

### RULE #3

Get Some

# SLEEP

Do you see strange things, hear voices, or have paranoia when you're high? It could be from sleep deprivation. You may be able to avoid or lessen a lot of weird "tweak behavior" with just a few hours of sleep. A simple nap can help keep your mind more focused and your thinking clearer.

#### TIPS FOR SLEEP:

Don't stay up longer than 2-3 days. Know how much crystal is "too much."

Take some "down time" during your high to relax and be quiet from constant activity. This may take some "training" until it becomes a habit.

Do you have a *place* to sleep when you need to? If your own home isn't an option, what about a friend's place?

Sometimes short catnaps can take the rough edges off a high.

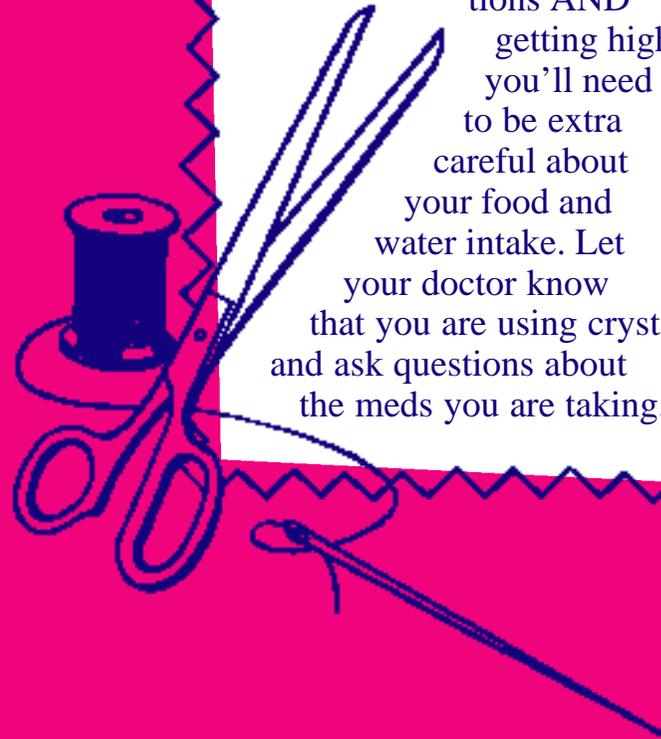


**Don't mix downers with speed!!!** Using heroin, sleeping pills, or tranquilizers to come down can cause serious, *even fatal*, effects on your heart and blood pressure. Over the last few years, most of the local deaths involving meth occurred when crystal was used in combination with other drugs.

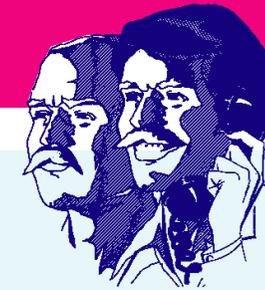
### IF YOU ARE HIV-POSITIVE:

Some HIV medications require you to drink extra water or stick to certain meal plans. Not drinking enough water can have painful results — like kidney stones! If you're taking these medica-

tions AND getting high, you'll need to be extra careful about your food and water intake. Let your doctor know that you are using crystal and ask questions about the meds you are taking.



## RESOURCES



**Community Information Line**  
(206) 461-3200

Information on local food banks, free meal programs, food stamps

**Lifelong AIDS Alliance** (formerly Chicken Soup Brigade and NW AIDS Foundation)  
(206) 328-8979 [www.lifelongaidsalliance.org](http://www.lifelongaidsalliance.org)

The largest AIDS service organization in the Pacific Northwest

**NEON**

(206) 622-6925 [www.crystalneon.org](http://www.crystalneon.org)

Health education and information for gay/bi men who use crystal

**Stonewall Recovery Services**

(206) 461-4546 [www.stonewallrecovery.org](http://www.stonewallrecovery.org)

Free counseling and support groups for crystal users (not 12-step)

**HIV/STD info line**

(206) 205-7837 (205-STDS)

