

SIGNS OF AN ADDERALL "CRASH"



EXTREME IRRITABILITY

One of the first signs of Adderall withdrawal is irritability. If you start to feel like you need Adderall to calm down, this is an indication that you're experiencing Adderall comedown.

LACK OF ENERGY

Another sign of Adderall withdrawal is lethargy. If you feel like you don't have energy, or that you're moving in slow motion, this is a sign of an Adderall "crash."



DISRUPTED SLEEP

Adderall withdrawal can also disrupt your sleep, causing you to sleep too much or too little. If you find yourself tossing and turning, or unable to get out of bed, Adderall comedown could be to blame.

DIFFICULTY CONCENTRATING

When you're used to the help of Adderall to concentrate, it can be difficult to focus without it, especially while you're in withdrawal. Feeling mentally "lost" is part of the healing process.

