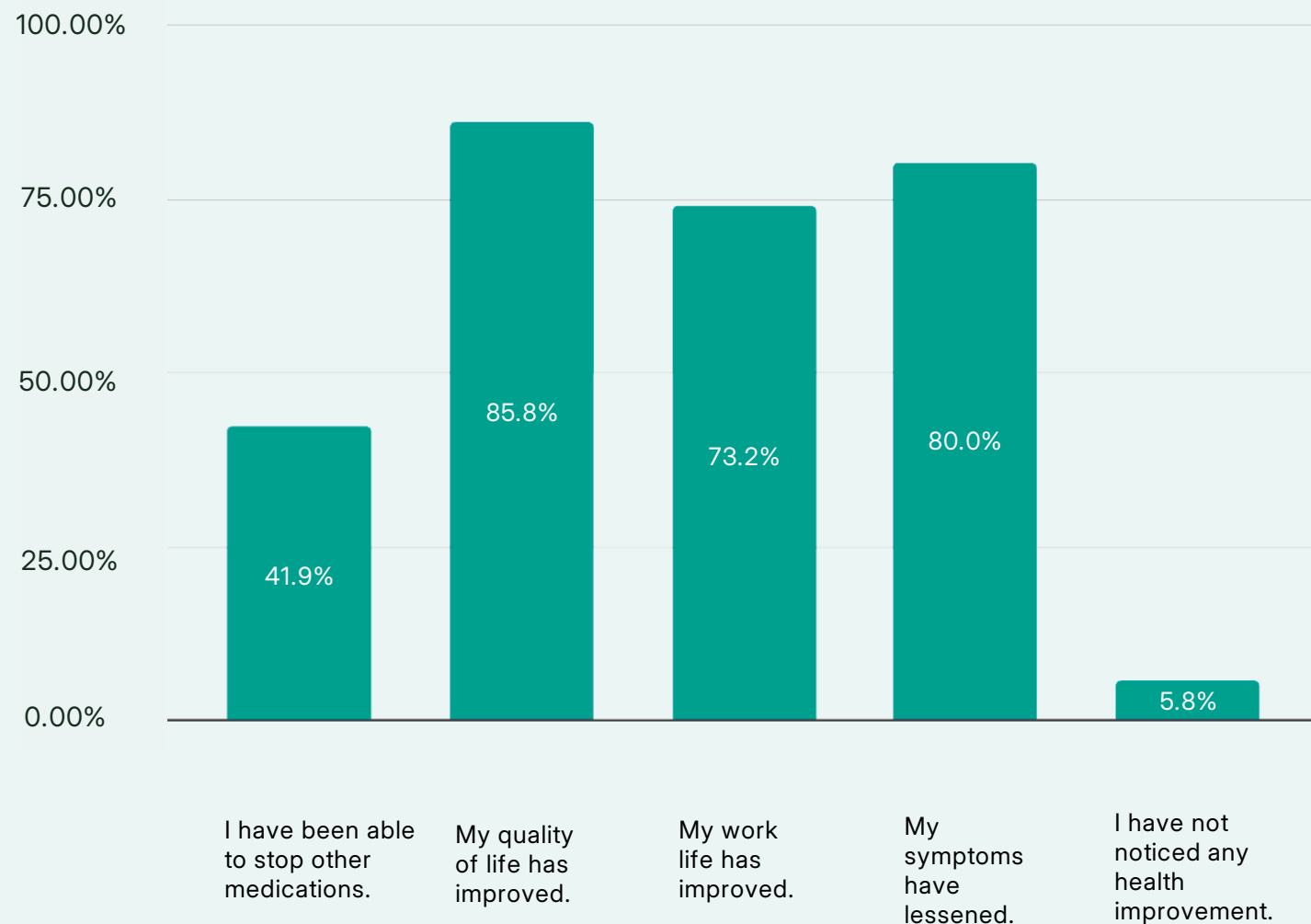


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Medical Cannabis Helps

The effects of long-term sleep disorders on cognitive abilities are often drastic. Nearly three-quarters of respondents reported that their work life has improved since starting cannabis therapy. Almost 86% experienced a higher quality of life. Symptoms remained unchanged for less than 6% of participants. Most notably, almost 42% were able to stop taking other medications.

Since starting cannabis therapy ...





