

# The Problem With Drunk Driving Myths

In a world where drinking has become part of the culture, there also happen to be so many drunk drinking myths going around. While myths are but normal, the ones that surround drinking and driving can be quite dangerous, especially when people believe them.

That's the problem with drunk driving myths. One person drinks and drives because he or she believes in one such myth, the next thing you know, that same person is in jail after getting arrested for a DUI. Or worse, in the hospital after getting involved in a drunk driving accident.

One drunk driving myth that has gotten a lot of drivers in trouble is the one that says that it's better not to submit to a breathalyzer in case a police officer stops your car on suspicion of drunk driving.

While you will be within your rights if you refuse a breathalyzer test, you can expect more serious consequences afterward. In most states, there is such a thing as an "Implied Consent" law, which states that the moment you claimed your driver's license, you agree to a breath, blood, and urine test in case of a DUI stop. Refuse a test, and more charges will likely be filed against you.

There is also this myth that suggests that taking an ice-cold shower or taking in some coffee will sober them up. The truth is, there is not much you can do about the alcohol in your body except wait for it to metabolize. That means time, and the length of that time will depend on the amount of alcohol you have had to drink. One standard alcohol drink, for example, metabolizes in about two hours.

## ***About the Author***

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# DRUNK DRIVING MYTHS YOU NEED TO KNOW ABOUT

There are a lot of reasons why people make the decision to drink and drive. They might think they aren't that intoxicated, so getting behind the wheel is no big deal. Or, they don't think the laws apply to them, so why would they get stopped for driving under the influence (DUI)?

But one of the biggest reasons why people drive drunk is because they buy into drunk driving myths. These myths are widely held beliefs that most people take as fact, but the reality is that they just aren't true.

Need an example? Here are 5 drunk driving myths:



## MYTH: DRINKING COFFEE OR HAVING AN ICE COLD SHOWER WILL SOBER ME UP

Fact: The only way to get sober after drinking is by giving your body time to metabolize the alcohol. On average, you need approximately 2 hours to metabolize one standard alcohol drink.



## MYTH: WHEN IT COMES TO PENALTIES, IT'S BETTER TO NOT SUBMIT TO A BREATHALYZER

Fact: Most states have what's called an "Implied Consent" law. That means by accepting a drivers license in your state, you agree to submit to a breath, blood, or urine test if a police officer suspects you of drinking and driving. If you refuse to submit to the breathalyzer, you could receive an additional charge and still lose your drivers license or be required to install an ignition interlock device.



## MYTH: AFTER I SLEEP OFF THE ALCOHOL, I'LL BE OK TO DRIVE

Fact: If you drink approximately 5 drinks all in a row and you fall asleep for 5 hours, when you wake up you would most likely still blow over the legal limit on a breathalyzer. Why? You'd have to wait 10 hours to fully metabolize 5 alcohol drinks, so going to sleep is no guarantee you won't be drunk when you wake up.



## MYTH: HYPERVENTILATING BEFORE YOU SUBMIT TO A BREATHALYZER WILL AFFECT YOUR RESULTS AND GIVE YOU A

Fact: It's impossible to alter the reading of a breathalyzer by breathing in a different way, just like hyperventilating before you breath into an ignition interlock will affect whether you pass or fail.



## MYTH: WHEN YOU'RE CONVICTED OF DRUNK DRIVING, YOU ONLY HAVE TO PAY A FINE AND THAT'S IT

Fact: A DUI conviction can cost you a lot more than just a fine. Along with the fine you will pay court fees, drivers license reinstatement fees, and if required, ignition interlock installation and monthly fees.

THERE'S NO GOOD EXCUSE OR REASON TO DRINK AND DRIVE, SO STAY SOBER WHEN YOU'RE BEHIND THE WHEEL.

