

# Symptoms of Nicotine/Tobacco Withdrawal (That Vapers May Experience)



**Dysphoric or  
Depressed  
Mood**



**Insomnia**



**Irritability,  
Frustration, or  
Anger**



**Anxiety**



**Restlessness  
or Impatience**



**Decreased  
Heart Rate**



**Increased  
Appetite or  
Weight Gain**



**Difficulty  
Concentrating**

**Source:** Kandola A. Nicotine withdrawal symptoms and how to cope. MedicalNewsToday.  
<https://www.medicalnewstoday.com/articles/323012.php>. Published January 15, 2019.