

**“GUESS I’LL JUST SLEEP IT OFF.” GUESS AGAIN!**

It’s been a **long day at work** so you decide to go out to ease the tension. You’ve been **drinking since 6 p.m. and it’s now 1 a.m.** Let’s say you were smart enough to let someone sober drive you home or put you in cab. But you’re going to bed intoxicated with a **BAC of .19**. Since alcohol leaves the blood at about .015 per hour (about one drink) **let’s see what happens over the next 10 hours:**

Courtesy of [www.trafficsafety.org](http://www.trafficsafety.org)

Alcohol Consumption

**2:00 a.m.** .....  
You get into bed, fight off the “whirlies.”

.190

**3:00 a.m.** .....  
Sleeping.

.175

**4:00 a.m.** .....  
You wake up with a **pounding headache**, find the bathroom and take aspirin.

.160

**5:00 a.m.** .....  
Sleeping.

.145

**6:00 a.m.** .....  
Alarm startles you awake. Reluctantly, you get up for work.

.130

**7:00 a.m.** .....  
You leave for work, wondering why the keys won’t fit in the lock.

.115

**8:00 a.m.** .....  
You’ve miraculously made it to work, but you’re still legally intoxicated!

.10

**9:00 a.m.** .....  
You hope coffee will help ease your “cotton mouth,” then you spill it.

.085

**10:00 a.m.** .....  
You leave for your first call of the day, still could be arrested for driving “under the influence.”

.070

**11:00 a.m.** .....  
You’re with your client still feeling a bit shaky.

.055

**12:00 Noon** .....  
Still under the influence.

.04

**Objects in mirror may look like this if you drive under the influence:**



**NOTE:** Legally intoxicated is now defined as .08 BAC in all 50 states. However, as shown above, your driving abilities can be impaired below that level and thus you can be charged with DUI.