



Local Clinic Links Night Sweats to Alcohol Use

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The risks of alcohol consumption are no stranger to Texans, and the majority recognize binge drinking as risky. But a new blog discusses one of the lesser-known side effects. San Antonio Recovery Center, a local behavioral health clinic, recently released an educational piece highlighting the link between night sweats and alcohol use.

Initially, this doesn't seem like any big deal ? after all, this is Texas. Sometimes people wake up when it's too hot. But the article underscores that night sweats are something more than just waking up hot.

?The reality is, night sweats take this to another level entirely. You may wake up completely drenched through your bedsheets and your clothes. It is often incredibly disruptive to sleep, and can leave the bed soaked for hours,? the authors begin, highlighting the intensity of night sweats. ?Dehydration is even a risk, given the amount of water that your body loses.?

They can lead to problems sleeping, insomnia, and ruined bed sheets or clothing. Night sweats aren't just a minor problem; they can be a major disruption. The article then takes time to dive into the underlying causes of this condition. These night sweats, it says, begin with hormones.

?Alcohol increases your heart rate and blood pressure, which widens your blood vessels. These factors combined increase body temperature?when these match up with the hormonal changes from alcohol, night sweats often result,? the blog explains, ?When sleeping, the body goes through several hormonal changes, and tries to lower its internal temperature: alcohol can disrupt this process.?

These hormonal imbalances can come from a wide range of conditions. The authors list menopause, mood disorders, and obesity as several potential culprits. However, they use this to highlight another underlying cause ? alcohol use. And in particular, alcohol withdrawal.

?If you're experiencing withdrawal symptoms, with night sweats included, this indicates your body is dependent on alcohol. Withdrawal symptoms will usually go away once you drink again, but this can lead to a vicious cycle of drinking and withdrawal that indicates a potential alcohol use disorder,? the article says, discussing the role of addiction more broadly. And indeed, withdrawal is the most common reason substance use leads to night sweats.

The article goes on to cover the various effects of alcohol withdrawal, as well as give advice on which ones may be reason for concern. It lists a number of symptoms that are a cause for medical attention, such as vomiting, delirium, tremors, or seizures.

However, the authors point to another potential link between night sweats and alcohol use: alcohol intolerance.

?Sometimes, night sweats aren't related to withdrawal or a hangover. Instead, they're brought on by even the smallest amount of alcohol, and they can come on immediately. This condition is called alcohol intolerance, and happens due to a genetic inability to break down alcohol. The body lacks a key enzyme involved in the process,? the article explains, ?Alcohol intolerance isn't technically an allergy in itself [and] is very different from an alcohol use disorder or alcohol dependence. Often, people with alcohol intolerance feel ill enough from alcohol that they avoid it altogether.?

The blog post concludes by offering tips to help reduce the effects of night sweats. It suggests those who experience night sweats keep their rooms cool, stay hydrated to reduce the risk of dehydration, and avoid too many blankets. However, it underscores a final point: Night sweats and alcohol go together most often as a result of withdrawal. If someone is experiencing night sweats after alcohol consumption, then it may be time to seek professional assistance.

The authors, San Antonio Recovery Center, are a local Texas-based rehab center. They are leading experts

in the region for both substance use and its related side effects. Known primarily for their work throughout the community and their alumni outreach programs, they maintain a strong emphasis on education. Connect with them via their website to learn more about their work today.

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San Antonio Recovery Center - Culebra

San Antonio Recovery Center is based strongly on the 12-step treatment philosophy that has helped millions regain control of their lives. This successful San Antonio program emphasizes the recognition and identification of addictive behavior patterns.

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