

Forum:[Hack Forums](#)

Thread: [How important to drink water after alcohol?](#)

Slumerican ? - October 24, 2023, 8:12 pm

Let's take a moment to emphasize the importance of staying hydrated after a night of drinking alcohol. Currently, I find myself without any water, having consumed 2 liters of beer right before going to sleep. Normally, I make sure to have water readily available on my bedside table or computer desk, with extra in the fridge. However, tonight is one of those nights where I've completely run out of drinkable water.

I typically opt for purchasing water in glass or plastic bottles. It's crucial for all of us to prioritize our hydration, whether we've consumed just one beer or an entire bottle of whiskey. This is especially vital when we've mixed different types of liquors and have been indulging in heavy drinking and going hard for hours.

STAY HYDRATED

Cap - October 24, 2023, 8:14 pm

If I know I'm going to be drinking heavily I try to hydrate ahead of time. Then after the night is done, I finish off with some water. I found that getting hydrated prior to it though really helps with the hangover.

Endorphins - October 24, 2023, 10:10 pm

I'm no scientist but I always prefer my water to be tasty if I plan to drink some liquor unless it is a beer then I don't need any water.

Edit: I didn't read the OP thoroughly but yep, you need to replenish all lost water in your body. Peeing means draining all those toxic substance from the night and water was always included.

If you can replenish young electrolyte then do it too.

LeetSpeed - October 24, 2023, 10:24 pm

It's very important, I drink water before and slip in some water while I'm drinking usually 1:1 with what I'm drinking. After drinking depending on how I feel I finish the night off with more water.

??CU?I?? TM - October 24, 2023, 10:38 pm

(Oct 24, 2023 08:12 PM)Slumerican Wrote: [\[CITE\]](#) Let's take a moment to emphasize the importance of staying hydrated after a night of drinking alcohol. Currently, I find myself without any water, having consumed 2 liters of beer right before going to sleep. Normally, I make sure to have water readily available on my bedside table or computer desk, with extra in the fridge. However, tonight is one of those nights where I've completely run out of drinkable water.

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STAY HYDRATED

Drinking water after alcohol is important to prevent dehydration and reduce the severity of hangover symptoms.

I always drink plenty of water before going to sleep, And even when I wake up, I try to consume more of water based foods to make sure my body is hydrated.

Jinu - October 25, 2023, 12:22 am

I don't drink but hydration is important after you consume alcohol. Else you'll get alcohol poisoning.

B3A - October 25, 2023, 12:39 am

Water is pretty important with or without alcohol lol

Koyote - October 25, 2023, 12:51 am

I always drink water alongside alcohol, hate feeling like death the next morning. But then again I barely drink anyway so it's not a big deal for me.

Tor - October 25, 2023, 9:13 am

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STAY HYDRATED

Alcohol's a diuretic, which means it makes you pee more. And when you're draining the tank without refilling, you're setting yourself up for a nasty hangover. Dehydration messes with your brain, energy, and mood. Always make it a point to down a glass of water for every drink. And yeah, after a heavy night, chugging water is a lifesaver.

iiFinance - October 25, 2023, 10:26 am

Waking up with a dry throat full of mucus is the worst. I try to drink water before bed but doesn't always happen that way lol.

blueghoster - October 25, 2023, 11:38 am

As a heavy drinker myself Water helps but is not the best, You need to replenish your electrolytes so Pedialyte or Gatorade works better, also before heavy drinking eat a heavy meal, this will help absorb some of the alcohol left in your liver as well as coat your stomach. You'll also need to replenish your Magnesium, Vitamin B and C and if too nauseated to eat food the next day make sure to at least drink protein drinks such as Muscle Milk or Ensure. Try to avoid Darker liquors such as Whiskey and Brandy and even Dark Beer drink clear as it contains less congeners of which may stimulate the body to release stress hormones, such as norepinephrine and epinephrine. Hope this helps! Cheers!!!!!!!!!!!!

Hungry4Knowledge - October 25, 2023, 11:39 am

(Oct 25, 2023 10:26 AM)iiFinance Wrote: [\[CITE\]](#) Waking up with a dry throat full of mucus is the worst. I try to drink water before bed but doesn't always happen that way lol.

Actually tap water is my preference to drink throughout the day. But it's even more delicious after

booze.

Pancake Boat - October 25, 2023, 12:50 pm

I always drink a glass of water after 2 cocktails.

kraftkrip - October 25, 2023, 1:25 pm

Very important for balance hydrated

Proof - October 25, 2023, 1:31 pm

Do yourself a favor and have a full cup after every two mixed drinks.

Shots I would drink a little more water.

Local Celeb - October 25, 2023, 3:08 pm

Drink water after alcohols and never have a hangover. Easy Peasy

Grim - October 25, 2023, 3:10 pm

i would say very if i dont want a headache the next day lol

Disease - October 25, 2023, 4:51 pm

(Oct 24, 2023 08:12 PM)Slumerican Wrote: [\[CITE\]](#) Let's take a moment to emphasize the importance of staying hydrated after a night of drinking alcohol. Currently, I find myself without any water, having consumed 2 liters of beer right before going to sleep. Normally, I make sure to have water readily available on my bedside table or computer desk, with extra in the fridge. However, tonight is one of those nights where I've completely run out of drinkable water.

