



STATE OF HAWAII
DEPARTMENT OF HEALTH
P. O. BOX 3378
HONOLULU, HI 96801-3378

In reply, please refer to:
File:

February 26, 2021

Dear [REDACTED]

Subject: Denial of Petition to Add Insomnia Disorder as a Qualifying Condition for the Medical Use of Cannabis in the State of Hawaii

This letter is in response to the petition that was originally submitted on April 24, 2020 and resubmitted with revisions on April 30, 2020, requesting the addition of insomnia disorder as a qualifying condition for the medical use of cannabis in the State of Hawaii. The Hawaii State Department of Health (DOH) reviewed your petition and found that it met the requirements, as specified in HAR § 11-160-7, for DOH to consider adding insomnia as a qualifying medical condition.

In addition to reviewing your submission, DOH considered public testimony, laws and policies of medical cannabis programs in other parts of the country, and assessed the results of a comprehensive medical literature review related to medical cannabis and insomnia disorder as defined by Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-V). DOH finds that:

- All written and oral testimony submitted during the public hearing process was supportive of adding insomnia disorder as a qualifying medical condition;
- Of all the states and U.S. jurisdictions permitting medical cannabis, none have currently recognized insomnia disorder as a qualifying medical condition. The medical cannabis states with available information have either denied or voted against adding the condition to their approved state list, while Pennsylvania's decision is still pending;
- A review of the available peer-review scientific evidence found insufficient evidence to support the safety and efficacy of any cannabis formulation for the treatment of any insomnia disorder defined by the DSM-V.

After investigation and careful consideration of the available information, DOH has determined that, medical cannabis may not be effective for people diagnosed with insomnia disorder as defined by the DSM-V. Although there is mixed evidence to support the safety and efficacy of various formulations of cannabis in adults for the treatment of sleep related symptom associated with a primary diagnosis of some type of pain (e.g. neuropathic pain, rheumatoid

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arthritis, cancer – all of which are approved qualifying conditions in Hawaii) may be due to a
reduction in pain and not a hypnotic effect.

The petition to add insomnia disorder is denied. The decision to deny adding insomnia
disorder as defined by the DSM-V as a qualifying debilitating medical condition for the use of
cannabis in the state of Hawaii is the final agency action.

Sincerely,

A handwritten signature in blue ink, appearing to read "Elizabeth A. Char, M.D.", with a stylized flourish at the end.

Elizabeth A. Char, M.D.
Director of Health