

THE MORNING AFTER MATTERS

Driving with a hangover is an overlooked risk on Irish roads. Research shows that even after sleeping, individuals may still be unfit to drive the following morning. In Ireland, more than 7,500 drivers were detained for driving while under the influence in 2024, underlining the ongoing road safety challenge. While many cases are detected by An Garda Síochána during the period of intoxication, the morning after remains a grey area where residual alcohol and impairment can increase the risk of serious collisions.

Key Risks of Driving with a Hangover

FATIGUE AND DROWSINESS

Increased risk of falling asleep at the wheel or losing focus during long drives.

DEHYDRATION AND HEADACHES

Physical discomfort leading to distraction and reduced concentration.

IMPAIRED DECISION MAKING

Difficulty assessing risks or making quick, accurate judgements on the road.

REDUCED REACTION TIMES

Delayed response to sudden events, such as braking or avoiding obstacles.

Advice for the Night Before



KNOW YOUR LIMITS

Drink responsibly and avoid binge drinking to minimise lingering effects the next day.

EAT BEFORE DRINKING

Having a meal before consuming alcohol can slow its absorption and reduce its impact.



KEEP WELL HYDRATED

Alternate alcoholic drinks with water to stay hydrated and lessen the impact of alcohol.

PRIORITISING SAFETY STARTS WITH MAKING RESPONSIBLE CHOICES THE NIGHT BEFORE, ENSURING YOU'RE FIT TO DRIVE AND PROTECT YOURSELF AND OTHERS ON THE ROAD.