Björn D. (38 years old) from Hanover, Germany. Cannabis patient since summer 2024:*

"It wasn't an easy decision, and it wasn't a simple journey, but in the end, I found something that helps me live better: cannabis.

It all started with persistent back pain that eventually took over my daily life. Every movement felt like agony, and my nights were often restless and filled with pain. Sleep became a challenge, and without restorative sleep, each new day felt like an endless battle against exhaustion.

I tried everything—physical therapy, painkillers, relaxation exercises—but nothing seemed to really help. Then I heard about the potential benefits of cannabis, especially in pain management and sleep improvement.

At first, I was skeptical. But at some point, I decided to give it a try. I had nothing to lose but the chance to regain my life.

After just a few uses, I started noticing changes. I was finally able to sleep through the night—deeply and restfully. The constant tension in my back eased, and the pain became more manageable. It felt as if my body had finally gotten the break it had been desperately craving. In the morning, I woke up refreshed, without the feeling of fighting against my own body all day.

That feeling of relief, of finally getting a piece of my quality of life back, was indescribable."

* Many patients have shared their experiences with Bloomwell and agreed to speak publicly to contribute to education and the destigmatization of medical cannabis.



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The Cannabis-Barometer Trends in Cannabis Flower Market – Q1 2025

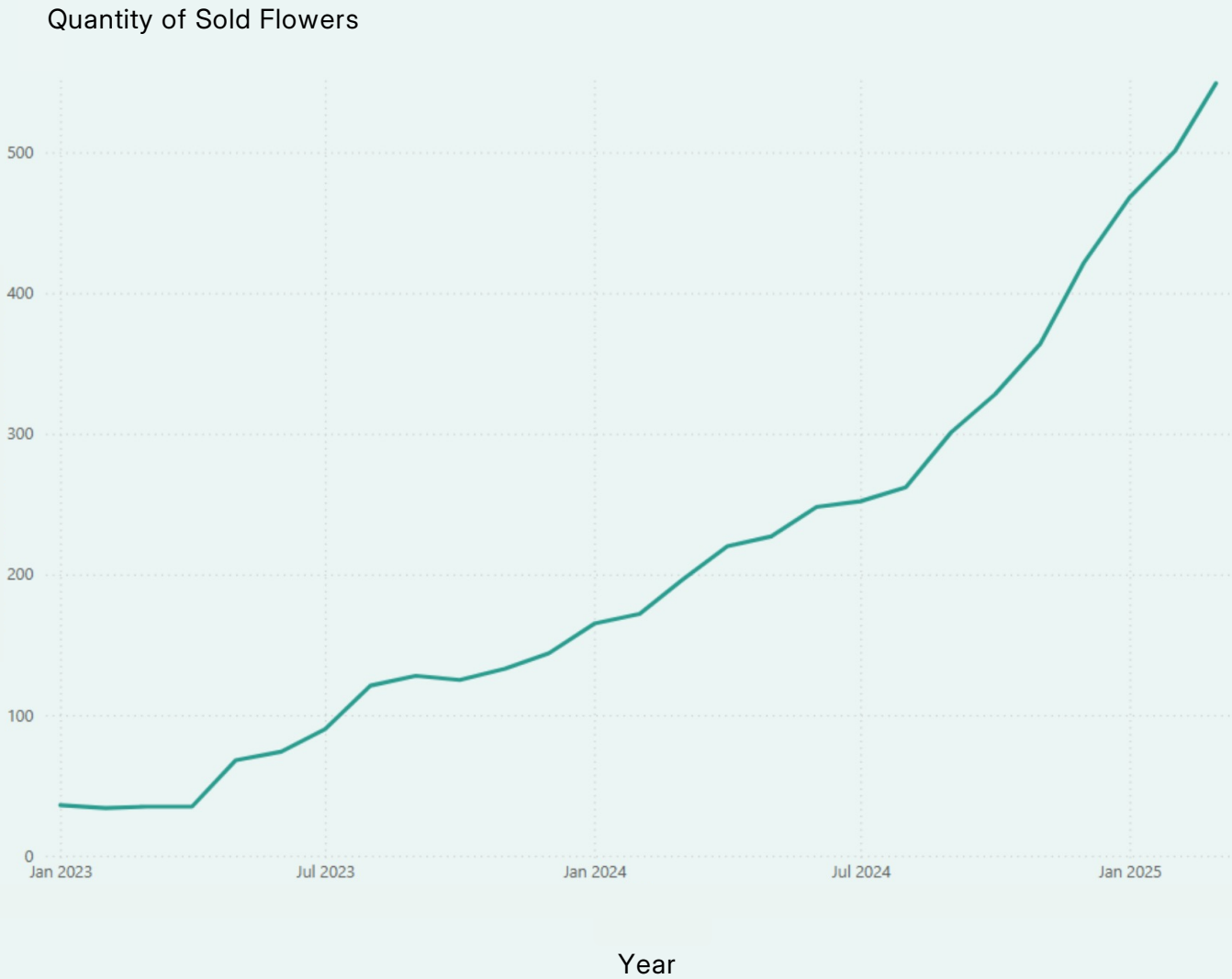




1

Variety of different products increases rapidly

The rapid increase in new products continues. Within a year, their number has more than doubled. Meanwhile, over 500 different products are available.



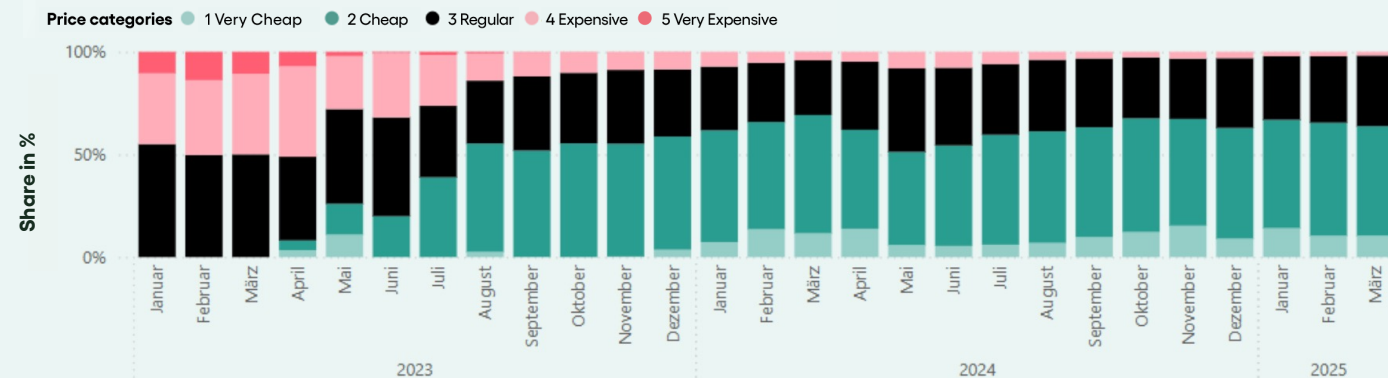
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Affordable and Stable Prices

The first quarter of 2025 continues the trend from Q4 2024: Affordable and very affordable cannabis flowers priced at up to €9 per gram make up the majority of prescriptions. More expensive flowers, priced over €12 per gram, account for only a small fraction of prescriptions.

Average prices have also stabilized, ranging between €8 and €9 per gram, roughly at the level of late 2024. This ensures that medical cannabis remains an affordable therapy option for self-paying patients in Germany.

