

# The Ultimate Guide to Surviving a Hard Day After a Hangover

Waking up with a hangover is never fun. You feel tired, nauseous, and achy. You may also have a headache and sensitivity to light and sound.



## A Hard Day for a Hangover: A Novel (Sunshine Vicram Series Book 3) by Darynda Jones

★★★★☆ 4.6 out of 5

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But don't worry, there are things you can do to make it through the day and feel better faster.

## Hydrate

One of the most important things you can do when you have a hangover is to stay hydrated. Alcohol dehydrates your body, so it's important to drink plenty of fluids to replenish your system.

Water is the best choice, but you can also drink sports drinks, coconut water, or herbal tea. Avoid sugary drinks like soda or juice, as they can

make your symptoms worse.

### **Eat a healthy breakfast**

Eating a healthy breakfast can help to settle your stomach and provide your body with the nutrients it needs. Avoid greasy or fatty foods, as they can make your symptoms worse.

Some good choices for a hangover breakfast include oatmeal, yogurt, fruit, or toast. You can also try a smoothie or protein shake.

### **Get some rest**

If you can, try to get some rest. Even a short nap can help to improve your symptoms.

If you can't nap, try to relax in a quiet, dark room. Avoid watching TV or using your phone, as the light and noise can make your symptoms worse.

### **Take over-the-counter pain medication**

If you have a headache, you can take over-the-counter pain medication such as ibuprofen or acetaminophen.

Be sure to follow the directions on the package and avoid taking too much. Taking too much pain medication can lead to side effects such as stomach upset or liver damage.

### **Avoid alcohol**

It may seem tempting to have a drink to cure your hangover, but this is not a good idea.

Alcohol will only make your symptoms worse. It will dehydrate you further and cause your headache to get worse.

## When to see a doctor

Most hangovers will go away on their own within a day or two. However, there are some cases where you may need to see a doctor.

Seek medical attention if you experience any of the following symptoms:

- Severe headache that does not go away with over-the-counter pain medication
- Nausea or vomiting that lasts for more than 24 hours
- Diarrhea
- Confusion
- Seizures

Hangovers can be a miserable experience, but there are things you can do to make it through the day and feel better faster.

By following these tips, you can help to reduce your symptoms and get back to feeling like yourself again.



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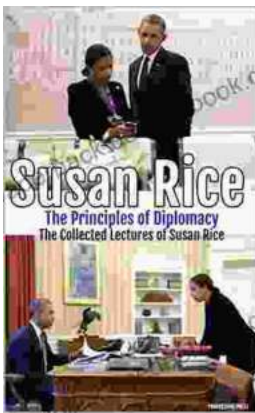
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