

What happens when you're dehydrated?

3 clear answers from science

Losing even a small share of your body's water can affect your focus, energy and mood.

Told by Sand
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About 60% of your body is water. Even a **small dip** in that balance can affect your energy, focus and mood. Here are three clear answers from science.

60%

OF AN ADULT BODY

Most of your body is water

About 60% of adult body weight is water, and muscles are roughly three-quarters water.



1 Your focus slips

Research shows that losing just 1–2% of your body weight in water can affect attention, focus and mood.



dehydrated

scattered mind



after a drink

sharp focus

Why are afternoons such a struggle?

Between morning and midday, we often drink too little. When you feel foggy in the afternoon, check your water before reaching for the next coffee.

★ FROM SAND

Keep a full glass on your desk – water you can see gets drunk more.

1 sip every hour

Set your reminders in Damy [right now →]





Hot days call for a higher goal

In the heat, you lose more water through sweat. Damy can raise your daily goal based on the weather.

2 A headache can kick in

Mild dehydration can be an often-overlooked cause of headaches. Before reaching for a painkiller, try drinking a glass of water.

> Thirst is a late alarm. By the time you notice you're thirsty, your body has already started running a deficit.



3 Your energy and mood swing



As you lose more water, your blood volume drops and your heart has to work a little harder. You may feel this as tiredness and restlessness. Camels can ration their water; we need to remember to drink regularly.

4 So what can you do? 4 simple steps



Have a glass of water as soon as you wake.



Add a glass of water to every meal.



Have another glass at your afternoon break.



Finish your water 2 hours before bed.



Dehydration isn't destiny – it's a habit you can fix.

If you drink coffee, don't forget to add a glass of water alongside it; Damy's reminders will take care of the rest.

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