



BLOG

Stimulant Side Effects: Simple Fixes and Warning Signs

Everyday Tips

- Breakfast before the dose kicks in
- Water and regular meals for dry mouth
- Limit caffeine for better sleep

At Your Follow-Ups

- Your weight is tracked
- Blood pressure and heart rate checked
- Home readings help

Get Help Right Away

- Chest pain, fainting: call 911
- Racing or irregular heartbeat: call 911
- Fingers or toes pale, blue or painful



Read the full article

Managing Stimulant Side Effects: Appetite, Sleep, Blood Pressure and More

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General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.