

# How Medication Can Affect Appetite & Energy.

## Appetite Affects

### Reduced Appetite:

Some medication can suppress hunger signals. You might:

- Forget to eat
- Feel full quickly
- Skip meals unintentionally

### Timing:

- Appetite suppression is usually the strongest when the medication is at peak levels (often daytime)
- Hunger may return in the evening when the medication wears off.

### Potential Consequences

- Weight loss (especially early on)
- Nutritional gaps if meals are consistently missed

## Energy Affects

### Increased Energy & Alertness

You may feel:

- More awake
- Less fatigued
- Mentally “switched on”

### Others may experience

- Jitteriness
- Restlessness
- Fatigue when medication wears off

### Energy Crashes:

Sometimes you may experience a rebound effect:

- Sudden tiredness
- Irritability
- Low motivation

### However:

- Some people may feel calmer rather than energised (especially if they had hyperactivity)

