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FAQ

[How To Get Sober](#)

HOW TO QUICKLY SOBER UP AFTER DRINKING



Eat Something

If you've been drinking on an empty stomach, part of the reason you're feeling so drunk is that there is nothing in your stomach to absorb the alcohol. Eat a substantial meal that is carb-heavy to help soak up the alcohol and ease any nausea you may feel.



Drink Water

Alcohol has a dehydrating effect, so it's important that you offset this by drinking plenty of water. Try to match every drink of alcohol you have with one cup of water. Not only will this slow down the drinking process, it will help replenish your body's fluids and prevent hangovers the next day.



Drink Coffee

Caffeinated beverages won't sober you up, but they will counteract some of the sedative effects of alcohol, helping you feel more alert.



Take a Cold Shower

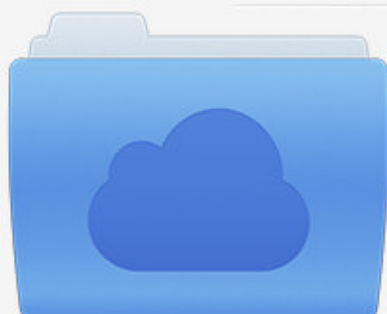
The sudden splash of cold water will immediately jolt you awake and have you feeling more alert.



Sleep It Off

Once you have gotten some food and water into your system, sleeping overnight is the best way to sober up. Be sure to give yourself enough time to sleep (at least 7 hours) if possible. Plan your night accordingly so that you have enough time to sleep before getting up the next morning.

[How To Get Sober](#)



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