

WAKE UP!

to the Risks of Drowsy Driving



Drowsy driving can be as dangerous as driving drunk. Just as alcohol can impair driver performance, slow your reaction time, and increase your risk of a crash, driving drowsy can be just as lethal.

Before Getting On the Road...

- 👁️ Get enough rest (7 to 9 hours of sleep)***
- 👁️ Have a passenger to talk to and share the driving***
- 👁️ Avoid sedating medications***
- 👁️ Plan to take a break at least every two hours or every 100 miles***

If You Feel Tired While Driving...

- 👁️ Pull over and take a 15 to 20 minute nap, parking in an area that is safe***
- 👁️ Find a place to sleep for the night***
- 👁️ Have someone else drive***
- 👁️ Turning up the radio, opening the window or turning on the air conditioner will not help you to stay awake***
- 👁️ Coffee, soda and other drinks with caffeine may help but the relief is only short-term***

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**New York State Governor's Traffic Safety Committee
Andrew M. Cuomo, Governor**