



Does Drinking Cause You To Have Trouble Sleeping?

Video Transcript

This is Alcohol Mastery, my name's Kevin O'Hara, and today I'm gonna be talking about the twelfth question of the Johns Hopkins 20 questions.

Before we get started, you can click the link over here; click the button, if you wanna subscribe to the channel.

Today's question is basically about you're sleeping habits, do you have trouble sleeping if you've been drinking.

There's a lot of different caused by alcohol and one of the more serious is when you're asleep, you need to spend a third of your life sleeping, you need 7 or 8 hours a day.

And there's a lot of problems that alcoholics or problem drinkers face either through insomnia, they can't go to sleep, they go to sleep



but then wake up after only a couple of hours and can't get back to sleep again.

Their sleep patterns are broken because they have to keep getting up to go to the toilet.

Many people use alcohol as a nightcap, to relax them before they go to bed, a snifter of brandy, a glass of wine, a couple of beers, that kind of thing.

But the problem is that it doesn't really aid a good restful sleep.

It doesn't help you to get into that REM state.

In order to get into the REM's your body has to be free of alcohol.

Depending on how much you've drunk the night before, you might never get into that REM state.

Your body can only metabolize one unit per hour.

So, if you've had 3 or 4 pints of Guinness, it could be up to 10 units of alcohol, so that's 10 hours before that's completely out of your system, and before you can go into that REM sleep.

Now, when I was drinking, I never had a problem going to sleep, if that's what you'd call it.

As soon as my head hit the pillow, I was gone; I was out like a light.

Sometimes I don't even remember going into bed, so I think that my brain had shut off before I'd even gotten into the bedroom.

But the problem was, I'd only be comatose for two or three hours.



Then I'd wake up, I'd need to go to the toilet, I'd need to go two or three times a night.

The worst one, what started happening to me, was I'd wake up after two or three hours and my heart would just be pounding inside my chest, and I could hear it in my head.

That really scared me.

I'd have to get up and walk around and have some water and relax myself before I could even get back into bed.

That was one of the scarier parts, and I don't know what was going on, I never went to a doctor about it but it definitely put the shits up me.

So that was the twelfth of the Johns Hopkins questions, are you having trouble sleeping because of alcohol.

Click on the link down below if you wanna see the post, theres a bit more of an extensive post there about this question.

Also, click on the button here to subscribe to the channel, AlcoholMasteryTV.

Leave a comment down below as normal, or go over to the website to leave a comment there, we'd love to hear what you think of the post.

I'd particularly be interested to hear about what you have to say about the twenty questions.

Thanks for watching.



My name's Kevin O'Hara, this is alcoholmastery.com, onwards and upwards!

