

"GUESS I'LL JUST SLEEP IT OFF"...GUESS AGAIN!

It's been a long day at work and you decide to go out to ease the tension. You've been drinking since 6:00 p.m. and it's now 1:00 a.m. Let's say you were smart enough to let someone sober drive home, or perhaps someone put you in a cab. So you've made it home, but at 2:00 a.m. you're going to bed intoxicated with an alcohol concentration of .190. Since alcohol leaves the blood at .015 per hour, let's see what happens over the next ten hours...

	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

Courtesy of www.trafficsafety.org

* .08 now in all states

