

# How to Properly Hydrate & How Much Water to Drink Each Day | Dr. Andrew Huberman

<https://silosolo.com/653067>

## Summary

The measurement of dehydration can be done through observing indicators such as skin elasticity, nail color changes, and swollen ankles. However, these indicators are not absolute measures and can vary based on factors like age and body composition. The importance of hydration is based on the impact of reduced water intake on cognitive and physical performance, rather than direct measures of dehydration. For adults, it is recommended to consume around 80 ounces (2.4 L) of fluid during the first 10 hours of the day. This does not mean drinking fluids every hour, but rather ensuring that the total intake for the first 10 hours reaches the recommended amount. Fluid requirements are higher during the first 10 hours after waking up compared to the later evening and nighttime.

## Silo sample questions

- How do we measure dehydration?
- What is the basis for the importance of hydration?
- What are the recommended fluid intake levels for adults?
- Is it necessary to drink fluids every hour?
- Do fluid intake requirements vary during different times of the day?

## Topics

Measuring dehydration

Importance of hydration

Recommended fluid intake for adults

Timing of fluid intake

## Key Takeaways

- Measuring dehydration can be done by observing indicators such as skin elasticity, nail color changes, and swollen ankles. However, these are not absolute measures and can vary depending on factors like age and body composition.
- The importance of hydration is based on the impact of reduced water intake on cognitive and physical performance, rather than direct measures of dehydration.
- For the first 10 hours of the day, it is recommended to consume on average eight ounces (approximately 240 mL) of fluid per hour. This translates to a total of around 80 ounces (2.4 L) for the first 10 hours.
- No, it is not necessary to drink fluids every hour. Most people will consume water at different intervals throughout the day. The important factor is to ensure that the total fluid intake for the first 10 hours reaches the recommended amount.
- Yes, fluid requirements are higher in the first 10 hours after waking up compared to the later evening and nighttime.

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