

# DRINKAWARE

*“Plan Ahead for a Safer August Bank Holiday”, says Drinkaware CEO*

***With major events and festivals nationwide, Drinkaware reminds adults to never to drive with any alcohol in your system — even the next morning.***

- 89% of adults now agree that *any* amount of alcohol impairs your ability to drive, up from 86% in 2023, highlighting improved awareness.
- But only 80% believe that *driving the morning after* a night of drinking is just as dangerous as drink-driving itself — revealing a gap in understanding that can have serious consequences.

**29th July 2025** – Drinkaware, the national independent charity working to prevent and reduce alcohol misuse, is encouraging adults across Ireland to enjoy the August Bank Holiday safely – particularly when it comes to drinking alcohol and driving the morning after consuming alcohol.

With large events and festivals such as *the Galway Races (Galway)*, *Spraoi International Street Arts Festival* and *All Together Now (Waterford)* taking place across the country, it's more important than ever to plan ahead, if you are going to drink, leave the car at home and make plans for getting home safely. Despite rising awareness of the dangers of drink-driving, Drinkaware wants to remind all that there is no place for alcohol on our roads, to never ever drive with any amount of alcohol in your system. Crucially many people still underestimate the risk of driving the next day after a night out.

While 89% of adults now agree that any amount of alcohol impairs your ability to drive (up from 86% in 2023), only 80% recognise that driving the morning after is just as dangerous as drink-driving.<sup>1</sup> Drinkaware is urging adults to rethink their approach – especially after a night of celebration.

## **Drinkaware CEO Dearbhla O’Brien commented:**

*“We need to put an end to the common myths about sobering up the next day after a night out. A shower, a strong coffee, or a few hours' sleep might make you feel more awake — but they don't remove alcohol from your system. Only time does that. That's why we're encouraging people to really think about how much they drank the night before and to use tools like our free [Drinks Calculator](#) to understand when it's actually safe to drive again. It's not about guesswork or gut instinct — it's about facts, awareness, and keeping each other safe this August Bank Holiday.”*

It's important to remember that only time removes alcohol from your system. On average, it takes at least one hour to process a standard drink. A standard drink is roughly equivalent to:

- A small glass of wine (100ml at 12.5%),
- A half pint of lager (4.5%), or
- A pub measure of spirits (40%).

So, if someone drinks three pints of beer, it would take a minimum of six hours for their body to process that alcohol — and that's counting from the time they finish their last drink.

Additionally, blood alcohol levels can continue to rise even after someone has stopped drinking. Common beliefs that a cold shower, strong coffee, a big breakfast, or some exercise can sober you up are simply myths. While these might help you feel better, they do not speed up the rate at which your body processes alcohol.

Drinkaware is offering the following tips to promote moderate drinking this bank holiday weekend:

- **Alternate with Non-Alcoholic Drinks:** Swap every alcoholic drink with a glass of water or a non-alcoholic option.
- **Moderation: Particularly if drinking at home,** don't top up your glass; let yourself finish the drink before pouring another. Measure your drinks using a standard drinks cup which you can avail of free from [www.Drinkaware.ie](http://www.Drinkaware.ie)
- **Stay Out of Rounds:** Buying rounds can make it harder to keep track of how much you're drinking — and more difficult to say no.
- **Plan Your Exit and Get Home Safe:** Know when and how you'll be getting home, and don't be afraid to leave when it feels right.
- **Know Your Limits:** Ask yourself, 'Do I really want this drink?' — Be aware of how much alcohol your body can tolerate and monitor how you're feeling throughout the evening.
- **Explore an Alcohol-Free Night:** Consider how you want to feel the next morning — and let that guide your choices. Choosing a night off from alcohol can be empowering — and more enjoyable than you might think.

For more information and to try the Drinks Calculator, please visit <http://www.drinkaware.ie>

**ENDS**

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**Notes to the editor:**

About Drinkaware: Drinkaware is a national charity working to prevent and reduce alcohol misuse in Ireland. It is governed by an independent board and regulated by the Charities Regulator. Registered Charity Number: 20204601

\* Binge drinking (or heavy episodic drinking) is defined by [The World Health Organization \(WHO\)](#) as the consumption of 60 grams of pure alcohol or six standard drinks in one sitting. Binge drinking is

when you drink faster than your liver's ability to process alcohol. Common standard drinks include a half pint of 4.5% lager, 100 ml glass of 12.5% wine and a pub measure of 40% spirits.

\*\*It takes a minimum of one hour to process one standard drink. This is a guide for information purposes only. Many factors will affect this time including age, gender, weight, alcohol strength, the speed of your metabolism and the number of drinks consumed. Find our more [here](#)

**References:**

1. The Drinkaware Barometer 2024 is a national population-based survey of 1,045 adults aged 18+ conducted by Ipsos B&A in July and August 2024. It included a series of internationally recognised modules on alcohol consumption and mental health.