How to deal with nicotine withdrawal

Most people who are trying to stop smoking have some withdrawal symptoms, but usually do NOT have all that are listed below.

Moodiness/Worry

- Your body’s craving for nicotine may cause you to be moody.
- Irritability from nicotine withdrawal will stop in time, usually in 2 to 4 weeks.
- The nicotine patch, gum, or lozenge can help to ease the cravings and irritability.
- Tell your family and friends that this may be a tough time for you and that it’s only temporary.

Craving a cigarette

- Cravings usually happen during the first few days.
- Cravings usually only last a few minutes. They will pass.
- Cravings go away over time (2 to 3 weeks).
- Distract yourself. Do something other than smoke.
  - Walk, talk with a friend or read a good book to help take your mind off smoking.

Coughing / Clearing Your Throat / Dry Throat / Postnasal Drip

- Smokers’ bodies create extra mucous to help rid the body of the harmful chemicals in cigarettes.
- When you stop smoking, your body stops making extra mucous. You may need to cough or clear your throat.
- Coughing and other symptoms show that your body is healing itself. They will go away.
- Drinking water or having hard candy is one way to ease the coughing.

Sleepless Nights (Insomnia)

- Nicotine can change how deeply you sleep. This usually goes away in a few days.
- Dreaming about smoking is also common.
- Deep breathing, a hot bath before bed, or drinking decaf tea or warm milk may help.

Light-headed (Dizziness)

- Some dizziness is normal and will pass. This usually happens because your body is getting normal amounts of oxygen, and is repairing itself.