

Doctoral student gives tips for preventing, recovering from hangover

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Doctoral student Adam Seal's tips will help you prevent or recover from your next hangover. Credit: Pixabay

Champagne and New Year's Eve go hand-in-hand like, well, things that go hand-in-hand together. This New Year's Eve, some of us probably

had more fun than we expected, drank more champagne than we expected and woke up feeling more like death than we expected. University of Arkansas health, sport and exercise science doctoral student Adam Seal has some tips for preventing (or recovering) from your next hangover.

- **Start Hydrated:** Hydrating with [water](#) before a night of drinking will help your body naturally regulate your hydration status and will make you feel better.
- **Stay Hydrated:** Considering how most nights out go, you're probably not focused on your hydration level. But, if you can remember to work in a few glasses of water during the night, you'll have a better tomorrow.
- **Rehydrate:** If you skipped tips one and two, you're probably feeling a little worse for wear. Start the road to recovery by rehydrating with lots of water. The physical act of swallowing plays a role in regulating [hydration](#). So, the more water you drink, the better you will feel.
- **Add Electrolytes:** Did you go so hard you're having trouble keeping fluids down? Work some [electrolytes](#) into your rehydration routine, as you impatiently wait for the moment when your head no longer feels like it's spinning.

The moral of the story is water is your friend. Remember to start hydrated, work in some water throughout the [night](#) and drink some water before you go to bed and after you wake up. Sure, you'll make lots of trips to the bathroom, but your body will thank you.

Provided by University of Arkansas

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