

Night driving

- ✓ Your brain has to work much harder when driving at night as it tries to identify shapes hidden in the darkness and without the aid of colour. Consequently, night driving is tiring, especially as your body is at a natural low ebb at the end of the day. Avoid taking long journeys at night.
- ✓ **Using the full beam:** On unlit roads use your full beam headlights when there is no traffic ahead of you on both sides of the road. But make sure you switch back to normal headlights as soon as another road user arrives or you will dazzle them. A blue light will appear on your dashboard when your full beam headlights are on.
- ✓ **Choosing a safe speed:** You must always be able to stop in the distance you can see is clear and normal headlights don't stretch very far. On unlit roads you may need to drive more slowly than you would during the day because you may need to suddenly switch back to normal headlights. Even on street lit roads you may need to reduce your speed to allow for hazards that may be hidden in dark areas.
- ✓ **Judging the gap:** At junctions it is more difficult to judge the speed and distance of oncoming traffic at night because all you can see are approaching headlights. Take your time.
- ✓ **Spotting pedestrians:** Pedestrians are devilishly difficult to spot at night, especially if they are wearing dark clothing. Keep scanning as your peripheral vision is good at noticing movement.

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Dealing with dazzle

Dazzle from ahead: If you are dazzled by an oncoming vehicle, slow down and focus your gaze on the left edge of the road. Resist the temptation to look at the lights as they will be blinding. Don't flash your lights at the other driver as you might dazzle them and cause an accident.



Dazzle from behind: If a following vehicle has its full beams on, the light will be deflected from your rear view mirror into your eyes like a spotlight. Flick the anti-dazzle switch on your mirror to temporarily change its angle. When the problem has gone, flick the mirror back.

Dazzle from fog: Avoid using full beam headlights in fog as the light will reflect off the tiny water droplets, effectively blocking your view. You should use your headlights instead, along with fog lights if you can't see further than 100 metres.

Dirty talk: Dirty or streaked windscreens can be a particular problem at night because any light that hits them can scatter, causing glare. Keep your windscreen clean both inside and outside. You should also keep your headlights and tail lights clean so they are fully effective.