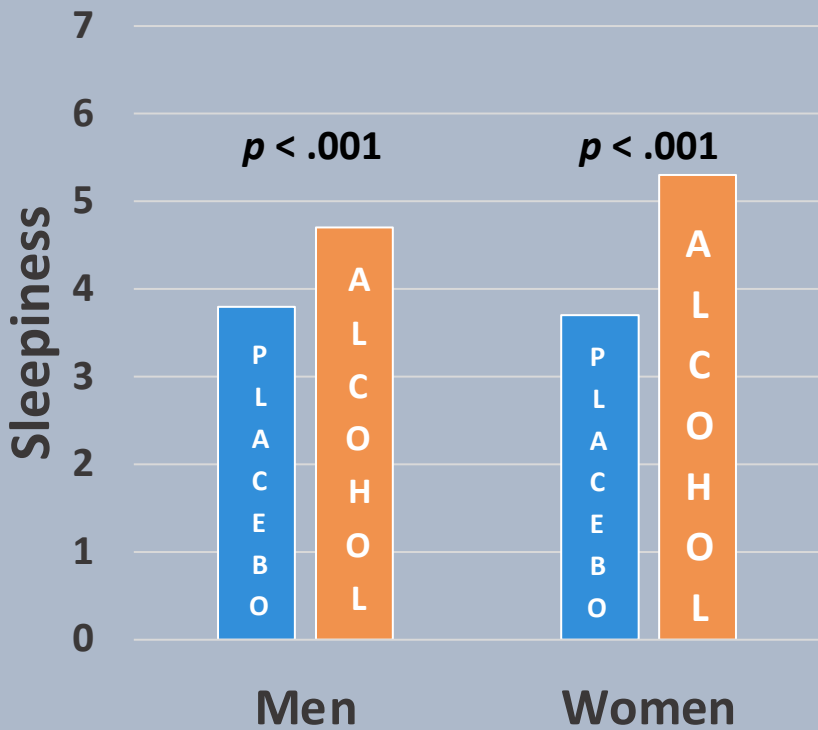


Alcohol Consumption Harms Sleep

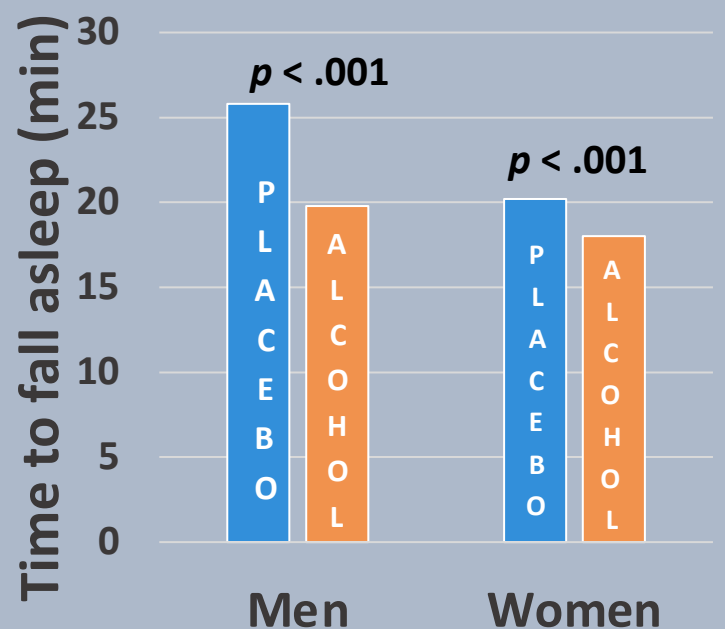
Jack Sheehy • <https://tinyurl.com/a22bbawd>

Alcohol Increases Sleepiness



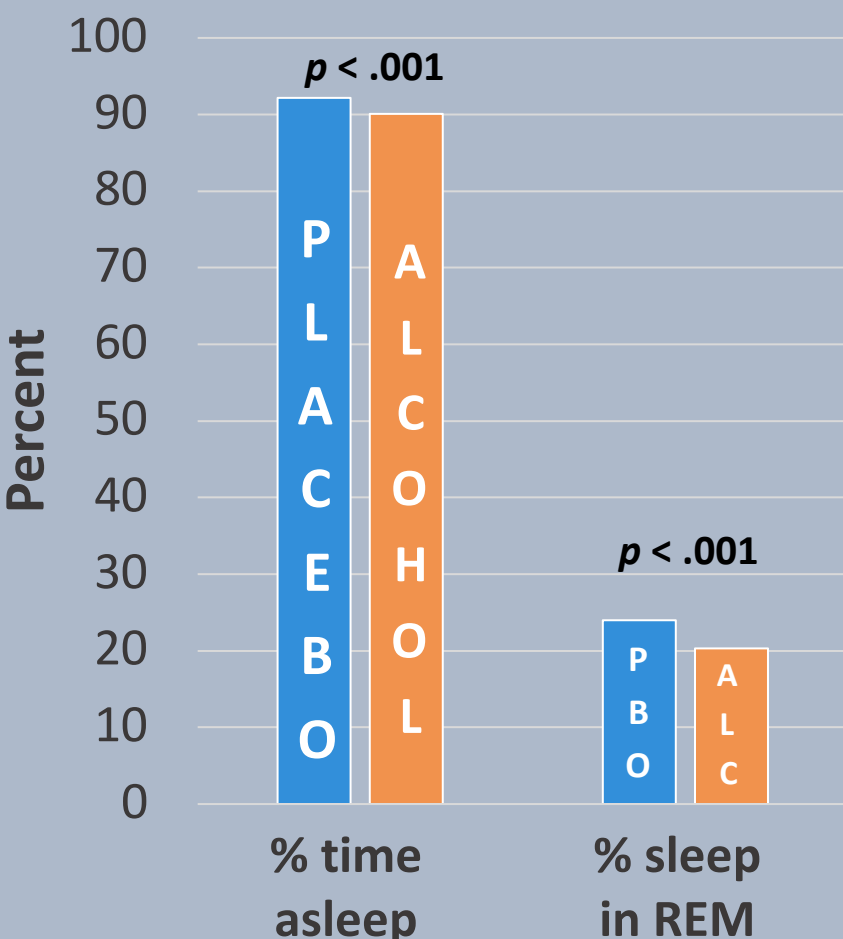
Drinking alcohol may make you tired . . .

Alcohol Reduces Time to Fall Asleep



. . . but . . .

Alcohol Decreases Overall Sleep Time and REM Sleep



. . . it will reduce your sleep's duration and quality.

References:

<https://tinyurl.com/beayjyjb>
<https://tinyurl.com/3m5fty4b>