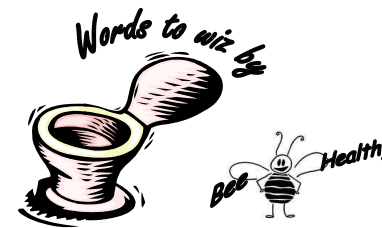


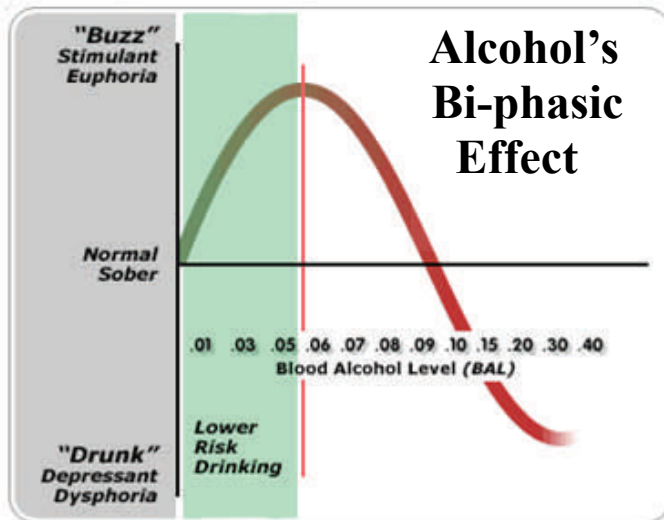


# The Monthly InSTALLment



October 2008

UHS Health Promotion Office — University Health Service, Room 228 – [www.rochester.edu/uhs](http://www.rochester.edu/uhs)



*Would ten Advil work better for a headache than one or two? Of course not!* The same concept applies to alcohol. A common myth is that the more you drink the more fun you'll have. Fact: After a BAC of about .06%, the euphoric effects of drinking turn into sedation: you feel and look sluggish, sloppy, sleepy, and possibly...stupid? *Note: If you're under 21, any alcohol use carries extra legal/judicial risk.*

### The Buzz Zone (# drinks in a 3 hour period)

|          | FEMALE | MALE         |
|----------|--------|--------------|
| 100 lbs. | 1-2    | 120 lbs. 1-3 |
| 120 lbs. | 1-3    | 140 lbs. 1-4 |
| 140 lbs. | 1-3    | 160 lbs. 1-4 |
| 160 lbs. | 1-4    | 180 lbs. 1-5 |
| 180 lbs. | 1-4    | 200 lbs. 1-6 |

## The Zone of Regret

It's unfortunate when you or a friend over-drinks, moving from the Buzz Zone into the Zone of Regret. The symptoms of this zone include:

- ◆ Saying or doing something inappropriate and/or embarrassing
- ◆ Becoming involved in a legal or judicial incident
- ◆ Hooking up with someone you don't know well
- ◆ Not being able to remember part of the night (a blackout)
- ◆ Vomiting
- ◆ Being hung-over the next day and unable to study or work
- ◆ Needing medical attention



If you have found yourself in the Zone of Regret, especially if it's happened more than once, consider talking to someone about your drinking. Campus resources are confidential and nonjudgmental (see center below).



## Harm Reduction Tips

**If you are under age 21**, any alcohol use carries legal risk. Providing alcohol to others under 21 is illegal and increases liability.

**Stay away from drinking from an open punch bowl.** Punch contains an unpredictable amount of alcohol and may contain other psychoactive drugs. Know what you're drinking!

**Talk with your friends** about staying in a group all evening long. Don't leave a friend behind, even if he or she insists.

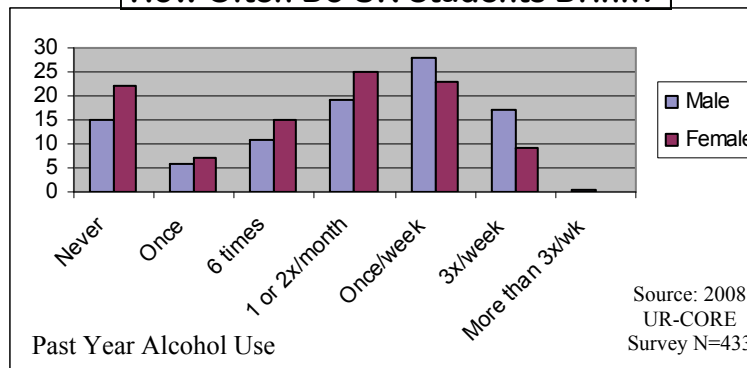
**Avoid shots and drinking games.** Rapid drinking will cause BAC to rise faster and higher than you wish, which can result in nausea, blackouts, and other harm. Be careful with pre-gaming. Sip water throughout the night to slow down drinking pace and to hydrate.

**Drink on a full stomach.** You'll be better able to manage your BAC.

**Know your personal drink limit.** Use a BAC card or online calculator (see [www.rochester.edu/uhs](http://www.rochester.edu/uhs)) to determine how many drinks make sense for YOU. Stay in your Buzz Zone (see Bi-Phasic Effect, above).

**H.A.L.T!** When you are **Hungry, Angry, Lonely, or Tired**, alcohol use can be dangerous. Stop drinking or avoid alcohol completely if any of these adjectives describe you on a particular day or evening.

## How Often Do UR Students Drink?



## Campus Resources: Confidential & Student-Friendly

**UHS Health Promotion Office:** Information, educational programs, and individual consultations. 2nd floor UHS, 273-5772.

**UHS River Campus Office:** Help with medical concerns. 1st floor UHS, 275-2662.

**University Counseling Center (UCC):** Substance use assessment & counseling. 3rd floor UHS, 275-3113.

[www.rochester.edu/uhs](http://www.rochester.edu/uhs)

[www.rochester.edu/ucc](http://www.rochester.edu/ucc)

## Alcohol's Effect on Your Sleep



It takes a minimum of **three days** for the body to recover from a night of heavy drinking. Alcohol intoxication interferes with REM, the deep sleep stage needed to feel rested and refreshed. Here's a breakdown of what happens after a heavy drinking episode:



**Saturday night** – Person goes to bed intoxicated. Although he sleeps 10 hours, his brain does not enter the REM stage, or enters it during the final few hours of sleep. He awakens feeling tired and sluggish.



**Sunday night** – He expects to "catch up" on his sleep. But tonight his sleep-deprived brain enters REM REBOUND, staying too long in the REM stage. Again, he wakes up feeling tired and sluggish. He struggles to focus on studying for his Monday mid-term.



**Monday night** – Finally, his brain returns to a normal sleep cycle. He wakes up on Tuesday feeling rested and refreshed. But it's a bit too late for his exam.