

# **What is Chain Vaping? - Is it a Problem, and Does it Burn Out your Coil?**

## **What is chain vaping?**

If chain-smoking is when someone smokes one cigarette after another, chain vaping is when someone continuously vapes throughout the day. This can often result in the wick not having enough time to soak with e-liquid, as most vapes usually suggest 5-10 seconds between draws. Typically, an average vaper will leave about 20 seconds between a draw. Besides going through e-liquid very quickly, chain vaping can also have some negative effects on your coil via wear and tear. All coils die and eventually require replacing, but the multiple quick draws performed within just a few seconds burn the wick out much faster.

But you may still be wondering, do I qualify as a chain vaper? Chain vaping is specifically characterized by leaving very little time between consecutive draws. That doesn't mean everyone who's carrying a vape around is a chain vaper. It's only those who regularly take rapid, back to back draws who fall into the category. Chain vaping can have some negative side effects on your coils, but it could even have some minor impacts on your health. So make sure you always trust your taste buds.

## **Is chain vaping a problem? What does chain vaping do to your lungs?**

Since vaping and e-liquids first became mainstream, concerns have been raised about the safety and side effects. With much of the science still under review, there is still a lot to learn about the side effects of vaping, especially for the chain vaper crowd, but there's no question whether or not vaping is a healthier choice than smoking cigarettes. It undoubtedly is. A lot of the negative effects of vaping are more closely associated with the nicotine in the vape juice rather than with vaping itself.

One widely known side effect of vaping is "vaper's tongue." Vaper's tongue can happen if you vape a lot of e-liquids without drinking anything. This can cause you to lose some taste for a little while, but it also often comes along with common symptoms of mild dehydration, such as dry mouth. Failing to stay hydrated can leave you feeling tired with a headache and a sore throat. Other than this, chain vaping is not known to produce any particularly dangerous or long-lasting effects, with most experts and researchers finding any side effects to be mild and temporary.

Of course, if you feel that you are experiencing a lot of dry mouth, or discomfort when you vape, especially if you find yourself chain vaping, the best thing you can do is to put it on pause for a moment and come back to it after you have taken some time to rest and drink some water. Vaping too much e-liquid can be a serious problem.

## **Does chain vaping burn out your coil?**

Yes, chain vaping can cause your coil to burn out much more quickly. As such, it's important to know how to use your vape effectively without letting the wicking material dry out. As mentioned, chain vapers will often take a puff or a draw every 5-10 seconds, which does not allow the wick enough time to soak with e-liquid.

The result is when the vape heats up, it also overheats the wick and burns it. If you increase the time you wait in between taking a draw, you can generally avoid this from happening altogether. However, if you find that you're still having trouble with your coils burning out, your best bet is to try different types of coil until you find one that better suits your needs. This is especially true if you plan on chain vaping often.

## **What kind of coil is best for vaping?**

Your best bet as an alternative coil for chain vaping is a Rebuildable Dripping Tank Atomizer, or just a Rebuildable Tank Atomizer (RDТА and RTA). The major advantage with these types of coils is that if your wick does end up burning out, you can just replace it without wasting any e-liquid. If you use disposable coils, you cannot change the wicking material inside if it burns, and so you may lose out on some e-liquid.

RTAs and RDTAs are inexpensive methods of increasing your control over exactly how you vape. If you decide to use one instead of a disposable tank, you can change the wicking material from cotton to rayon, which has a much higher burning point and has become just as popular (and is even cheaper) than cotton. They can also save you some money in the long run by helping you get more use out of your vape juice, even when chain vaping. Remember, e-liquids can play an important role in this whole process as well.

## **How fast does chain vaping kill coils?**

Chain vapers can kill a coil very quickly. Depending on just how often you're using it and the type of e-liquid, you could burn through a coil in as little as two days, or you may get lucky and find one that survives chain vaping for about a week.

## **Conclusion**

Chain vaping e-liquids is something that some people do by accident, while others chain vape to make sure they get enough nicotine. Everyone has a different need to consume. Chain vaping, like chain smoking isn't exactly ideal. But vaping too much is never going to be as bad as smoking at all. If you're not sure whether or not you're a chain vaper, be honest with yourself about if you need to cut back, or reduce intake of e juice all day long. Most importantly, chain vaping, like all forms of vaping, is much better than any type of cigarette or tobacco use.

