

TAKE A



Q. I hear a lot of tips and tricks to sober yourself up in a pinch. What works best?

A. As difficult as this might be to digest, there is nothing you can do to magically sober up. I know, I know, your friends will swear up and down that sweating out the booze through a morning workout followed by a cold shower and black coffee does the trick every time. I'm sure you've also heard sticking your fingers down your throat to put the puker on will surely remove all that alcohol from your stomach. Your friends aren't intentionally lying to you, but they're completely full of \$h*t.

The reason most people believe these antics sober them up is because they actually feel more alert/awake after a nice jog, a little caffeine and taking a self-induced ice bucket challenge. However, that alcohol is still in the bloodstream. That's right, the bloodstream. Even self-induced vomiting won't help because your body absorbs alcohol from an empty stomach quickly. So that pile of junk you just puked up wasn't alcohol, and definitely wasn't worth that nasty taste left behind.

If you're planning on partying but need to be sober for Grandma's 90th birthday party the next morning, sleeping it off for a few hours isn't going to be enough to sober you up. It takes the liver time to metabolize alcohol. The more you drink, the longer it takes to reach .000 BAC. Check out the charts below to see approximately how long it takes an average person to sober up.

1 DRINK = 12 oz. Beer = 1.5 oz. Liquor = 4-5 oz. Wine

Hours to Zero for WOMEN						
# Drinks	100 lbs.	120 lbs.	140 lbs.	160 lbs.	180 lbs.	200 lbs.
12	34 hrs.	28 hrs.	24 hrs.	21 hrs.	19 hrs.	16.5 hrs.
9	26 hrs.	21.5 hrs.	18.5 hrs.	16 hrs.	14.5 hrs.	13 hrs.
6	17.5 hrs.	14 hrs.	12.5 hrs.	11 hrs.	9.5 hrs.	8.5 hrs.
3	9 hrs.	7 hrs.	6.5 hrs.	5.5 hrs.	5 hrs.	4.5 hrs.
1	3 hrs.	2.5 hrs.	2 hrs.	2 hrs.	1.5 hrs.	1.5 hrs.

Hours to Zero for MEN						
# Drinks	100 lbs.	120 lbs.	140 lbs.	160 lbs.	180 lbs.	200 lbs.
12	34 hrs.	28 hrs.	24 hrs.	21 hrs.	19 hrs.	16.5 hrs.
9	26 hrs.	21.5 hrs.	18.5 hrs.	16 hrs.	14.5 hrs.	13 hrs.
6	17.5 hrs.	14 hrs.	12.5 hrs.	11 hrs.	9.5 hrs.	8.5 hrs.
3	9 hrs.	7 hrs.	6.5 hrs.	5.5 hrs.	5 hrs.	4.5 hrs.
1	3 hrs.	2.5 hrs.	2 hrs.	2 hrs.	1.5 hrs.	1.5 hrs.

MAYFACT: The majority of Mavericks (61%) keep track of how many drinks they've consumed. (NCHA, 2014)



GOT A QUESTION

about substance use?

Email it to takeashot@mnsu.edu

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