Price categories – Medical cannabis flower prescribed



Average & Lowest Price per Gram – Sold Flowers



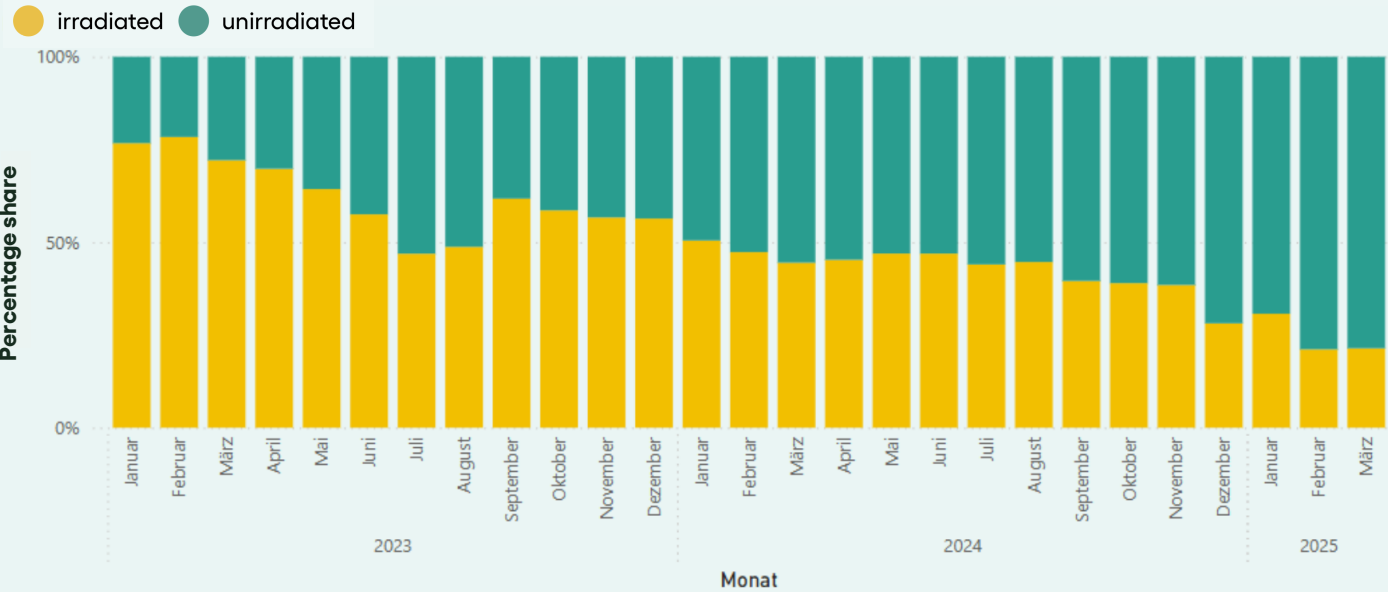


3

Preference for Non-Irradiated Cannabis Flowers

The trend is clear: Fewer and fewer patients, as well as doctors, are opting for irradiated cannabis flowers. Their share continues to decline steadily.

Irradiation – Sold Flowers





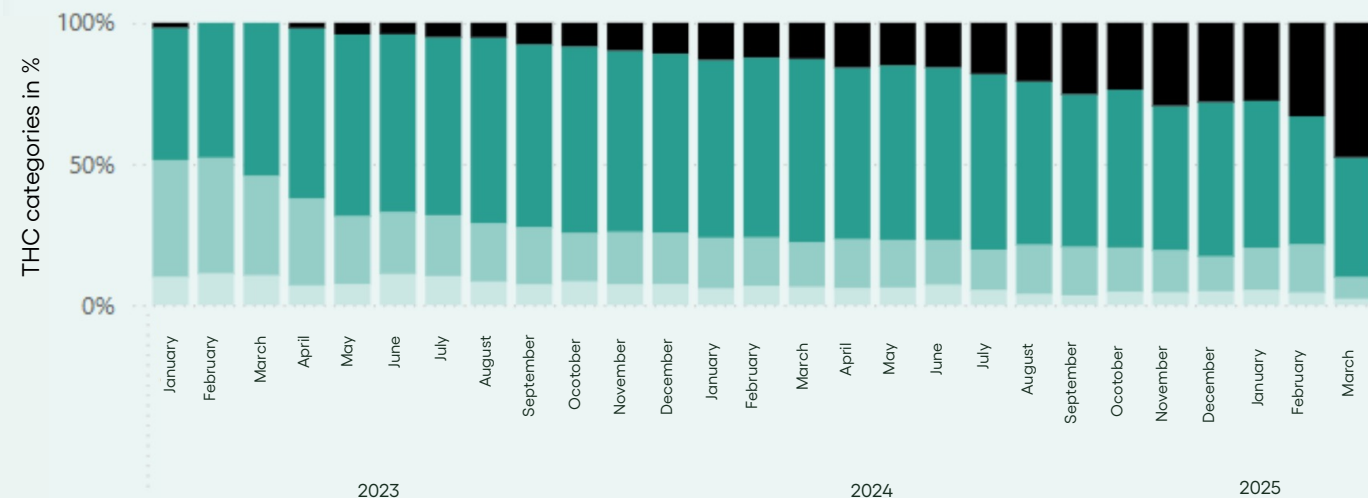
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THC Content on the Rise

