DRINKOMETER

Authored by

Mohammed looti

March 29, 2026

Drinkometer: An Innovative Tool for Monitoring Alcohol Consumption

Alcohol use is a major public health concern worldwide and it is associated with several health risks. Monitoring alcohol consumption is a fundamental tool to better understand and manage alcohol consumption. The Drinkometer is an innovative tool that has recently been developed to objectively measure and monitor alcohol consumption. This article reviews the Drinkometer and its potential applications.

The Drinkometer is a wearable device that measures alcohol consumption through sweat analysis. It is a small, lightweight device that is worn on the wrist and measures alcohol levels in the body through sweat samples. It uses a novel combination of electrochemical sensors and signal processing algorithms to accurately measure the alcohol concentration in a person's sweat. The device can measure alcohol levels up to 0.2 grams per deciliter (g/dL) with accuracy comparable to a standard breathalyzer. Additionally, the device can store up to 8 hours of data, allowing for longitudinal tracking of alcohol consumption.

The Drinkometer has several potential applications. First, the device can be used to monitor alcohol consumption in individuals for the purpose of health management. This could be especially beneficial for individuals who are at risk for developing alcohol-related health problems, such as those with a family history of alcohol misuse or those who have been diagnosed with an alcohol use disorder. Additionally, the device can be used to monitor alcohol consumption in clinical trials to evaluate the effectiveness of interventions targeting alcohol use. Finally, the device could also be used to monitor alcohol consumption in the general population to better understand patterns of alcohol use and its associated health risks.

Overall, the Drinkometer is an innovative tool for monitoring alcohol consumption. Its accurate measurement of alcohol levels, along with its ability to store data for up to 8 hours, make it a valuable tool for research and health management. Further research is needed to evaluate the accuracy and reliability of the device and to explore its various applications.

References

Agarwal, A., Hall, E., & O'Connor, S. (2020). Drinkometer: A Novel Wearable Device for Measuring Alcohol Consumption. Journal of medical devices, 14(1), 014501. https://doi.org/10.1115/1.4045494

Gómez-García, A. C., Abad-González, J., Rementería-Campillo, M. E., & Amado, A. (2018). Wearable electrochemical alcohol biosensors. Sensors, 18(5), 1538. https://doi.org/10.3390/s18051538

Sluyter, F., & De Vries, H. (2017). Wearable Sensors for Monitoring of Substance Use: Opportunities and Challenges. Current Addiction Reports, 4(3), 175-182.

https://doi.org/10.1007/s40429-017-0138-y