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STAY HYDRATED

Optimally you stay hydrated while you're drinking, not just try to replenish afterwards. But let's be realistic- how many of us actually remember to intertwine water when we're out having a good time?

In my experience rehydrating before passing out is absolutely the difference between a fair recovery and a disgusting hangover. I doubt it does much in the end, probably more of a placebo effect, but I also like to take a multivitamin before going to bed (if I think about it).

Cap - October 25, 2023, 8:51 pm

I also drink Body Armor. That stuff works wonders for me.

Juoku - October 25, 2023, 10:14 pm

I have a golden rule of always drinking AT LEAST 2 cups of water when I get back home after a night out.

But I usually try to keep hydrated during as well, never had a hangover, never intend on having one ;)

Hydration is key folks!

Broheim - October 28, 2023, 3:15 am

The absolute best way to avoid hangovers is drinking water.

Endorphins - October 28, 2023, 3:17 am

(Oct 28, 2023 03:15 AM)Broheim Wrote: [\[CITE\]](#) The absolute best way to avoid hangovers is drinking water.

Unfortunately, it doesn't work for me that way. The best way to get rid of my hangover is a hot soup but water is a must to replenish all the lost liquid.

Disease - October 28, 2023, 4:00 am

(Oct 28, 2023 03:17 AM)Endorphins Wrote: [\[CITE\]](#) Unfortunately, it doesn't work for me that way. The best way to get rid of my hangover is a hot soup but water is a must to replenish all the lost liquid.

That makes sense actually. Especially if you're prone to not eat anything while drinking, or eat garbage (very common). The water is helping, but I think the soup is doing three things for you, if either of those eating habits apply: rehydrating you, replenishing nutrients and minerals (like electrolytes), and relaxes your stomach due to the warmth (same reason why simple soups like chicken noodle or just broth can sooth upset stomachs).

Everybody is different. But most people would have fewer hangover symptoms if they just ate well before and during drinking. Rather than dumping all that alcohol into an empty stomach late in the night, or carboloading on greasy pizza.

But the one common thread with all hangovers is the influence simple hydration has. Alcohol is a diuretic, hence why you pee a lot. Even though you may drink a lot, a diuretic will cause you to expel more volume than you ingest. That's what causes the headache, brain fog, mental and physical sluggishness, weakness, etc. The nutrients and minerals you expel, minerals especially, contribute. But it's usually the minor component. Hence why most people who make an honest effort to hydrate during and, at least, after drinking too much will experience markedly better recoveries.

That's actually the other thing- if you can rehydrate before the hangover can take over, your body will be able to better absorb nutrients as you start to eat again. So even if you still have gnarly symptoms, you're more primed to offset it.

Never underestimate how absurdly necessary water is in every function of our bodies.

Endorphins - October 28, 2023, 5:52 am

(Oct 28, 2023 04:00 AM)Disease Wrote: [\[CITE\]](#) That makes sense actually. Especially if you're prone to not eat anything while drinking, or eat garbage (very common). The water is helping, but I think the soup is doing three things for you, if either of those eating habits apply: rehydrating you, replenishing nutrients and minerals (like electrolytes), and relaxes your stomach due to the warmth (same reason why simple soups like chicken noodle or just broth can sooth upset stomachs).

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symptoms, you're more primed to offset it.

Never underestimate how absurdly necessary water is in every function of our bodies. You are correct. I've lost some of my electrolytes and can't even move any inches of my muscles. I learned my lesson and now drinking moderately. My teenage self would be proud of me.

How about you, what's your go-to when you have a hangover? I can't remember what was the last time I had a headache since I've been drinking moderately but if I ever experience it again. A warm broth/soup will do.

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I try to always drink a couple Gatorades when all is said and done. And I take a multivitamin before bed, though I'm sure that's just placebo for me. But a lot of hangover cures are just that, placebo. And if it works because you think it does, so be it. Perspective is reality.

But I really just try not to go too hard. I'm not in my 20s anymore, so it just isn't a good look anyways, lol.

skull - October 28, 2023, 6:23 am

In my younger days, I didn't drink water when I got home from being out putting alcoholic toxic in my body.

Woke up back then with no issues, able to take yet another day with the toxic chemicals.

Now in my 30s, I don't work the next day if I don't drink a few cups of water before I head to bed after being out drinking.

It's like it extends the hangover if I don't drink water.

no3kah - October 28, 2023, 8:15 am

also there is another solution alka-seltzer if u have headache because of the dehydration

CrypticHatter - October 28, 2023, 8:38 am

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if your trying to sober out drink water unless you wanna pass out and wake up in a lightheaded

mess.

I also highly recommend eating Pretzels, Bread, or other things like those why you ask is because when you swallow it they absorb the alcohol in your stomach, where ever liquids go when you ingest them :P

LOUD - *October 28, 2023, 8:40 am*

I am on a 7 month sobriety streak currently and I drink a little under 2 gallons of water a day. When I was drinking booze, I drank two cups of water in between each drink I had. Never had any serious hangovers!

Pancake Boat - *October 28, 2023, 9:14 am*

(Oct 28, 2023 03:15 AM)Broheim Wrote: [\[CITE\]](#) The absolute best way to avoid hangovers is drinking water.

Instead of alcohol ?