

# 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  
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