

# Direct Line & Brake Reports on Safe Driving

## Fit to drive

### MORNING AFTER DRIVING



Produced by:



Working in partnership with:



**direct line**

**About this report** This is a survey report on safe driving, by Brake and Direct Line. Brake publishes regular survey reports throughout the year under the following topics:

- Are you ready to drive?
- Fit to drive
- A risky business
- Speed
- Driven to distraction

The reports are based on a survey of 1,000 drivers, conducted by an external research agency, Surveygoo. For further reports in the series, visit [www.brake.org.uk/safedrivingreports](http://www.brake.org.uk/safedrivingreports)



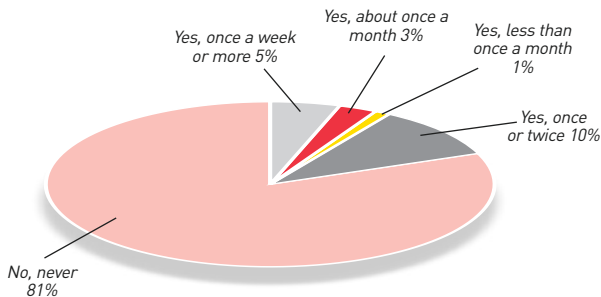
## MORNING AFTER DRIVING

**Q1: Within the past year, have you driven first thing in the morning after drinking a lot of alcohol the night before?**

20% of drivers have risked driving while over the limit by driving the morning after a night of heavy drinking.

- Yes, once a week or more 5%
- Yes, about once a month 4%
- Yes, less than once a month 1%
- Yes, once or twice 10%
- No, never 80%

Figure 1: Within the past year, have you driven first thing in the morning after drinking a lot of alcohol the night before?



### MORNING AFTER DRIVING

- The time it takes the body to break down a unit of alcohol varies, depending on factors including age and metabolism. As a rule of thumb it takes around an hour for one unit of alcohol to be broken down. This means it takes three hours to process a large glass of wine or pint of strong lager<sup>1</sup>.
- This means that, if you finish drinking three pints of strong lager or one bottle of 12% ABV wine (both nine units) at midnight, you will not be rid of alcohol until at least 9am. This means you risk being over the limit during a commute to work. Drinking coffee, eating, sleeping and showering don't make you sober up any faster. It just takes time.
- Even a small amount of alcohol in your body can be dangerous, and affect your judgement and reflexes. One in ten (11%) drivers and motorcyclists killed on British roads in 2013 had alcohol in their blood but were below the drink drive limit for England and Wales<sup>2</sup>.
- Morning after drinking is a problem in Britain. In 2014, one in eight (13%) of failed breath tests following a crash in Great Britain occurred between 6am and noon<sup>3</sup>.

### End notes

1. How long does alcohol stay in your blood? NHS Choices
2. Table RAS51007, Road accidents and safety tables, Department for Transport
3. Table RAS51003, Reported Road Casualties in Great Britain 2014, Department for Transport

**Q2: After drinking a lot of alcohol the night before, how long do you wait until driving the next day?**

12% drive at 8am or earlier following a night of heavy drinking, putting themselves at serious risk of driving with alcohol still in their body.

- I don't wait – I drive as soon as I need to 4%
- Until around 5am 1%
- Until around 8am 7%
- Until around 11am 9%
- Until the afternoon 11%
- Until the evening 4%
- I don't drive at all the day after drinking a lot of alcohol the night before 32%
- I never drink a lot of alcohol 33%

Figure 2: After drinking a lot of alcohol the night before, how long to you wait until driving the next day?

