

You're *tired*...

You *yawn*...

Your eyes are *heavy*...



Falling asleep now
is *not* an option!



Dangers of driving while tired:

- Judgment and vision are impaired
- Reaction time is slower
- Overall awareness and performance are impaired
- Nodding may cause you to lose control of your vehicle

Who is at risk?

- Commercial drivers
- Teenagers and young adults
- Shift workers or workers on rotating shifts
- People with sleep disorders
- People lacking the required amount of sleep
- People who drive long distances without stopping to rest
- People taking medications that may cause drowsiness

**REST
AREA**



Info: According to the 2005 National Sleep Foundation Sleep in America poll, 103 million people admitted to having actually fallen asleep at the wheel.

Warning signs:

- Yawning and difficulty keeping your head up
- Drifting between lanes
- Heavy eyelids
- Trouble focusing your eyes
- Restlessness
- Frequent and prolonged blinking
- Difficulty remembering the last few miles driven

Tips to avoid driving while tired:

- Stop driving!!
- Sleep...take a nap for at least 15 to 20 minutes
- Take frequent breaks at rest areas or Travel Plazas
- Ensure adequate sleep the night before a long trip
- Avoid alcohol
- Be aware of the signs that you are tired
- Travel with someone and share the driving

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Info: National Highway Traffic Safety Administration (NHTSA) data estimates that approximately 56,000 crashes annually are related to driver drowsiness/fatigue resulting in 40,000 injuries and 1,550 fatalities.

No matter how you describe it, driving while you are sleepy, tired, drowsy, or fatigued is extremely dangerous and a contributing factor in thousands of crashes every year.

Studies performed by experts in the field indicate that those most likely to be at risk of driving while drowsy are: commercial drivers, teenagers and young adults, shift workers, people with sleep disorders, or anyone who does not get enough sleep.

While not intentional, the vast majority of serious accidents that are caused by drowsy driving usually involve the driver traveling alone on a highway at a high rate of speed.

To avoid falling asleep at the wheel, motorists are advised to take turns driving or take frequent breaks (i.e., every two hours or 100 miles). Remedies including opening a window, turning on air conditioning, playing loud music, or consuming caffeinated beverages may provide short-term benefits in driver alertness, but taking frequent breaks is more effective.

Drowsy driving can be just as dangerous as drinking and driving. Think safety first and be aware of signs of fatigue.

Remember, while you are driving...falling asleep is not an option!

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