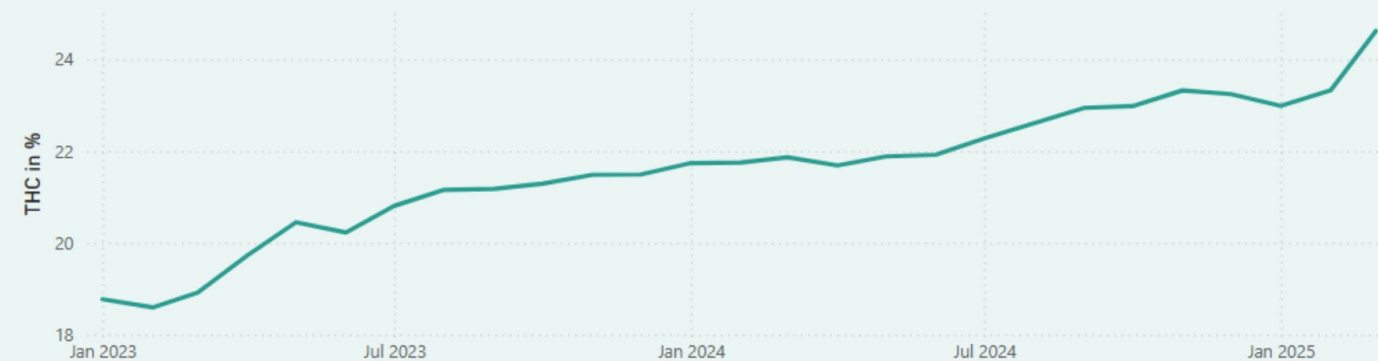
Medical cannabis flower with more than < 25% THC could soon make up half of all prescriptions. This is also reflected in the average THC content, which has now surpassed 24%.

