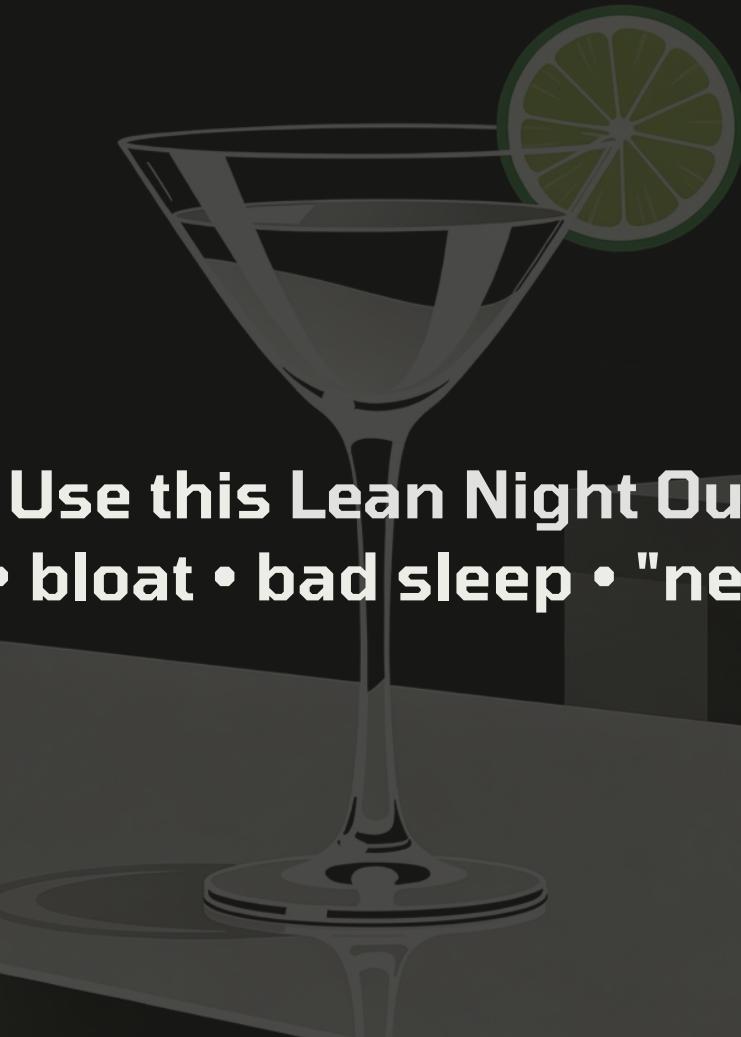


Lean Drinking

**DRINKING TONIGHT? Use this Lean Night Out Protocol to
minimize: hangover • bloat • bad sleep • "next-day anxiety"**



Why alcohol makes you feel/look worse

Hangovers aren't random. Alcohol hits you in 4 ways:

