

What is Night Driving?

Worksheet

Night driving is more dangerous than daytime: visibility drops to only headlight range, depth perception is impaired, and fatigue is more likely. Crash risk is 2-3 times higher after dark.

Questions

1. How much higher is crash risk at night compared to day?
A) Same
B) 1.5 times higher
C) 2-3 times higher
D) 5 times higher
2. Standard headlights illuminate approximately how far?
A) 40 m
B) 60 m
C) 100 m
D) 150 m
3. After oncoming headlights cause glare, how long until pupil re-dilation?
A) 1-2 seconds
B) 3-4 seconds
C) 5-10 seconds
D) 15-20 seconds
4. Recommended night driving speed vs. daytime:
A) Same speed
B) 10% slower
C) 20-30% slower
D) Not driving at all
5. A driver is traveling at 100 km/h on an unlit road at midnight. Oncoming car suddenly appears.
6. A pedestrian in dark clothing is crossing a country road at 2 AM.
7. A driver's night vision deteriorates with age (driver is 65).
8. Define: Why is night driving more dangerous?
9. Define: How much higher is crash risk at night?
10. Define: How far do headlights typically illuminate?

Answer Key

1. C) 2-3 times higher — Nighttime crash risk is 2-3 times higher due to reduced visibility and fatigue.
2. B) 60 m — Most headlights illuminate only ~60 m, limiting reaction time at highway speeds.
3. C) 5-10 seconds — Pupils require 5-10 seconds to re-dilate; hazards invisible during this period.
4. C) 20-30% slower — Reduced visibility warrants 20-30% speed reduction; reaction time is insufficient at normal speeds.
5. Visibility is limited to ~60 m (headlight range at 100 km/h) Oncoming car appears; glare from its headlights reaches driver's eyes Driver's pupils take 5-10 sec to re-dilate after glare Reaction time to brake is delayed; collision occurs or is narrowly avoided
6. Pedestrian is invisible until within headlight beam At 80 km/h, stopping distance is ~64 m; headlights see only ~40 m Driver does not see pedestrian in time Crash is unavoidable; fatigue likely contributed to inattention
7. Pupils dilate less; lens becomes yellowed and less transparent At night, light reaching the retina is 20% less than for a 20-year-old Perceived brightness is reduced; hazards are harder to spot Driver should avoid driving after dusk to stay safe
8. Reduced visibility (headlight range only ~60 m), impaired depth perception, and circadian fatigue peaks 2-6 AM.
9. 2-3 times higher than daytime; especially between midnight and 4 AM.
10. Standard headlights light only ~60 m ahead; at highway speed, reaction time is insufficient.

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