THC Kategorien – Abgegebene Blüten

THC ● <15% ● 15% - 19.99% ● 20% - 25% ● >25%



THC Average – Dispensed Flowers



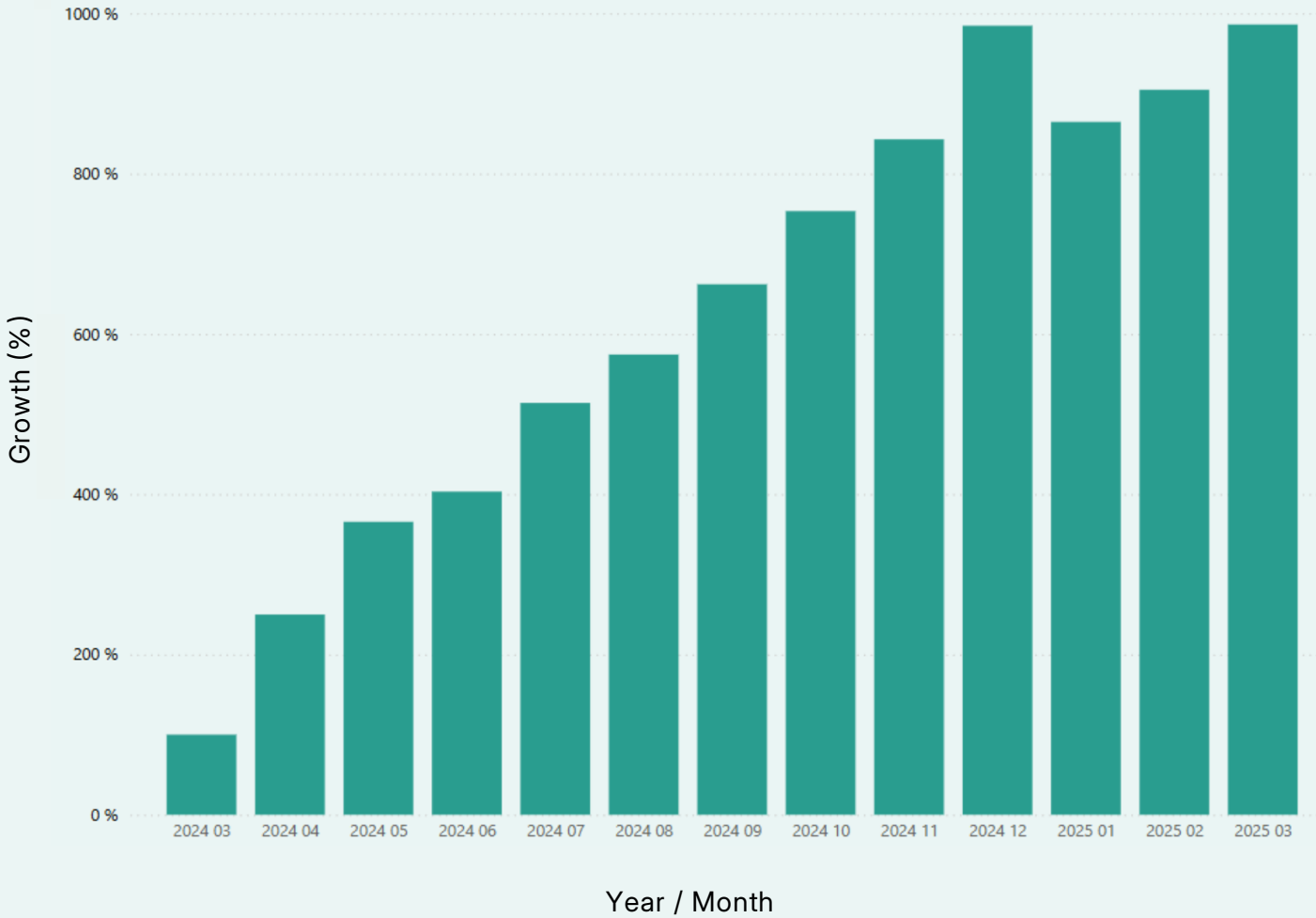


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Strong Market Growth Continues

Although the number of prescriptions in Q1 2025 did not quite reach the record high of December 2024, the number of patients continues to grow rapidly. January and February saw the second- and third-highest number of prescriptions recorded on the Bloomwell platform since March 2024. In March 2025, the number of patients was roughly on par with the record from December 2024. This means that over the past four months, there have been the most cannabis patients in the calculated period.

Percentage Development of the Number of Prescriptions





Niklas Kouparanis

Co-Founder and CEO der Bloomwell Group GmbH



The reclassification of medical cannabis has reduced costs and administrative burdens for all involved. Companies have passed these savings on to patients, leading to globally competitive pricing. This democratization of therapy has provided widespread private access to cannabis treatment without burdening the healthcare system. At the same time, tens of thousands of new jobs have been created.

A year after the CanG (Cannabis Act), medical cannabis is the true success story in combating illegal markets and decriminalizing cannabis users.

We must continue down this path with determination and avoid any re-criminalization of patients. Instead, millions suffering from common conditions should be informed about their legal treatment options—so they no longer need to turn to illegal sources and expose themselves to health risks. Fortunately, there is now an affordable, legal, fully digital, and easily accessible alternative.



Survey Methodology

Bloomwell conducted a survey between December 2024 and March 2025, analyzing anonymous responses from 1,086 patients who have been undergoing medical cannabis therapy for sleep disorders through Bloomwell since 2023.

For this report, prescriptions from January 2024 to March 2025, totaling six figures, were also analyzed anonymously. The data for March 2025 has been extrapolated and may be subject to minor adjustments at a later date.

All prescriptions were filled by self-paying patients through Bloomwell's online platform at partner pharmacies in Germany.



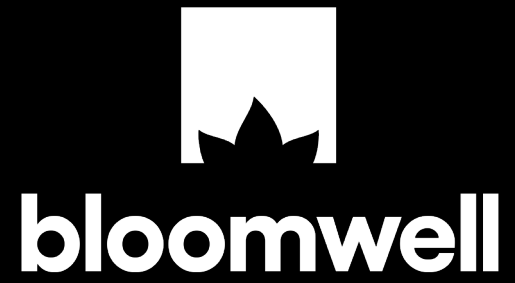
About Bloomwell Group GmbH

Headquartered in Frankfurt, Bloomwell Group is one of Europe's leading medical cannabis companies. Founded in 2020, it has built a fully integrated ecosystem covering the entire value chain except for cultivation.

By leveraging innovation and digitalization, Bloomwell ensures efficient and reliable patient access to medical cannabis. The company also contributes to destigmatizing cannabis in medicine through real-world data research.

Bloomwell is a pioneer in **telemedicine, digital payment integration, and e-prescription solutions, serving tens of thousands of patients, pharmacies, doctors, and wholesalers every month.**

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