For questions about HIV/STDs, testing, treatment, resources

**Needle Exchange**

(206) 205-7837

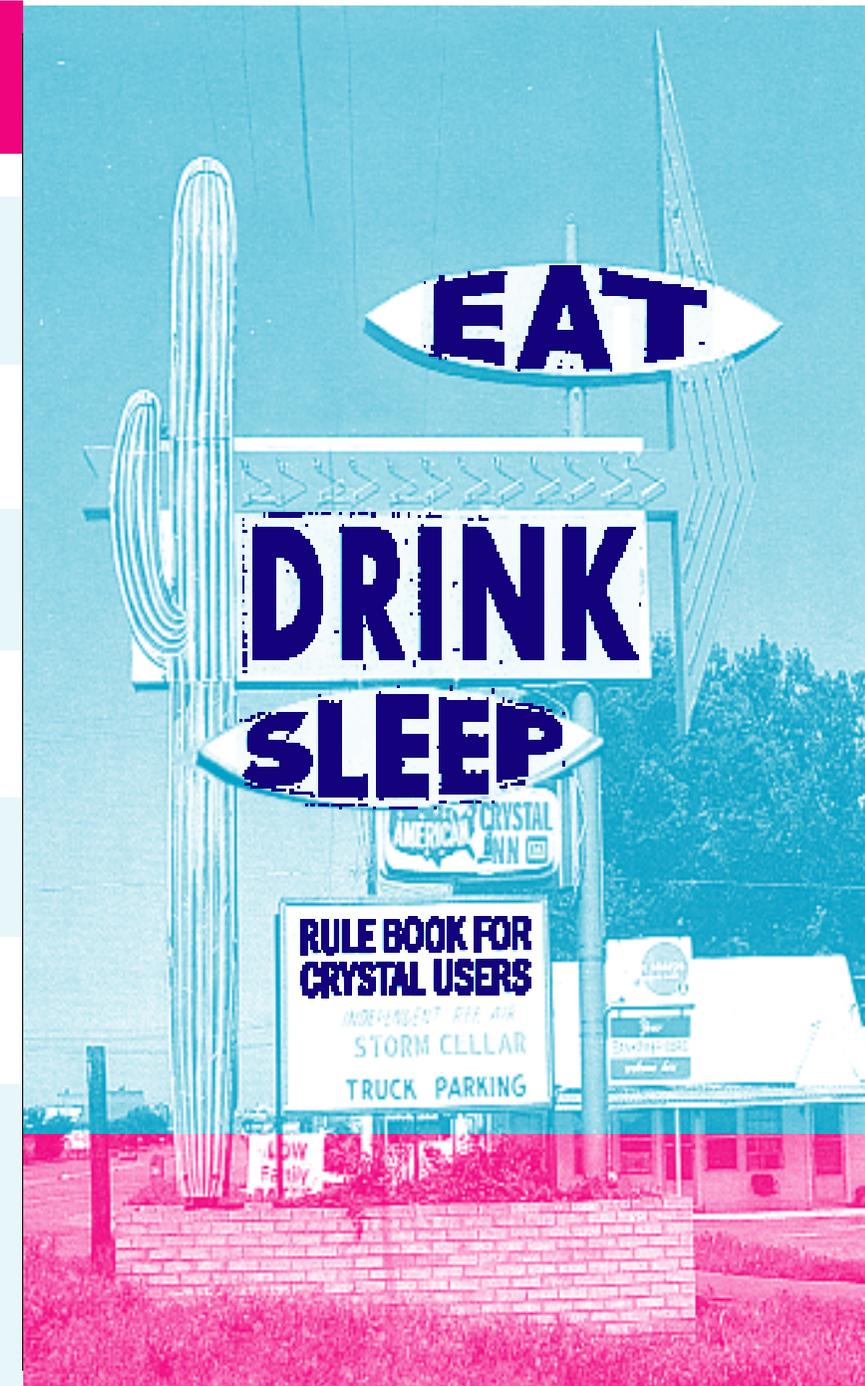
Open 7 days a week. Call for times and locations



Options for gay and bisexual men who use crystal.

Available in alternate formats

Revised 2/01



# PARTYING



## with Crystal

### Partying with crystal isn't easy.

Those harsh speed chemicals and sleepless weekends can really do a number on your body – and your mind. Your body and brain need the proper amount of food, water, and sleep to minimize the damage caused by crystal. And to recover when the party's over!