Dehydration

it suppresses *vasopressin (ADH)* → you pee more

Sleep damage

you fall asleep faster, but sleep gets **fragmented** later

Toxin/inflammation

acetaldehyde + inflammation drive symptoms

Hormone disruption

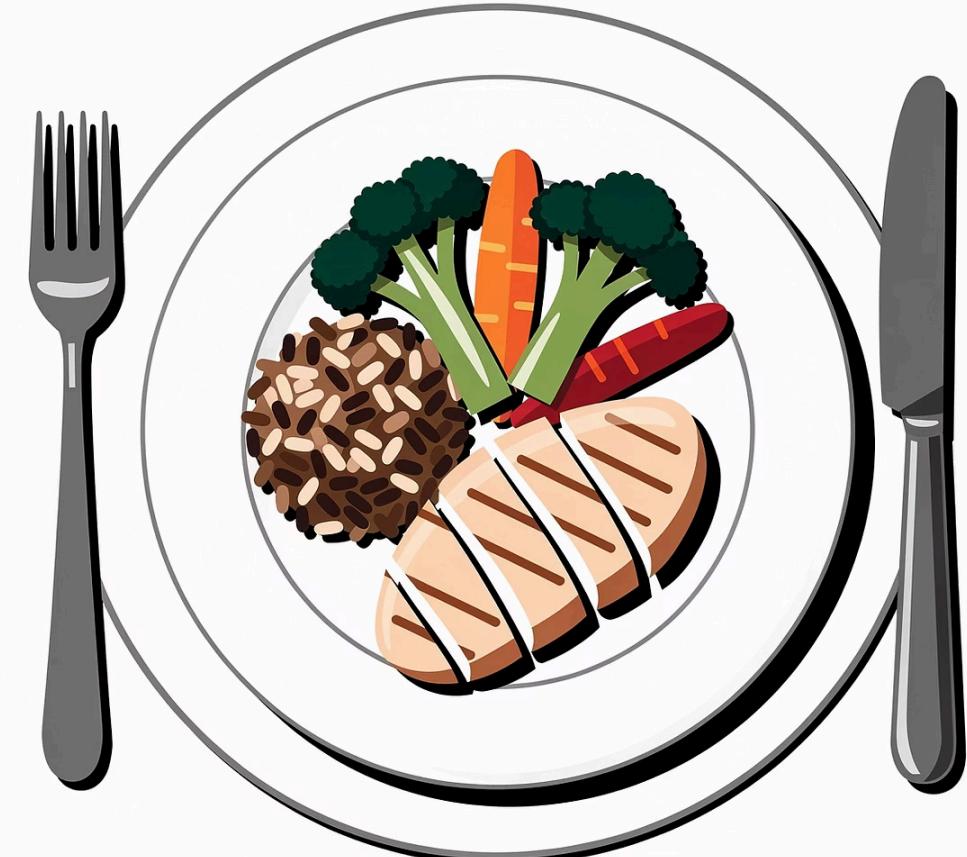
evening alcohol can lower melatonin

Pre-game meal (this lowers peak damage)

Eat a real meal **60–120 min before** drinking:

- **Protein + carbs + some salt**
- Keep fat moderate (too high slows digestion, can upset your stomach)

Science: food slows alcohol absorption → lower peak BAC, steadier energy.



Hydration that actually works

Alcohol increases urination because ADH gets suppressed. So don't "chug at the end." Do this instead:

**1 full glass of water per drink
(minimum every other)**

**If you're sweating/dancing: add
electrolytes once**



The pacing rule (protects your sleep + tomorrow)

Your liver clears alcohol at a limited rate. If you drink faster than you clear it:

- BAC climbs
- sleep quality drops harder
- you feel worse tomorrow

1 drink per
hour

(max)

Choose drinks that cause less bloat

Two things matter:

**1 Sugar mixers = easy calorie overload
+ worse next-day cravings**

**2 Congeners (more in darker liquor)
can worsen hangover severity**

Best options:

vodka/tequila + soda + lime

diet mixer + liquor

light beer

dry wine

"Last drink" cutoff (biggest sleep hack)

Alcohol sedates you early... then **rebounds** and disrupts sleep later. If you want to wake up better:

Stop 2-3 hours before bed

(earlier is even better)

Before bed (damage control checklist)

Pick 2–3:

- big glass of water
- electrolytes OR salty food + water
- small snack if needed: **protein + easy carb** (prevents 3am hunger)

Avoid:

- greasy binge
- chugging a gallon (just ruins sleep)



Melatonin (optional, with rules)

Alcohol can **suppress your natural melatonin**, which is part of why sleep gets worse. If you already tolerate melatonin well:

Dosage

low dose (1-2.5 mg), 30–60 min before bed *can help sleep onset*

melatonin also has **antioxidant** properties (not a hangover cure)

Safety:

- Don't take it if you're still actively drinking/very intoxicated
- Don't combine with other sedatives
- If you have medical conditions/meds → skip or ask your clinician

Morning after (recover faster)



water + electrolytes



protein + carbs (stabilizes energy/cravings)



10–20 min walk + sunlight



caffeine is fine—don't use it to replace sleep

