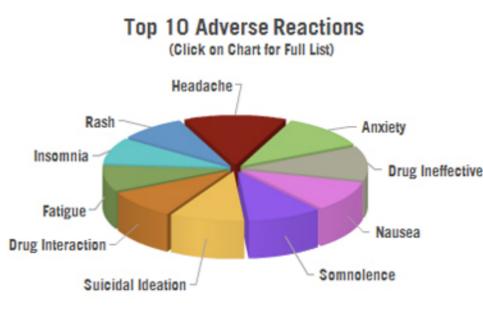


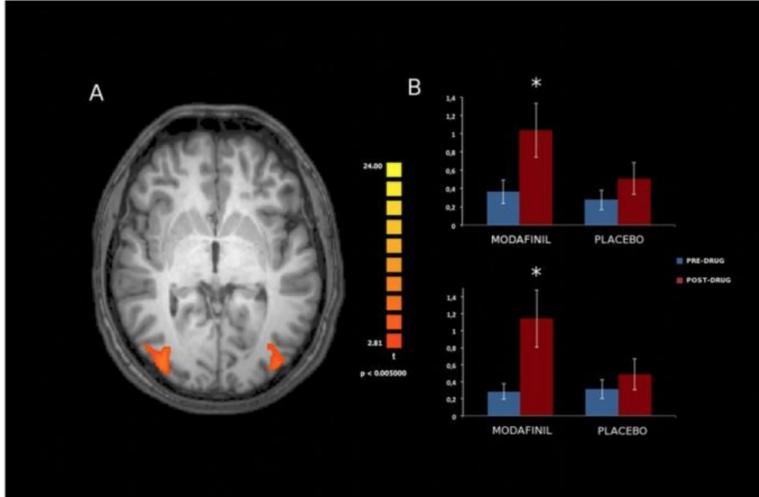
Modafinil Side Effects and Benefits: A Complete List



Modafinil's popularity as a smart drug is due, in part, to the fact that it has few to no serious side effects. Every once in a while, however, a user will report chronic headaches, dehydration, anti-social tendencies, or other adverse effects. **In this article, I assess the validity of these claims, consider possible causes, and offer several tips and techniques for avoiding negative side effects altogether.**

What is Modafinil?

Modafinil (a.k.a. Provigil, the leading brand name) is a medication that promotes wakefulness. It works by altering certain natural chemicals, or neurotransmitters, in the brain. Modafinil is commonly prescribed to treat excessive sleepiness caused by sleep apnea, narcolepsy, or shift work sleep disorder.



Benefits of Modafinil and Overall Research on the Drug

Modafinil has several benefits over other 'smart drugs,' which can be felt almost immediately. These include:

- increased **alertness/wakefulness**,
- enhanced **memory**,
- enhanced **problem-solving abilities**,
- elevated **mood**,
- higher levels of **motivation/work ethic**, and
- in some cases, **mild euphoria**

These effects become noticeable about **30 minutes to 1 hour** after taking modafinil, and they last for about **12-15 hours**. Modafinil significantly improves energy levels, clarity of thought, memory, and focus, and in some cases puts you in a positive and euphoric state of mind, gradually increasing mood and productivity as the drug continues to work.

Modafinil is an interesting nootropic drug in that unlike harsh amphetamines such as Adderall or Ritalin, with modafinil, **you can feel it working better once you get started on a task, whether a work or school project, a creative task, or studying for exams.** In short, **modafinil helps you get stuff done.** For this reason, it is one of the most popular nootropics (probably second to caffeine).

Side Effects

Now that it's clear that modafinil has some incredible benefits, it is important to consider the potential side effects. This is important because, **while we believe that nearly everyone can benefit from modafinil, we do not endorse taking any supplement or drug without fully investigating both the positive and negative sides.**



Most people who take modafinil go years without experiencing any negative side effects, however some more common side effects, such as an occasional headache or trouble sleeping, have been reported by as many as 1 in 3 users (See chart below for exact proportions). In my opinion, **this is a result of lack of knowledge and irresponsibility on the part of modafinil users.** For that reason, we end this post with some practical tips on avoiding negative side effects altogether.

