

SOBERING UP

Our bodies can only metabolize, or get rid of, approximately 1 standard drink of alcohol per hour. Contrary to popular belief, caffeine, exercise, taking a shower or drinking water **won't** help you sober up.



There is no way of speeding up this process.

TIME is the only solution!

How long
does it
take to
sober up?

BAC	Hours to Sober
.04	2.5 hours
.08	5 hours
.10	6.25 hours
.16	10 hours
.20	12.5 hours