Adderall Comedown? 10 Tips to Bounce Back After the Crash

Posted on JULY 20, 2015  Written by BEN  % 4 COMMENTS

In this guide, we’ll arm you with some practical, actionable tips to ease the Adderall comedown quickly and help you make a full recovery.

During an Adderall comedown, you’re probably sleep deprived and physically exhausted but mentally hyperactive. You wish you could defrag your brain (sleep), but your brain doesn’t have an off switch. Adrenaline is still coursing through your veins, you have a headache, and haven’t eaten for hours.

For some, the Adderall comedown may be intolerable enough to warrant investigating OTC Adderall alternatives. An increasingly popular prescription alternative to Adderall is Modafinil. Here’s a post comparing the two drugs.

Before we get into the nitty-gritty details, we’re going to clarify the difference between an Adderall comedown vs withdrawal.
Adderall Comedown Recovery

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Adderall Comedown: Conclusion

What Are the Symptoms of Crashing from Amphetamines?

The symptoms of Adderall (amphetamine) withdrawal are caused by the global depletion of catecholamines. Catecholamines are neurotransmitters like dopamine and norepinephrine.

The half-life of Adderall is 10-12 hours. During an Adderall crash, a significant amount of amphetamine will still be in your system. So the crash isn’t so much about the absence of, and a craving for, amphetamine. It’s about feeling “tired and wired.” A state of excessive stimulation, and needing to recharge your batteries (sleep, eat, drink, relax).

In addition to the 10 tips below, I also recommend supplementing L-tyrosine at the end of the day. L-tyrosine is a non-essential dietary amino acid that’s converted to L-DOPA, which is converted to dopamine. L-tyrosine isn’t really strong enough to produce any effects you might experience from Adderall, but it will help regenerate dopamine reserves. Dopamine is stored in vesicles in the cytoplasm of dopaminergic neurons. These dopamine reserves are depleted from Adderall use.

The most cost-effective way to obtain L-tyrosine is from PowderCity.

Adderall Comedown Recovery

Here’s what you can do to feel 100% again after an Adderall comedown:

#1 If you’re currently working, stop or take a break

Following this advice may not be possible if you’re on the job. If that’s the case, don’t fret and skip to tip #2.

Adderall is a pretty powerful psychostimulant. It can make it easy to lose track of time and spend an excessive amount of time on a project.

During an amphetamine crash, this enthusiasm fades, but you might still be tempted to keep working. Resist the temptation to be productive during an Adderall crash, and let your brain rest.

#2 Create a relaxing environment
Create an ambiance of relaxation in your immediate environment (e.g. living room)

- Light some candles or burn some non-carcinogenic incense (if you’re into that kind of thing)
- Turn the lights down and play some soothing tunes
- Take an NSAID (like aspirin) to relieve an amphetamine-related headache
- Put life stressors on hold
- Stay cool (stimulants can overheat your body), but keep your hands and feet warm. Stimulants may cause your blood vessels to temporarily constrict, making your hands and feet feel cold.

#3 Make sure you’ve had something substantial to eat

Adderall has powerful appetite suppressing effects, especially if you haven’t developed tolerance to the effects of the drug. It’s easy to forget to eat while under the influence of amphetamines. And when the drug wears off you’re left irritable and hypoglycemic (with low blood sugar).

Eat something that contains protein, even if you don’t feel hungry. It is important to maintain normal blood sugar. Eating can mitigate some of the negative effects of acute Adderall withdrawal. It goes without saying that the combination of hypoglycemia and Adderall withdrawal can really shock your body.

#4 Use Vitamin C and cranberry juice to purge your system

First, eliminate residual amphetamine from your system so you can get a good night’s sleep.

There are a couple ideas about how to promote Adderall clearance after daytime stimulant use. If you’re a chemist, you’ll know that amphetamine has a basic amine group. By acidifying the urine, we can protonate this amine group so that a greater fraction of the amphetamine molecules become positively charged. This charged fraction will be more water soluble and more easily cleared by the kidneys.

Tentative evidence suggests that cranberry juice and vitamin C acidify the urine and promote Adderall clearance. Vitamin C is also an antioxidant that crosses the blood brain barrier and helps protect the brain from oxidative stress related to amphetamine use. Read more about how I use vitamin C with Adderall here.

The most cost-effective source of vitamin C is from PowderCity.

#5 Ease the comedown with natural anxiolytics

The following natural anxiolytics can help safely take the edge off. From the list below, melatonin, magnesium threonate and 5-HTP are best obtained from PowderCity (Amazon works too).

Sleepy time teaIngredients like valerian and chamomile can help facilitate a relaxed state of mind.

<table>
<thead>
<tr>
<th></th>
<th>Neurohormone/chronobiotic that binds to MT1 and MT2 receptors in the brain to promote sleep and regulate circadian rhythm. Naturally secreted during nighttime. Melatonin also protects against some of the neurotoxic effects of Adderall.</th>
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<tbody>
<tr>
<td>Melatonin</td>
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<td>Supplement</td>
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<tr>
<td>Magnesium</td>
<td>Magnesium will reduce neuronal hyper-excitability by transiently blocking glutamate receptors in the brain.</td>
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<tr>
<td>L-Theanine</td>
<td>L-Theanine is a naturally-occurring analogue of the amino acids glutamate and glutamine. Abundant in green tea and may help relieve anxiety, insomnia and promote relaxation. It is commonly used in conjunction with caffeine and other stimulants because it reduces the edginess that is sometimes associated with psychostimulant use.</td>
</tr>
<tr>
<td>Glycine</td>
<td>There’s some evidence that glycine improves sleep quality.</td>
</tr>
<tr>
<td>5-HTP</td>
<td>5-HTP or 5-hydroxytryptophan is the precursor to serotonin; serotonin may counterbalance some of the excessive dopaminergic effects of Adderall.</td>
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Melatonin can be especially helpful during acute Adderall withdrawal or during an Adderall comedown. Melatonin has been shown to reduce circulating adrenaline and noradrenaline. If you’re interested in doing some research on this phenomenon, take a look at this paper: *Influence of exogenous melatonin on catecholamine levels.*

Some may want to resort to prescription hypnotics like benzodiazepines. This is not really a good long-term solution to the problem posed by Adderall comedowns. Benzodiazepines are associated with worrisome side effects, like cognitive impairment. However, the use of benzodiazepines are not directly contraindicated by amphetamine use.

