

Drive smart in the dark

Driving at night is a nerve-racking experience for many drivers, especially new and young drivers. Even familiar routes can seem unrecognisable in the dark. But while the lack of light might make you feel anxious, following some handy safety tips will help calm your nerves and prepare you for night time driving.

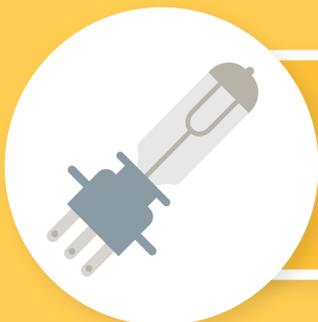


Get enough sleep

Make sure you're not tired. Try to get 7-8 hours of sleep the night before a long drive in the dark. If you get tired while driving, pull over in a safe and appropriate place to rest.

Keep your energy levels up

Drink a strong caffeinated drink or eat a sugary snack to boost your energy and help you stay alert.



Check your headlights

Know how to use your headlights properly and make sure all lights are working before you set off, including fog lights and brake lights. Carry spare bulbs for emergencies.

Headlight courtesy

Dip your headlights when another vehicle is coming towards you and when you are coming up behind another vehicle. Never look directly at another car's lights.



Keep your vision sharp

Always wear prescription glasses/contacts lenses while driving if your vision does not meet the required standard. Glasses with anti-reflective coating are the best for night time driving.

Always be prepared

Carry a bottle of antifreeze so you can effectively clear your windows on cold nights. Make sure you can clearly see out of all windows before setting off – use a demisting cloth on the inside to clear condensation.



Clean me!

Keep your car windows, windscreen, mirrors and lights clean for maximum visibility on dark nights. Clean them regularly to reduce glare.

Take it slow

Reaction times are predominantly based on vision. Compensate for reduced visibility by travelling slower than you would in the daylight so you have more time to react.



Watch out for our furry friends

There may be animals on the road – deer and badgers on rural roads for example and cats and foxes in built-up areas. Travel slowly and give yourself plenty of time to stop because they will be harder to see at night and may dart out in front of you.

Trust in technology

To stay safe and legal on the roads you can use the information recorded by your Coverbox black box to review your driving using your Dashboard. You'll be able to see how you are driving at different times of the day and whether you should consider adjusting your driving habits to stay safe, especially at night.

