

Safe Driving After Dark

According to the National Safety Council, traffic death rates are three times higher at night than during the day.

One reason is that darkness itself. 90% of a driver's reaction depends on vision, and vision is limited at night. Depth perception, color recognition and peripheral vision are all compromised after sundown.

Another dangerous factor is fatigue. The body reacts to darkness as the time to rest, so you may become increasingly tired while driving at night.

There are several steps to minimize the risks of driving at night.

- Prepare your car for night driving. Clean the headlights, taillights, signal lights, and windows at least once a week.
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Never drink and drive. Not only does alcohol impair your driving ability, it also acts as a depressant that may lead to fatigue.
- Avoid smoking while driving. Smoke's nicotine and carbon monoxide hamper night vision.
- Reduce your speed and increase your following distance. Judging other vehicle's speed and distances is more difficult at night.
- Don't overdrive your headlights. You should be able to stop in the illuminated area.
- Make frequent stops for light snacks and exercise. If you are too tired to drive on, stop and rest a while.