

NIH Easy-to-Read Drug Facts

National Institute on Drug Abuse

Signs of Alcohol Misuse



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Drinking alcohol is not necessarily a problem, but drinking too much can cause bad things to happen. People who drink too much alcohol might forget things that happened when they were drunk. This is called a blackout.

People drunk on alcohol often:

- laugh and talk loudly
- feel dizzy
- have blurry vision
- have trouble staying on their feet and sway when they walk

- slur words when they talk
- feel sleepy and relaxed
- pass out
- throw up
- get violent

Getting drunk can lead you to do or say things that you regret later on. It also makes you more likely to get into a car crash and get hurt.

After drinking a lot, people get a headache and feel sick. This is called a hangover.

People who misuse alcohol, or people who are addicted, start having to drink more and more to get drunk. They might have a drink in the morning to calm down or stop a hangover. They might drink alone, and they might keep it a secret.

They might forget things that happened when they were drunk. This is called a blackout.

NEXT: [Effects of Alcohol on Brains and Bodies](#)

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