

"WIDE AWAKE DRUNK"

Energy drinks such as **Red Bull**, **Monster**, or **RockStar** claim to stimulate the mind and body while providing a boost of energy. But these drinks can have dangerous effects when mixed with alcohol.

Energy drinks act as a stimulant, while alcohol acts a depressant. By mixing the two, you are sending mixed messages to your brain and nervous system which can amplify the effects of intoxication producing dangerous health risks.

Caffeine does NOT counteract alcohol. The high caffeine content stimulation can prevent a person from becoming sleepy and experiencing drunkenness, but it does not prevent impairment in judgment, reaction time, and motor skills.



What can mixing caffeine and alcohol do to me?

- ⇒ You may feel more alert or less impaired, but the alcohol is still acting as a depressant to your nervous system
- ⇒ High levels of caffeine can increase heart rate and blood pressure, causing heart palpitations or rhythm problems
- ⇒ Worse hangover— alcohol **AND** caffeine both dehydrate the body, which is one of the reasons people get hangovers
- ⇒ Can cause more dramatic intoxication.—people believe they are sober enough to drive a car when they are not