



# "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 a blood alcohol concentration (BAC) of .190%. Since alcohol leaves the body at .015% per hour, let's see what happens over the next 10 hours...

<u>Time</u>	<u>%BAC</u>	
2:00 a.m.	.190	You get into bed, fight off the "whirlies".
3:00 a.m.	.175	Sleeping.
4:00 a.m.	.160	You wake up with a pounding headache, find the bathroom and take three aspirins.
5:00 a.m.	.145	Sleeping.
6:00 a.m.	.130	Alarm startles you awake. With the headache still in place, you reluctantly get up for work.
7:00 a.m.	.115	You leave the house, wandering why the keys don't fit very well in the car lock, and drive to work. You are still legally drunk behind the wheel.
8:00 a.m.	.10	You've miraculously made it to work, but you are still legally intoxicated.
9:00 a.m.	.085	You hope coffee will ease you "cotton mouth," but spill it.
10:00 a.m.	.070	You are now at work and have a meeting with your boss, your hands are still shaking and your eyes are bloodshot. You hope you can pull it off without him noticing.
11:00 a.m.	.055	You survived the meeting telling your boss that you didn't sleep well last night..."upset stomach from something I ate..." You are still shaky and still don't feel very well.
12:00 noon	.04	Under the regulations of the Federal Government, you are considered under the influence.