



Alcohol

- Alcohol and Sleep
 - A common problem when drinking alcohol is to experience poor sleep quality and wake up early or wake up feeling restless
 - The effect of alcohol on chemicals in the brain means a more fitful night's sleep
 - When you drink alcohol near bedtime, it suppresses the body's first REM sleep and sends you straight into the second stage of sleep, which is a deep sleep
 - REM sleep is the stage where you dream
 - REM is the most critical phase of sleep.
 - REM sleep allows our brain to restore and recover
 - There are 6-7 REM cycles during normal sleep totaling about 1.5-2.5 hours of REM
 - Without maximal REM, you will not feel rested upon waking.
 - You will not be able to pass into the REM phase as long as the body is aware of the metabolic poison
 - Someone who has been drinking will only have 1-2 cycles of REM, and sometimes none
 - You will wake up feeling as if you hadn't rested at all
 - Once the alcohol gets metabolized in your body, REM will kick in quicker than it should
 - REM sleep is a light stage of sleep and you wake more easily
 - You may find yourself waking after only 4-5 hours of sleep and not being able to get back to sleep

- Alcohol and Exercise
 - Alcohol compromises the immune system
 - B vitamin deficiency
 - Dehydration due to diuretic effect of alcohol
 - As little as 2% dehydration affects performance
 - Affects recovery of muscles
 - Decreased repair of muscle fibers
 - Intoxication may negatively effect training for up to 14 days
 - Drinking alcohol may suppress training hormones and limit performance
 - Lowers human growth hormone release by 70% when alcohol is consumed before sleep
 - Alcohol is a surplus of calories, which is stored as fat and
 - Also increases cortisol which encourages fat storage

80/20 Rule: No one is perfect. Set your goal to eat properly 80% of the time.



- Calories in Alcohol
 - Alcohol is 7 calories per gram

• ALCOHOLIC BEVERAGE	• SERVING SIZE(oz)	• CALORIES
Beer	12	150
Light beer	12	110
Dark beer	12	168
Distilled spirits (scotch, vodka, bourbon, gin)	1.5	100
Dry dessert wine	5	198
Sweet dessert wine	5	344
Red wine	5	105
White wine	5	100
Sparkling white wine	5	106
Amaretto sour	5	421
Bloody Mary	4.6	120
Cosmopolitan	2.5	131
Daiquiri	2.7	137
Gin and Tonic	7	189
Margarita	6.3	327
Martini	2	119
Pina Colada	8	312
Rum and coke	12	361
Screwdriver	7	208
Whiskey sour	3	125

80/20 Rule: No one is perfect. Set your goal to eat properly **80%** of the time.