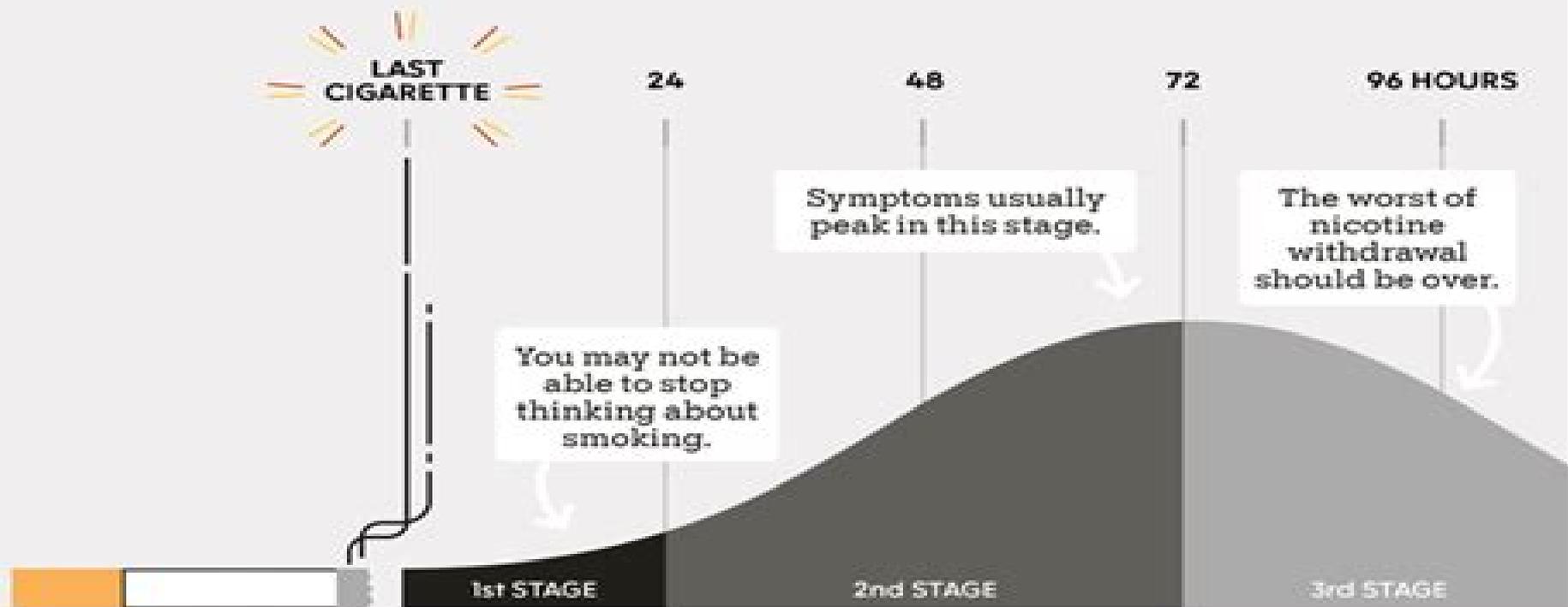


Nicotine Withdrawal: a Timeline

Nicotine withdrawal is uncomfortable but not dangerous. It can start a few hours after your last cigarette. Symptoms vary and can include irritability, trouble sleeping, and increased appetite. Ask your provider for support when you're ready to quit.



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