

YouGov Survey Results

Sample Size: 1627 GB Adults
Fieldwork: 20th - 21st March 2017

	Gender		Age				Social Grade		Region					
	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland	
Weighted Sample	1627	787	840	189	695	402	342	927	700	195	540	350	392	150
Unweighted Sample	1627	714	913	190	659	428	350	995	632	195	543	350	396	143
	%	%	%	%	%	%	%	%	%	%	%	%	%	%

When you have a hangover, which of the following methods do you generally use to try and get rid of it. Please select all that apply.

Drinking water	50	50	49	59	58	45	31	55	43	57	48	44	53	49
Taking painkillers (like aspirin or paracetamol)	31	27	34	27	39	27	19	34	26	38	28	29	34	26
Eating toast (or other high carbohydrate foods)	18	15	21	32	21	13	8	20	15	20	16	17	19	19
Eating greasy food (like a fried breakfast)	18	20	16	32	26	9	4	20	15	21	15	18	20	21
Drinking coffee	16	18	13	19	19	12	10	17	14	16	13	17	18	16
Drinking sports drinks	7	10	5	18	11	2	0	8	6	4	5	6	12	9
Drinking more alcohol ('hair of the dog')	5	7	3	6	8	3	1	6	3	8	4	3	6	7
Taking vitamin supplements	5	6	4	9	7	4	1	6	4	7	5	6	4	7
Something else (see Tab 1)	6	5	7	9	8	4	2	7	4	7	5	4	7	9
I don't try anything specific to get rid of it	6	9	3	5	4	7	9	6	6	6	5	5	8	6
Not applicable - I never drink or never get hangovers	33	29	36	21	23	38	53	29	37	26	35	37	28	34
Don't know	2	2	2	5	2	1	1	1	3	2	2	3	1	2

Excluding "Not Applicables"

When you have a hangover, which of the following methods do you generally use to try and get rid of it. Please select all that apply.

Drinking water	75	70	77	75	75	73	66	77	68	77	74	70	74	74
Taking painkillers (like aspirin or paracetamol)	46	38	53	34	51	44	40	48	41	51	43	46	47	39
Eating toast (or other high carbohydrate foods)	27	21	33	41	27	21	17	28	24	27	25	27	26	29
Eating greasy food (like a fried breakfast)	27	28	25	41	34	15	9	28	24	28	23	29	28	32
Drinking coffee	24	25	20	24	25	19	21	24	22	22	20	27	25	24
Drinking sports drinks	10	14	8	23	14	3	0	11	10	5	8	10	17	14
Drinking more alcohol ('hair of the dog')	7	10	5	8	10	5	2	8	5	11	6	5	8	11
Taking vitamin supplements	7	8	6	11	9	6	2	8	6	9	8	10	6	11
Something else (see Tab 1)	9	7	11	11	10	6	4	10	6	9	8	6	10	14
I don't try anything specific to get rid of it	9	13	5	6	5	11	19	8	10	8	8	8	11	9
Don't know	3	3	3	6	3	2	2	1	5	3	3	5	1	3