

BUST DRINKING MYTHS

Have you or your buddies ever heard the following myths?

IT'S TIME TO GET THE FACTS

MYTH

Beer before liquor, never been sicker; liquor before beer, in the clear.



FACT

How much alcohol you have affects how drunk, sick or hungover you get - not the type or order of the alcohol.

MYTH

Coffee or a cold shower will sober me up.



FACT

Time is the only thing that can help you sober up. Since your body can only process so much alcohol at a time, neither caffeine nor a cold shower will improve your coordination or judgement.

MYTH

A drink before bed will help me sleep better.



FACT

Drinking alcohol before bed might cause you to wake up in the middle of your sleep and make it harder to get quality sleep.

MYTH

Alcohol can ease my chronic pain.



FACT

While drinking may ease chronic pain in the moment, it's only temporary. In fact, this type of alcohol misuse could possibly increase pain in the long-term by damaging your nerves.

MYTH

Alcohol can be substituted for food.



FACT

Alcohol contains a lot of calories which is why your body feels a short burst of energy when you drink. However, it doesn't contain the nutrients your body needs and is not a substitute for food.

Visit ownyourlimits.org to make sure you know the facts about drinking.