

# SOBERING UP

## 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

Our bodies can only metabolize, or remove, 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!



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