

## The Morning After

Estimated time by which your body is clear of alcohol\*

### What you've had

When You started drinking	What you've had											
	1 Glass of Wine	3 Glasses of Wine	5 Glasses of Wine	1 Pint of Lager	3 Pints of Lager	5 Pints of Lager	1 Pint of Ale	3 Pints of Ale	5 Pints of Ale	1 Nip	3 Nips	5 Nips
5.00 pm	7.50 pm	12.25 am	5.00 am	7.50 pm	12.25 am	5.00 am	7.30 pm	11.30 pm	3.30 am	6.30 pm	8.30 pm	10.30 pm
6.00 pm	8.50 pm	1.25 am	<b>6.00 am</b>	8.50 pm	1.25 am	<b>6.00 am</b>	8.30 pm	12.30 pm	4.30 am	7.30 pm	9.30 pm	11.30 pm
7.00 pm	9.50 pm	2.25 am	<b>7.00 am</b>	9.50 pm	2.25 am	<b>7.00 am</b>	9.30 pm	1.30 am	5.30 am	8.30 pm	10.30 pm	12.30 pm
8.00 pm	10.50 pm	3.25 am	<b>8.00 am</b>	10.50 pm	3.25 am	<b>8.00 am</b>	10.30 pm	2.30 am	<b>6.30 am</b>	9.30 pm	11.30 pm	1.30 am
9.00 pm	11.50 pm	4.25 am	<b>9.00 am</b>	11.50 pm	4.25 am	<b>9.00 am</b>	11.30 pm	3.30 am	<b>7.30 am</b>	10.30 pm	12.30 pm	2.30 am
10.00 pm	12.50 am	5.25 am	<b>10.00 am</b>	12.50 am	5.25 am	<b>10.00 am</b>	12.30 pm	4.30 am	<b>8.30am</b>	11.30 pm	1.30 am	3.30 am
11.00 pm	1.50 am	<b>6.25 am</b>	<b>11.00 am</b>	1.50 am	<b>6.25 am</b>	<b>11.00 am</b>	1.30 am	5.30 am	<b>9.30 am</b>	12.30 pm	2.30 am	4.30 am
12.00 pm	2.50 am	<b>7.25 am</b>	<b>12.00 am</b>	2.50 am	<b>7.25 am</b>	<b>12.00 am</b>	2.30 am	<b>6.30 am</b>	<b>10.30 am</b>	1.30 am	3.30 am	5.30 am
1.00 am	3.50 am	<b>8.25 am</b>	<b>1.00 pm</b>	3.50 am	<b>8.25 am</b>	<b>1.00 pm</b>	3.30 am	<b>7.30 am</b>	<b>11.30 am</b>	2.30 am	4.30 am	<b>6.30 am</b>

Figures in Red indicate the greatest times of risk when commuting to work. Clearly an earlier start than 6.00 am increases the risk of being over the limit.

### Notes

These calculations include a rounded up 30 minutes for the initial consumption and digestion of the first drink.

Glass of wine - calculation is based on a 175ml measure of 13% ABV - 2.3 units

Lager - calculation is based on a pint of 4% ABV - 2.3 units

Ale - calculation is based on a pint of 3.5% ABV - 2.0 units

Spirits - calculation is based on a 25ml measure of standard 40% ABV spirit. - 1 unit

These calculations are based on the average metabolization of alcohol of 1 unit per hour.

No account has been taken of other factors like age, gender, weight, individual metabolic rate, food intake.

This chart should be used as a guide only.