

One night rest is not enough!

Do you know about hangover?

Rough standards for **1 Unit** of Alcohol in each beverage.

1 Unit of Beer = 500ml at 5% alcohol content

1 Unit of Japanese rice wine = 180ml at 15% alcohol content

1 Unit of Whisky = 60ml (2 shots) at 43% alcohol content

1 Unit of Wine = 200ml (2 small glasses) at 12% alcohol content

1 Unit of Chu-hi = 350ml at 7% alcohol content

1 Unit of Awamori = 100ml at 25% alcohol content



Chu-hi=350ml
1 Unit



Awamori=100ml
1 Unit



Beer=500ml
1 Unit



It takes about 4 hours
to break down **1 Unit** of Alcohol.

If you drink 3 Units of alcohol

8 hours sleep break down **2**
only 2 Units of alcohol



Driving while intoxicated

• Revocation of license (3years disqualification)

Driving under the influence of alcohol

• 90 days suspension

• Revocation of license (2years disqualification)



In consideration of your next day work,
drink the appropriate amount capable
for the alcohol to break down during
your sleep hours.



Which means that alcohol still
remains in your system
in the morning