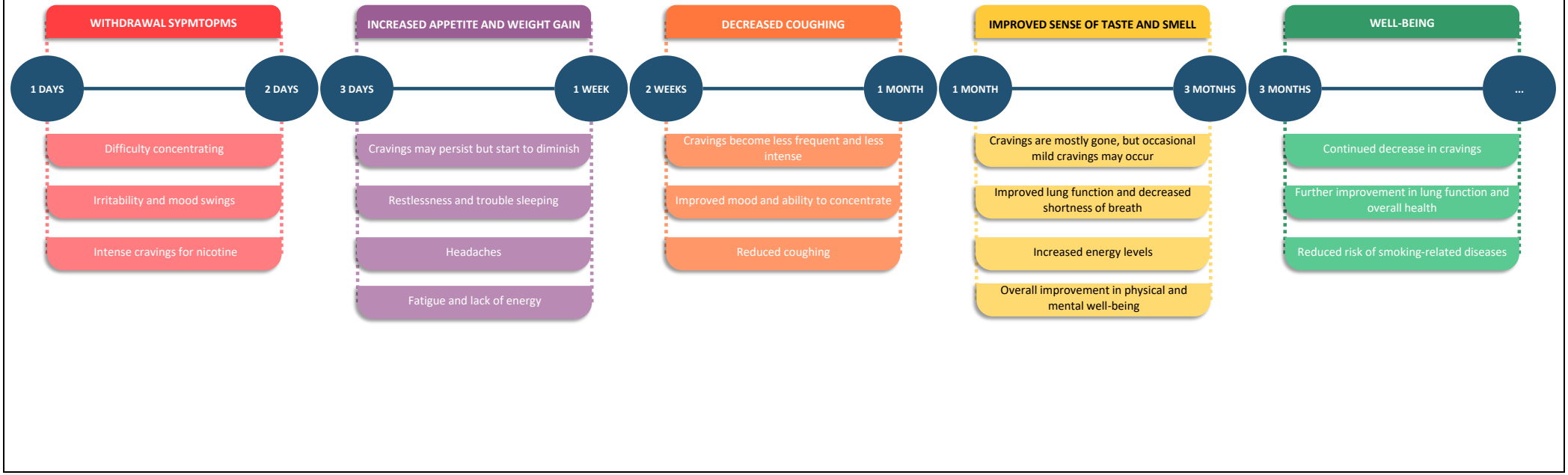
WITHDRAWAL SYPMTOPMS
1 DAYS
2 DAYS
Difficulty concentrating
Irritability and mood swings
Intense cravings for nicotine
INCREASED APPETITE AND WEIGHT GAIN
3 DAYS
1 WEEK
Cravings may persist but start to diminish
Restlessness and trouble sleeping
Headaches
Fatigue and lack of energy
DECREASED COUGHING
2 WEEKS
1 MONTH
Cravings become less frequent and less intense
Improved mood and ability to concentrate
Reduced coughing
IMPROVED SENSE OF TASTE AND SMELL
1 MONTH
3 MOTNHS
Cravings are mostly gone, but occasional mild cravings may occur
Improved lung function and decreased shortness of breath
Increased energy levels
Overall improvement in physical and mental well-being
WELL-BEING
3 MONTHS
...
Continued decrease in cravings
Further improvement in lung function and overall health
Reduced risk of smoking-related diseases