Are there other risks of mixing alcohol and energy drinks?

✓ Besides alcohol poisoning, heart problems and a really bad hangover (as if that isn't enough!), studies show that those who drank alcohol with an energy drink had a greater risk of:
  • Driving after drinking or riding with a drunk driver.
  • Being sexually assaulted or assaulting someone.
  • Having an alcohol-related accident.

Drinking too much alcohol or drinking it too fast can lead to serious health and safety risks. When mixing alcohol with energy drinks, the risk is even higher. Look inside to find out why alcohol and energy drinks are a dangerous mix.
Mixing alcohol with energy drinks has become a popular thing to do. But this mix is not a good idea. In fact, it can be very dangerous.

Why is mixing alcohol with energy drinks dangerous?
- Energy drinks contain caffeine. Some also have other stimulants.
- When you drink alcohol, the body sends signals to let you know when you’ve had enough. Caffeine and other stimulants can mask those signals so you no longer know how drunk you really are.
- If you can’t tell how drunk you are, you may drink too much or too fast.

The mix can be hard on your heart.
- Energy drinks raise blood pressure and make your heart beat faster. Drinking too much alcohol can also raise your blood pressure. Mixing the two can be especially dangerous for your heart.

Watch out for the hangover.
- Both alcohol and energy drinks make you dehydrated. This means your body does not have enough water.
- Without enough water your body takes longer to process alcohol. It will take longer to recover from drinking. It may make the hangover more severe and last longer too.

Mixing alcohol and energy drinks puts you at risk for alcohol poisoning.
- The signs of alcohol poisoning include throwing up, passing out and problems with breathing.
- Alcohol poisoning can cause seizures, brain damage, coma and even death.
- If you think someone has alcohol poisoning, get help right away. Call 911 or your local emergency number.

Drinking too much too fast can cause alcohol poisoning.