When you quit smoking, your body immediately begins to change within:

20 minutes: Your blood pressure, pulse, and temperature have returned to normal.

8 hours: Remaining nicotine in your bloodstream has fallen 93.75%.

12 hours: Your blood oxygen level will have increased to normal and carbon monoxide levels will have dropped to normal.

24 hours: Anxieties have peaked in intensity and within two weeks should return to near pre-cessation levels.

48 hours: Damaged nerve endings have started to regrow.
-Your sense of smell and taste return to normal.
-Cessation anger and irritability will have peaked.

72 hours: Your entire body will test 100% nicotine-free and 90% of all your nicotine bi- products will have passed from your body via your urine.

10 days: Recovery has likely progressed to the point where your addiction is no longer in your blood.

-Your circulation in your gums and teeth are now similar to that of a non- user.

2 weeks: Lung function begins to improve and energy/ endurance increases.

21 days: Brain receptors have now returned to normal levels as seen in the brains of non- smokers.

12 weeks: Your lungs can clean themselves again

1 year: Your excess risk of coronary heart disease, heart attack and stroke have dropped to less than half that of a smoker.

5-15 years: Risk of stroke is equal to that of someone who has never smoked

10 years: Your risk of lung cancer is about half that of a smoker.

15 years: Risk of coronary artery disease is that of someone who has never smoked.