**#6 Take a bath (it works!)**

(This tip does not apply if you’re overheating or have taken a large dose of amphetamine. It’s actually best to stay cool while you’re under the influence of Adderall)

Adderall causes peripheral vasoconstriction. Blood vessels in your extremities (arms and legs) become constricted. This peripheral vasoconstriction will make your extremities feel cold and increase your blood pressure and make the amphetamine crash even more unpleasant.

Taking a bath will help alleviate peripheral vasoconstriction, since blood vessels tend to relax and dilate when the environment is warm to regulate body temperature. A warm bath will lower your blood pressure and can help alleviate Adderall comedown-induced headaches and Reynaud’s syndrome (poor circulation in the hands and feet).

**#7 Stress relief is paramount**

Some tried-and-tested tips to relieve stress:

- Groom
- Listen to relaxing music
- Take a sabbatical from work
- Binge watch a nature show like Blue Planet
- Take a walk and immerse yourself in nature
- Draw and paint
- Slowly prepare and drink green tea (consider adding l-theanine to wind down)
- Practice deep-breathing exercises and meditation
- Buy a desk plant
Create a relaxing environment (e.g., candles)

#8 Sleep

If insomnia is extreme, consider taking a sleep aid

You might consider using prescription hypnotics to address the symptoms of an Adderall comedown if you’re in a pinch. Examples of hypnotics include:

- z-drugs like Ambien or Lunesta
- melatonin-mimetics like Rozarem
- orexin blockers like Belsomra.
- Here’s a review comparing Ambien and Belsomra.

Phenibut is also available over the counter and has been reported to be helpful. Like benzodiazepines, Phenibut is associated with dependence and withdrawal, although to a lesser extent than benzodiazepines. Nootropics Depot and Ceretropic seems to have the best Phenibut.

#9 Exercise, exercise, exercise

Studies have unambiguously confirmed that exercise facilitates recovery from psychostimulant use and abuse alike. That being said, it can be very difficult to muster the energy to exercise during the acute phase of Adderall withdrawal or an Adderall comedown. Even low-key activities that engage the cardiovascular system like walking on a treadmill are beneficial. In other words, you don’t have to run a marathon or become a professional bodybuilder to take advantage of the health benefits of exercise.

#10 Protect yourself from amphetamine neurotoxicity

This post on Adderall neurotoxicity prevention also has some helpful advice about how to protect your brain while using Adderall. Here’s the abbreviated version of the list of supplements/nutraceuticals have shown some promise in protecting against amphetamine neurotoxicity:

- Vitamin C
- Vitamin D
- Cold temperatures
- NSAIDS (like aspirin)
- NMDA receptor antagonists (like magnesium or memantine)
- Melatonin
- Pretreatment with lower doses of amphetamine
- Avoiding alcohol
- N-Acetyl-Cysteine and Selenium (Brazil nuts are selenium-rich)
- Green tea phytochemicals
- The antibiotic minocycline (experimental)

#11 Supplement the Dietary Amino Acid L-tyrosine

Amphetamines deplete dopamine stores. That’s because amphetamines are dopamine-releasing agents.

L-tyrosine is a precursor to L-DOPA, which is a precursor to dopamine.

Dopamine depletion contributes to the Adderall comedown. Supplemental l-tyrosine is a great
way to replenish dopamine and help your brain recover.

See my article on the right way to use L-tyrosine to replenish dopamine stores.

**Adderall Comedown: Conclusion**

The key to recovering after an amphetamine crash is to rest your brain. Sleep, eat, hydrate yourself, and take supplements that will facilitate a state of relaxation.

Filed Under: **Adderall**, **Adverse Drug Effects**

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**Guest**

I don’t think this is the right stuff for me. I feel sleepy/foggy all day and then when it wears off I feel “heavy” tired, my face gets hot, hands and feet are cold and sweaty. I’m also super cranky. I hate this!

1 |  Reply - Share

**Ben**

6 days 14 hours ago

Have you tried any alternatives like methylphenidate, atomoxetine, clonidine or others? Sometimes, if you have ADHD you’ll have a paradoxical reaction to stimulants where you find them sedating instead of stimulating. This is actually taken as an indicator that you do in fact have ADHD and that psychopharmacology may be appropriate. Sometimes the paradoxical sleepiness side effect can be circumvented by lowering your dose.

0 |  Reply - Share

**Guest**

7 months 14 days ago

Since I’ve picked my adderall prescription from the pharmacy, I’ve definitely noticed that the comedown can be tough. Since I noticed the side effects, I’ve been trying to remember to eat. It can be difficult, since it’s an appetite suppressant, but it’s so important! Thanks for sharing.
Hi Stephie! I think you’ll find that the appetite-suppressing effects tend to diminish over time.

Cheers,
Ben

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About Ben

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