

Nighttime Driving Scenario

Last night you stayed up very late, cramming for your AP Chemistry test. You only had 2 hours of sleep. The next day after your long day at school, you are exhausted but have to drive to the next town to pick up your brother from school (get supplies for you AP English project due tomorrow) On your way to pick him up, you decide to stop at the local coffee shop to pick up a double shot of espresso, because drinking coffee is all you need to stay awake and will combat your tiredness. Do you pick up your coffee, or (go get your supplies) go home to get some much-needed sleep?

What Would You Do?

Follow up:

You may feel more alert when drinking coffee but that is not sufficient to remain awake and focused while driving. What keeps you awake and focused is good sleep. The use of stimulants also fails to keep you awake. Research suggests that teens should have between 8 to 10 hours of sleep each night.