



Alcohol and Sleep

Don't medicate with alcohol

We all know alcohol can make it easier to fall asleep. Unfortunately, the quality of sleep won't be as beneficial.

Avoid the hangover

Alcohol is a diuretic which leaves you dehydrated. If you've drunk a lot of alcohol, drink plenty of water before you go to sleep.

Process the plonk

Allow your body the chance to get rid of the alcohol in your system. The body removes approximately 1 unit per hour. So avoid drinking too much alcohol close to bedtime.

Caffeine won't help

Using caffeine to counteract the effects of alcohol won't work. In fact it's likely going to make your sleep quality worse as caffeine can delay the onset of sleep and promote alertness.

No more groggy mornings

Alcohol may affect the normal production of chemicals in the body that trigger sleepiness when you've been awake for a long time. This means you'll get less restorative sleep and wake up feeling groggy.