

TAKE A BREAK DRIVE **AWAKE**

DROWSY DRIVING IS DEADLY

Drowsy driving is a dangerous behavior that can result in serious injury or death.

Drowsy driving is estimated to contribute to as many as **1.2 million collisions**, resulting in potentially 5,000 to 8,000 fatalities per year.



THE MOST DAGEROUS TIMES OF THE DAY

2 PM - 6 PM

12 AM - 6 AM

Driving while drowsy delays reaction speed, decreases concentration, and impairs judgment.



Drivers need at least
**7 - 8 HOURS
OF SLEEP**



! WARNING SIGNS !

Having trouble focusing and/or keeping your eyes open;
Daydreaming or experiencing wandering, disconnected thoughts;
Yawning frequently or rubbing your eyes repeatedly;
Inability to remember the distance(s) you traveled.

PREVENTION TIPS

➤ Aim for at least seven hours of quality sleep every night to ensure you are ready to get behind the wheel.

IF YOU FEEL DROWSY



Quality sleep promotes concentration, focused attention, decision-making, and problem-solving. It is an important factor for driving performance.

PULL OVER & TAKE A NAP

➤ If you become sleepy while driving, then find a safe, legal location to pull over and rest for at least 30min.

DROWSY DRIVING KILLS BETWEEN 5000 & 8000 PEOPLE EVERY YEAR, TWICE AS MANY AS DISTRACTED DRIVING

Physical activity can also provide a natural boost of energy. Rolling down the window, raising the radio volume, turning up the AC, and/or consuming caffeine cannot cure drowsiness. Take a break to rest and recharge with exercise.

1 IN 3

DRIVERS ADMIT TO DRIVING DROWSY

83.6 MILLION PEOPLE DRIVE WHILE SLEEP DEPRIVED EVERY DAY

➤ During long trips, schedule a break for every two hours or 100 miles to stretch and move around.

➤ Do not drive alone.

Vehicles in which the driver is accompanied by a passenger are nearly 50% less likely to be involved in a drowsy-driving crash. Ask your passenger to monitor you for signs of fatigue, or take turns driving.