

# 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](http://ownyourlimits.org) to make sure you know the facts about drinking.