

Everything hurts and your face gets so puffy?

What your weirdest

hangover symptoms

actually mean

A bacon-egg-and-cheese won't save you now. (But we will.)

By JESSICA GOODMAN

→ TBH, after last night, you probably expected the about-to-vom vibes. These other, out-of-nowhere situations... not so much. Here, experts explain the very strange (yet very common) issues ruining your Sunday a.m. Tequila sends her sincere apologies.

Is it weird that I *must* call my mom to tell her I love her?

Booze lowers inhibitions, unleashing *all* your feels, says psychotherapist Miyume McKinley, and this can carry over to the day after. Just save the "ILY" for your mama, not your ex.

Why does my hangover wake me before my alarm?

Alcohol may make you PTFO, but it also reduces your time in REM sleep. As the liquor wears off, you'll wake up more often and earlier. The fix? Chug water.

Uh...how'd my face get so puffy?

"Since drinking is dehydrating, your body tries to retain water, making you look bloated," says Chrystal Kelly, lead aesthetician at Face Haus in Dallas. Put two cold spoons on your eyelids to help.

Diarrhea. All the diarrhea.

Adult bevs can speed up your digestion, causing your body to...let it all out. "Eating some toast with nut butter will help safeguard against stomach issues," says nutritionist Brigitte Zeitlin, RD.

My legs don't seem to function as legs anymore

Guzzling a few too many can have a toxic effect on your muscles, which sometimes leads to painful cramping. Take it extremely easy. This is what Netflix was made for.

PERMISSION GRANTED

When in doubt, take a nap.

KATE MOORE