There's another benefit, too! Many users say they have more enjoyable highs and less paranoia when they **eat, drink** enough water, and get some **sleep**. Eating, drinking, and sleeping can make the crash a lot easier, too. Taking care of your body can — and should — become a regular part of getting high. It's easier than you may think!



### Even if you're not hungry!

Your body needs all the fuel it can get.



Stock your fridge or your backpack **BEFORE** you get high. Your favorite foods will be more appealing, so keep plenty around.

Small, frequent snacks may be easier than eating just one larger meal.



If eating while high is difficult, then at least eat well **BEFORE** you get high. Be sure to eat when coming down, too.



Even though you will probably crave it, resist the urge to binge on sugar! Foods like cookies, pastries, or candy bars can cause mood swings and increase drug cravings.

They can also send your blood sugar levels on a roller-coaster ride! Instead, eat more protein. High-protein foods have more nutrients and will give you energy that lasts longer than a quick sugar boost. **Triple grande mochas with extra whipped cream are NOT food!** Despite the small amount of milk and some calories, lattes and mochas offer little nutrition. The sugar and caffeine aren't helpful either. If you must have coffee, stick to decaf with no chocolate or flavorings.

Any food is better than no food. But some foods are better than others.



#### GOOD FOODS

Burgers, sandwiches  
Yogurt, cheese, milk  
Pizza, burritos  
Protein or sports bars  
Fruits, veggies

#### NOT-SO-GOOD FOODS

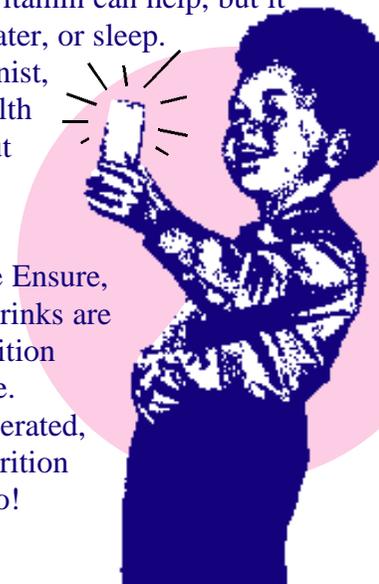
Cookies, pastries  
Candy bars  
White bread products  
Lattes and mochas  
Ice cream, milkshakes

### What about vitamins and nutritional supplements?

Regular crystal use can deplete your body of vitamins, minerals and amino acids. This can cause changes in metabolism, brain chemistry, and normal body functions. Taking a good multi-vitamin can help, but it can't replace actual food, water, or sleep.

Talk to your doctor, nutritionist, naturopath, or reputable health food store professional about the right type and dose of multi-vitamin for you.

Nutritional supplements like Ensure, Boost, or instant breakfast drinks are great ways to get quick nutrition and hydrate at the same time. Most don't need to be refrigerated, so they're easy to carry. Nutrition or protein bars are handy too!



### RULE #2

## Drink Water



Your body needs water to handle the stress of crystal and being high. Without enough water, your crash will be harder than normal. When you're high, your kidneys need more water to process the crystal from your body. How much should you drink?

At least 8 glasses a day and more when you're high!



What you drink is just as important as how much you drink. Alcoholic drinks actually cause you to lose more fluid than you gain. Drinks with caffeine or lots of sugar may quench your thirst, but they don't hydrate your body.

#### DRINK MORE

Water – bottled, flavored, tonic, whatever  
Fruit juice – 100% juice, not “juice drinks”  
Gatorade or sports drinks

#### AVOID OR DRINK LESS

Coffee or tea  
Soda pop or flavored iced teas  
Alcohol, beer

### Getting the hydration you need:

- Make a “water plan.”
- Stock your fridge with healthy beverages **BEFORE** you get high.
- Carry a water bottle with you.
- Order tonic water or juice at a club instead of alcohol.
- Suck on ice chips.
- Drink **BEFORE, DURING,** and **AFTER** your high.

DO I NEED MORE WATER?

#### YES, if...

1. Your urine is dark yellow *or*
2. You have cotton mouth *or*
3. You pinch the skin on the back of your hand and it doesn't snap back.