The most common side effects of modafinil include: headache, dehydration, anxiety or nervousness, dizziness or nausea, diarrhea, and insomnia. These and other negative effects can be avoided by following the advice in the third column of the chart below.

Side Effect	Reported Cases (in proportion to total # of modafinil users)	What to Do / How to Avoid It
headache	common (10-34%)	start with 100 mg or less; drink at least 3 liters of water/day!
nauseau	fairly common (10-11%)	start with 100 mg or less; drink at least 3 liters of water/day!
insomnia	uncommon (1-10%)	only take modafinil in the early morning (e.g., immediately after waking up)
dizziness	uncommon (1-10%)	drink at least 3 liters of water/day!
anxiety	uncommon (1-10%)	start with 100 mg or less; do not take for longer than 2 consecutive days
depression	uncommon (1-10%)	start with 100 mg or less; do not take for longer than 2 consecutive days
irritability, aggression, depersonalization	uncommon (1-10%)	start with 100 mg or less; do not take for longer than 2 consecutive days
decreased appetite	uncommon (1-10%)	adjust your eating schedule (e.g., intermittent fasting); and/or seek medical attention
dehydration, thirst, dry mouth	uncommon (1-10%)	start with 100 mg or less; drink at least 3 liters of water/day!
diarrhea	uncommon (1-10%)	start with 100 mg or less; drink at least 3 liters of water/day!
decreased libido	rare (0.1-1%)	seek medical attention immediately
abnormal breathing	rare (0.1-1%)	seek medical attention immediately
skin rash	rare (0.1-1%)	seek medical attention immediately
chest pain, irregular heartbeat or palpitations	rare (0.1-1%)	seek medical attention immediately
convulsions	extremely rare (less than 0.1%)	seek medical attention immediately
suicidal thoughts	extremely rare (less than 0.1%)	seek medical attention immediately
severe skin rash (blistering, peeling)	extremely rare (less than 0.1%)	seek medical attention immediately
white patches or sores inside mouth	extremely rare (less than 0.1%)	seek medical attention immediately

Less common, but more severe side effects, which are experienced by less than 1 in 1,000 modafinil users, include: fever, sore throat, vomiting, skin rashes, easy bruising or bleeding, suicidal thoughts, and chest pain and/or an irregular heartbeat. **Get emergency medical help if you experience any of these side effects or if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat.**

These are all extremely rare side effects, but they are worth noting because they can pose serious problems to your health. However, by and large, most modafinil users can take modafinil for years without experiencing any negative effects. **In the final section, we share some tips to ensure that you are among the majority and that you get the most out of your modafinil experience.**

Long-term Use of Modafinil

As it turns out, **it is just as easy to get the most out of modafinil as it is to have a pleasant, side-effect free experience with coffee or tea.** To avoid many of the side effects listed above, just **don't have too much modafinil at one time, take it at a reasonable time** (not too late in the day), **and** – for heaven's sake – **stay hydrated.**

If you simply follow these 3 'golden rules' of modafinil usage, you will be able to enjoy the nootropic benefits of modafinil – without any negative side effects – for many years to come:

1. **Don't take too much at one time.**
When you take your first starting dose of modafinil, **stick to 100 mg doses or less.**
2. **Take modafinil at a reasonable time.**
No, taking modafinil at 3:00 p.m., during your mid-afternoon slump, is *not* reasonable. Modafinil differs from coffee in that the focus- and productivity-boosting effects last for 12 hours or more. For this reason, **the best time to take modafinil is immediately after waking upon (between 6:00 and 9:00 a.m.).**
3. **Stay hydrated!** Did I mention that you should *stay hydrated* when you are taking modafinil? Water is extremely important for proper cognitive functioning, but it is even more important when you take modafinil, which tends to decrease bodily hydration. The recommended amount of water to stay properly hydrated is about 2 liters, however **you should have about 3 liters per day when taking modafinil.**

Buying Modafinil Online

This article is intended for educational purposes only. Research has shown that modafinil is highly effective at enhancing cognition: namely, narcolepsy or other sleep disorders. For this reason, many students and professionals choose to purchase [modafinil online](#). As with any supplement or drug, of course, you should consult your doctor or other health care provider before taking modafinil.