“If people make the choice to drink, get a buzz, and start to lose that buzz, what do they typically do? Most students tell us ‘drink more.’ Do they ever get that same buzz back? Consistently, people tell us no. What do they feel instead? ‘Tired, sick, sleepy,’ and so on.”

—Dr. Jason Kilmer, associate professor of psychiatry and behavioral science, University of Washington

To learn how to get to "peak buzz" and not beyond, see Student Health 101, November 2016.