

**Submission  
No 248**

**INQUIRY INTO IMPACT OF THE REGULATORY  
FRAMEWORK FOR CANNABIS IN NEW SOUTH WALES**

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I was molested and physically tortured as a child which gave me PTSD and night terrors which to this day as a 32 year old, I still sometimes have a hard time sleeping. I used to have cannabis to sleep which helped me exponentially. I used to occasionally use it for my anxiety attacks aswell. I haven't used in years because I got caught with possession, and since then I haven't tried to seek it as I am always afraid of losing my job or license or any sort of impact of my life because of legalities.

Over the years my sleep has gotten so bad, that to this day have black rings around my eyes from lack of sleep and I can never a get a consistent sleep every night.

I've tried multiple medications and melatonin, but this made my sleep and dreams worse.

I honestly hope for a day where i can just get some cannabis cookies or flower from the liquor store so that I can use it for a simple remedy for lack of sleep.