

Insights on Energy Drinks and DOT Exams

1. The Popularity of Energy Drinks Among Truckers

Energy drinks make getting a dose of caffeine easier than ever. You don't have to brew coffee or struggle with a hot beverage—instead, you can grab a can and be on your way. Because energy drinks contain more sugar than coffee (up to 50g per can), they give a much quicker energy boost.



2. How Energy Drinks Affect Drivers' Health

Because energy drinks contain so much sugar, they cause your blood sugar to spike. These spikes in blood sugar can impact your DOT testing, leading to more testing, a delay in obtaining your certification, or even a temporary certification period in the short term. Experienced over an extended period, blood sugar spikes can contribute to diabetes.

3. Energy Drinks and DOT Exam Results

All commercial drivers must complete a DOT physical exam every two years. We recommend avoiding caffeine for 24 hours before your DOT physical. This will ensure that your doctor can get accurate results. If you believe that the caffeine from energy drinks is affecting your test results, you should certainly let your doctor know, but they will still require you to take additional tests.



4. Balancing Alertness and Safety: Alternatives to Energy Drinks

If energy drinks are a bad idea, what can you do to stay alert and safe while driving long shifts? It may not be as easy as grabbing an energy drink, but here are some tips on combating driver fatigue: get enough sleep, maintain a healthy diet, and incorporate a regular exercise routine.