Boosters and cooldowns

The three cooldowns that limit consumables (booster, drug and medical), what adds to each, and how to plan around them.

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Introduction

Torn limits how fast you can use powerful consumables with cooldowns. There are three separate ones, and each item adds to exactly one of them. Planning around them, rather than bumping into them, is what lets players use refills, cans and medical items when they matter most.

How it works

Booster cooldown. Shared by candy, alcohol, energy drinks, stat enhancers, Erotic DVDs, Feathery Hotel Coupons, Lawyer Business Cards, Books of Carols and Gift Cards. Each use adds time. The base maximum is 24 hours; once your cooldown is above your maximum you cannot use another booster until it falls back below.

Booster	Effect	Cooldown added
Energy drink	5 to 30 energy	2 hours
Candy	Happiness (for example 25 to 50)	30 minutes
Feathery Hotel Coupon	Refills energy, +500 happiness	6 hours

The energy drink and candy directories list each item.

Changing the booster cooldown.

- Faction Voracity adds up to 24 hours to the maximum, for up to 48 hours.
- A 3-star Grocery Store cuts consumable cooldowns by 10%, a 10-star Restaurant by 25%.
- The book Self Control Is For Losers halves candy, alcohol and energy drink cooldowns for 31 days.
- A 3-star Mining Corporation adds 30% to alcohol cooldown.

Drug cooldown. Each drug has its own cooldown, and you cannot take a second drug while one is running. See Drugs.

Medical cooldown. Each medical item adds time; above 6 hours (up to 9 with Fortitude) you cannot use more. See Medical items.

Step by step

1. Decide which boosters matter most to you: energy drinks for training, alcohol for nerve, candy for happiness.
2. Spend your 24 hours on those first.

3. Use the cooldown before you need it: a full cooldown at the start of a training session or war means no boosters until it drains.
4. Check the Energy planner, which warns when your planned boosters will not fit.

Examples

- Twelve energy drinks add 24 hours of cooldown, filling a standard maximum. A player with full Voracity could use twenty-four.
- A Feathery Hotel Coupon uses 6 hours, the same as three energy drinks.

Advanced tips

- Stat enhancers share the booster cooldown, which is one reason very strong players think carefully about cans and candy.
- Energy drinks also gain up to 50% more energy from faction Voracity's energy drink upgrades.

Common mistakes

- **Mixing up the cooldowns.** Medical items do not stop you using energy drinks, and drugs do not stop you using candy.
- **Using cheap boosters first** and blocking the valuable ones.
- **Forgetting cooldown drains in real time** while you are offline.

Sources

Torn wiki: Item Cooldowns: https://wiki.torn.com/wiki/Item_Cooldowns, retrieved 2026-11-23

Torn wiki: Energy: https://wiki.torn.com/wiki/Energy, retrieved 2026-11-23

Torn wiki: Happy: https://wiki.torn.com/wiki/Happy, retrieved 2026-11-23

Torn wiki: Feathery Hotel Coupon: https://wiki.torn.com/wiki/Feathery_Hotel_Coupon, retrieved 2026-11-23

Torn wiki: Hospital: https://wiki.torn.com/wiki/Hospital, retrieved 2026-11-23

Torn wiki: Drug: https://wiki.torn.com/wiki/Drug, retrieved 2026-11-23

Torn wiki: Faction: https://wiki.torn.com/wiki/Faction, retrieved 2026-11-23

Related guides: Energy, Happy, Drugs, Medical items, Happy jumps, Faction upgrades