

# ALCOHOL AND SLEEP

A night of heavy drinking disrupts sleep for days. Alcohol suppresses REM sleep, the deep sleep stage needed to feel rested & refreshed. Lack of REM sleep interferes with mood regulation, cognitive functioning and physical performance.

## How Drinking Impacts Sleep

It takes at least 3 days to recover from a night of heavy drinking.

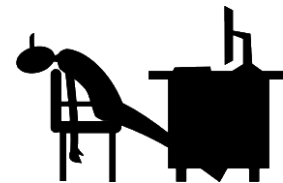
### Saturday Night

You go to bed intoxicated  
Although you sleep 10 hours, your brain doesn't enter REM sleep (or enters it during the final few hours of sleep)  
**You wake up feeling tired and sluggish.**



### Sunday Night

You plan to catch up on sleep.  
However, your sleep-deprived brain enters REM REBOUND, staying too long in REM.  
**You wake up tired and struggle to focus on studying for Monday's mid-term**



### Monday Night

Your brain returns to a normal sleep cycle.  
**You wake up on Tuesday feeling rested, but it's too late for your exam!**

