

## Understanding Nicotine Withdrawal Symptoms.

When you stop smoking, your body may go through a physical withdrawal from nicotine, which may lessen over time. Here are a few of the common nicotine withdrawal symptoms to be aware of:

- Depressed mood
- Feelings of frustration
- Impatience or Anger
- Anxiety
- Irritability
- Urge to smoke
- Difficulty concentrating
- Restlessness
- Insomnia
- Increased appetite



### Why?

Why talk about nicotine withdrawal symptoms?

For many people, nicotine withdrawal symptoms are a part of the quitting process.

For those who have symptoms, knowing what to expect can help them be better prepared.

## How to Think About Nicotine Withdrawal Symptoms.

Remember, when you stop smoking, your body may go through a physical withdrawal from nicotine. Important changes are taking place in your body now that you've stopped smoking. Knowing all the good things that are happening in your body might help keep you on track.

For example, within:



### 24 hours

Blood pressure and pulse rate may drop

### 48 hours

The carbon monoxide level in your blood may return to normal

### 2 to 12 weeks

Circulation may improve and lung function can increase 1 year  
Excess risk of coronary heart disease is half that of a smoker's