

# Why Do You Get the Shakes When Cutting Back Your Alcohol Consumption?

by Robert Alexander Center | Jan 1, 2023 | Blog



If you've been struggling with alcohol abuse, cutting back on your drinking can be a very difficult process. When you try to reduce your alcohol intake, you might experience symptoms like shaking or trembling in the hands, legs, and other parts of the body.

This condition is known as shaky hands syndrome or hand tremors and is surprisingly common among those who are trying to cut back on their alcohol use.



## Why Do You Get the Shakes?

Shaky hands syndrome, also known as hand tremors or alcohol withdrawal tremors, is a common symptom of alcohol abuse. This condition occurs when the body and brain are trying to adjust to lower levels of alcohol in the bloodstream. Alcohol shakes are caused by [alcohol withdrawal](#) and excessive alcohol consumption.

## Why Do Alcohol Withdrawal Symptoms Occur?

Alcohol addiction can cause brain changes, making it difficult for your body to adapt when you try to reduce or eliminate alcohol from your diet. Alcohol triggers certain neurotransmitters in the brain that are responsible for regulating emotions and movements. When alcohol consumption is reduced, these neurotransmitters can become overactive, leading to feelings of restlessness, anxiety, and tremors.

## When Do Tremors Begin, and How Long Do They Last?

Alcohol tremors can begin anywhere from a few hours (5 – 10 hours) to several days after your last drink. These symptoms typically peak within 24 – 72 hours and can last for days or weeks after your last drink.

This withdrawal timeline can vary from person to person and is influenced by several factors, and it should not be taken lightly if experienced. Alcohol shakes can be dangerous for your own safety and others around you. If you are experiencing withdrawals, you should avoid any activities where you may be in danger of harming yourself or others.

## How Can You Reduce the Risk of Alcohol Shakes?

The best way to reduce alcohol withdrawal symptoms, including hand tremors, is to seek professional help to manage your alcohol addiction. This can include enrolling in an [outpatient or residential treatment program](#), attending support groups, or using medication prescribed by a healthcare professional to ease withdrawal symptoms.

In addition, making lifestyle changes that promote healthy habits and improve stress management can also help you reduce your risk of experiencing shaky hands syndrome during alcohol detox.

[Alcohol treatment](#) may also require individuals to make behavioral changes and develop healthier coping strategies to help them deal with triggers for alcohol abuse.

In addition, identifying and understanding triggers can help you prevent, or at least minimize, the impact of alcohol withdrawal symptoms and other negative effects of alcohol abuse.

If you are struggling with alcohol addiction and experiencing signs of shaky hands syndrome, it is important to [seek professional help](#) right away.

Attending an alcohol treatment center and implementing healthy lifestyle changes can help you safely manage your symptoms, reduce your risk of complications, and ultimately recover from alcohol abuse. [With the right care and support](#), you can overcome your alcohol addiction and lead a healthier, happier, and more fulfilling life.

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The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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