**Gradual alcohol self-reduction at home**

Self-detoxing alcohol at home without medical support isn’t advised.  There is far too much uncertainty in the alcohol detox process, including the symptoms of alcohol withdrawal. Withdrawal from alcohol should never be underestimated, as it can become a serious medical situation with potentially fatal consequences.

We would advise anybody who is alcohol dependent to attempt to **stabilize on the lowest amount of alcohol that holds off uncomfortable withdrawal symptoms**. Once stable on the lowest set amount of alcohol, individuals can choose to reduce down from this amount. It is generally safe to reduce by a small amount (no more than 10%) approximately every 5-7 days (or slower) once any discomfort from the previous reduction has passed, until alcohol free.

**DO NOT attempt to just suddenly stop drinking or to reduce in bigger steps that can cause significant withdrawal symptoms.**

**Wellbeing advice during alcohol self-reduction at home**

**Sleep** You'll also find your sleep is disturbed. You may wake up several times during the night, and may suffer heavy nocturnal sweats, or may have problems getting to sleep. This is to be expected, and your sleep pattern should return to normal within a month.

**Anxiety** **and sleep**, Try down loading Mindfulness or meditations apps, (Headspace and Calm are two we recommend), and you will also find lots on YouTube.

**Fluids** - Drink plenty of non-alcoholic fluids to stay hydrated this is very important as the body will lose lots of fluids through perspiration. Avoid drinking large amounts of caffeinated drinks, including tea and coffee, because they can make your sleep problems worse and cause feelings of anxiety. Water, squash or fruit juice are better choices.

Food little and often, even if you have no appetite, attempt to make yourself eat small amounts regularly to give you more strength and energy.

**Multi vitamins and Minerals**, Make sure you take your prescribed Thiamine 100mg twice daily. If this is not prescribed, please contact your GP and ask for this to be prescribed.

You could supplement this with an over the counter Multivitamin complex, for example **Sanatogen** one tablet daily.

**Stress** – Reducing your alcohol intake can be very stressful, attempt activities to divert  thoughts from frustration/cravings etc, such as crosswords, Sudoku’s, adult colouring, playing music, reading, taking baths, separating yourself into a different room away from annoyances.