

# Alcohol, Hangovers & How to Cure a Hangover Based on Science | Dr. Andrew Huberman

<https://silosolo.com/141117>

## Summary

Hangover effects range from headache to nausea to anxiety. Alcohol disrupts the architecture of sleep, including slow wave sleep, deep sleep, and rapid eye movement sleep. Alcohol destroys healthy gut microbiota, leading to leaky gut and related malaise. Alcohol causes vasoconstriction, which leads to headaches as a rebound effect. Ingesting more alcohol may temporarily alleviate a hangover, but will ultimately lead to a worse hangover.

## Silo sample questions

- What are the effects of hangover?
- How does alcohol affect sleep?
- What effects does alcohol have on the gut microbiome?
- Why do people get headaches during a hangover?
- Can ingesting more alcohol relieve a hangover?

## Topics

hangover effects

alcohol and sleep

alcohol and gut microbiome

alcohol and headaches

relieving hangover

## Key Takeaways

- Hangover effects range from headache to nausea to anxiety.
- Alcohol disrupts the architecture of sleep, including slow wave sleep, deep sleep, and rapid eye movement sleep.
- Alcohol destroys healthy gut microbiota, leading to leaky gut and related malaise.
- Alcohol causes vasoconstriction, which leads to headaches as a rebound effect.
- Ingesting more alcohol may temporarily alleviate a hangover, but will ultimately lead to a worse hangover.

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