



Driving at Dawn and Dusk

According to research, there is an increased risk to safety whilst driving during civil twilight. Read our guide for tips on driving safely at dawn and dusk.

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The period just before sunrise (dawn) or right after sunset (dusk) is called civil twilight, when the sky is still bright but you can't see the sun. It is considered as a dangerous time for driving because the light in the sky prevents the eyes to adjust to the dark road. Furthermore, the glare from the sunset/sunrise can further interfere with your vision and last but not least, during these hours drivers are more likely to be drowsy.

Here we outline some of the tips to keep you and others safe on the road:

1. Keep windscreen and all other windows clean in order to ensure clarity. Dust and dirt can reflect light which can further affect you vision.
2. Keep your lights on so other vehicles can see you.
3. Reduce speed and avoid tailgating. By doing so, you will have more time to react if an emergency occurs or the vehicle in front of you stops suddenly.
4. Stay alert and be cautious for cyclists, pedestrians and other road users. At these times driver tiredness is also common.
5. Avoid distractions such as using your mobile phone, changing radio stations or trying to eat/drink.
6. Use your sun visor to help you shade your eyes from the sunlight glare. Wear appropriate sunglasses if necessary.
7. If you are feeling drowsy then stop and take a break. Pull into a safe location and rest until you feel better.

It is important to adjust your driving to the different conditions in order to keep yourself and other road users safe. If you really struggle to see whilst driving then stop at a safe location and wait until there is more clarity on the road.