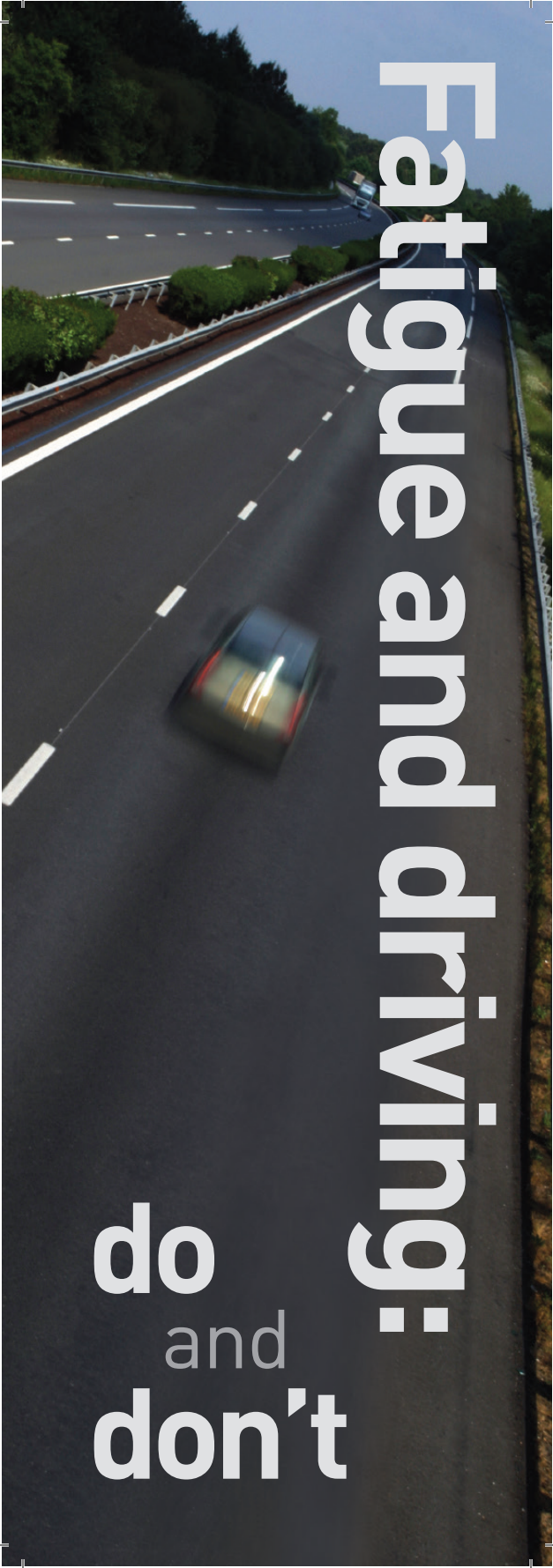


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Fatigue and driving:

do
and
don't

Fatigue and driving

Do:

- Get a good night's sleep before a long drive
- Get off the road if you notice any of the warning signs of fatigue
- Find a safe place to take a 15- to 20-minute nap
- Drive with a friend. A passenger who remains awake can help watch for signs of fatigue in the driver and can take a turn driving if necessary.

Don't:

- Drive if you are tired or on medication that may cause drowsiness
- Rely on the radio, an open window, or other tricks to keep you awake
- Drive at times when you would normally be sleeping
- Drink even a small amount of alcohol, especially if you are sleepy

See **drowsydriving.org** for more information.

Source: National Sleep Foundation

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**Don't drive
drowsy.**

Crash
in
your **bed,**
not on
the **road.**

Know the
warning signs.

Warning signs

You can fall asleep while driving and not know it.

- Trouble focusing or keeping your eyes open
- Yawning or rubbing your eyes repeatedly
- Difficulty keeping your mind on your driving
- Drifting from your lane, tailgating, and missing signs or exits
- Inability to clearly remember the last few miles driven
- Feeling restless, irritable, or aggressive
- Turning up the radio or rolling down the window
- Slow reaction time
- Poor judgment
- Difficulty processing information
- Poor short-term memory
- Microsleeps, defined as brief sleep episodes of two or three seconds

See **drowsydriving.org** for more information.

Source: National Sleep Foundation

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