

Here's what happens when you stop

Time since last cigarette	Benefits
20 mins	Blood pressure and pulse return to normal.
8 hours	Oxygen levels go back to normal. Nicotine and carbon monoxide levels fall
24 hours	The body expels carbon monoxide. Mucus and tar begin to be cleared from the lungs.
48 hours	Nicotine fully expelled from the body. Greatly improved taste and smell. Much improved skin colour and eyes look brighter.
72 hours	Relaxed bronchial tubes, therefore breathing is easier. Increased energy levels.
1-2 weeks	Concentration returns to about the level of a non-smoker.
2 - 12 weeks	Improved circulation. Improved sense of well-being as dopamine levels return to normal.
3 - 9 months	Lung efficiency improved by 10%. Therefore fewer coughs and wheezes.
1 year	Risk of a heart attack falls to about half that of a smoker.
10 years	Risk of lung cancer falls to about half that of a smoker.
15 years	Risk of heart disease or heart attack falls to about the same as someone who has never smoked.

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