

The Sober Reality

HANGOVER REMEDIES— cold showers, caffeine, “hair of the dog,” bananas, honey, fresh air, etc. — may make a drunk person feel a little better.

But the only thing that makes a drunk person sober — that is, no longer impaired or at risk for DUI — is **TIME**.

THE human body processes alcohol at a steady rate. The liver knocks off about 0.015 from one’s Blood Alcohol Concentration (BAC) every hour.

W&L research shows that 87.5% of students have not had alcohol adversely affect their academics. For those who do party hard, their next-day recovery timeline might surprise you.

HERE ARE TWO HYPOTHETICALS:

1. Go to bed with just a buzz (BAC between 0.05 and 0.07) and 7 or 8 hours later you probably will be alert and ready to learn in your morning class.
2. Go to bed with a BAC of 0.150, and you will not be sober until 10 hours later. So much for the morning class...

So if you get to that point in the night where a little voice in your head tells you that one more drink won’t make you feel better, just drunker, that might be your cue to switch to water and start thinking about getting home



B
A
C

Time	Activity	BAC
3am	Stop drinking. Go to bed.	.150
4am	Awake, woozy, unsettled.	.135
5am	Finally asleep, tossing and turning.	.120
6am	Wake up with a headache – still impaired.	.105
7am	Drive to class – risk of DUI.	.090
8am	First class – trouble concentrating.	.075
9am	Breakfast @ Cafe 77 – not hungry, cottonmouth.	.060
10am	Next class – trouble focusing.	.045
11am	Drive home. If under 21, still at risk for DUI.	.030
Noon	Head clearing.	.015
1pm	Sober, but exhausted.	.000

Resources

ALCOHOL INNERVIEW – A brief on-line tool to help you assess and change your drinking behaviors with personalized feedback. Confidential and can be completed in 15-20 minutes.

1. Go to: <http://www.alcoholinnerview.com>
2. Under "New User" enter the following
Login ID: A234207VIEW

WEB RESOURCES:

Rethinking Your Drinking - <http://rethinkingdrinking.niaaa.nih.gov> Excellent info and assessment tool.

Self-assessment – www.mentalhealthscreening.org/screening, Keyword = Washington

CAMPUS RESOURCES:

Student Health Center.....540-458-8401
Counseling Center.....540-458-8590
Office of Health Promotion.....540-458-4501
Health Library.....go.wlu.edu/healthlibrary