

Meta description: If you're looking to improve your life and optimize your brain activity, staying hydrated can help. Click to learn the benefits.

How Hydration Can Improve Your Life

Is your mouth dry? Do you feel dizzy or lightheaded? Or maybe you have head and neck tension all the time? Those are signs of dehydration.

Water is a marvelous gift we have and is mostly underestimated. One of the most important things water can do is help your general function, alertness, and brain health,

If you're dehydrated you're missing out.

Drinking Water Can Help You Be More Alert in the Morning

If you wake up half sleepy, don't function well, or your mood changes, you may be dehydrated.

No need to feel refreshed, just hydrate.

Your body is 70% water and it needs all that to function in a proper way. Guess what, drinking more water can help. Studies show that people are more alert and react better when hydrated.

Recently, scientists wanted to assess the effect of fluid restriction. So, they separated a group of people into 2. Half were fluid restricted for 12h. The rest drank 500ml the night before the study and on the morning of it.

The fun part was when they tested their reaction time on both central and peripheral vision. And guess who outdid the others by 10 points.. a significant number on the visuomotor... the ones who drank water.

The results were in, drinking more water helps you be more alert, react better and faster in the morning.

And that's not all, if you stay hydrated your brain will thank you as well.

Can Hydration Help Brain Activity?

Totally, you see our brain needs water to function to its full capacity. If you feel like you can't remember things, concentrate, or think as clearly, then you need to drink more water.

This can happen even if you drink as much as 4 cups of water. That might sound like normal intake but your brain needs more.

Did you know that [chronic dehydration can decline your cognitive ability](#)? Even though your brain is a powerhouse that you can push to its limits, it can't sustain good function for long. Yes, you can push through, but dehydration for a long time will decrease your brain activity.

Those 4 cups are only 1000ml, not enough by your brain's function standards.

How Much Daily Fluid Intake Is Enough?

If you're a female you need 11.5 cups that's 2.7 liters of fluids. Males need 15.5 cups which is 3.7 liters of fluids a day.

Remember that fluids can be in the form of water, other beverages, and food. Your food takes up to 20% of the fluids you need per day.

To get the benefits for your physical and brain health stick to at least 8 cups of water. Have this as a basis but your body mass and activity level also play a role. So adjust taking your needs and lifestyle into account.

For the best possible result, avoid drinks with a lot of sugar, caffeine, and additives.

Remember quality and quantity is key.

The Bottom Line

If you're looking to improve your life and optimize your brain activity, stay hydrated. It's the best thing for you. Even mild dehydration can have a negative effect. Turn "I forgot" into "I remember" today.

Sources:

[Fluid Restriction Negatively Influences Perceived Morning Alertness and Visuomotor Ability - PubMed \(nih.gov\)](#)

[Effects of hydration status on cognitive performance and mood | British Journal of Nutrition | Cambridge Core](#)