 **Dehydration: Skin is the first to be affected**

**Common symptoms of dehydrated skin can also include itching, dullness, dark spots under the eyes, fine lines and wrinkles, sunken eyes.** Meanwhile, you may encounter the symptoms linked to general dehydration too. This can include headaches, lightheadedness, thirst, and general feelings of weakness.

Dehydration and especially dehydrated skin should not be ignored. Here are eight great solutions that are shown to have a telling impact on the skin and your overall hydration levels.

Rehydrating your skin is just one of several [reasons to drink more water in the morning](https://www.drinkhydrant.com/blogs/news/the-10-most-important-reason-to-drink-water-in-the-morning). The average person sleeps for 7-9 hours each night, which means you’ve not replenished your fluid levels for an extended period of time. Therefore, this is the moment when your body is most likely to be severely dehydrated. This is why you must focus on this aspect right away.

It is suggested that drinking a total of 16 oz of water [2] when you first wake up is the perfect way to bring your hydration levels back to the desired level, which will aid the skin as well as other parts of the body. Essentially, you need to treat your dehydrated skin from the inside out, and taking the right steps when you first wake up will form the strongest foundations.

D[rinking a glass of water](https://www.drinkhydrant.com/blogs/news/should-i-be-drinking-water-before-bed) could be key to avoiding dehydration. After all, going to bed after being slightly dehydrated for an hour or two will make a huge impact compared to if you can delay dehydration by hydrating yourself before bed.

In a vicious cycle, dehydration causes poor sleep patterns while inadequate sleep leads to dehydration. Studies show that those that sleep for six hours are up to 59% [3] more likely to be dehydrated than someone that gets eight hours sleep.

Each day we lose up to 900 ml of water through sweat and exhaling alone, and that’s without factoring in exercise. Therefore, it’s imperative that you learn to keep drinking water throughout the course of the day.

While it’s a good idea to drink a relatively large volume of water at the start and end of the day, it is better to drink small amounts regularly throughout the day. **Our thirst sensation doesn’t really appear until we are 1 or 2 percent dehydrated.** This means that you want to stay ahead of thirst. Topping up your water levels with regular sips is the best solution.