



INJURY PREVENTION

# Quick Review of Safety

## Fatigue: Drowsy Driving

### PREVENTING DROWSY DRIVING

- Know the signs of drowsy driving:
  - difficulty focusing or keeping your eyes open
  - trouble keeping your head up
  - drifting from your lane
  - experiencing wandering thoughts
  - can't remember last few miles you've driven
- If you are planning a long trip, consider taking a companion who can help keep you awake and look for signs of drowsiness.
- If you are on a long trip, schedule regular stops, every 100 miles or two hours.
- If you are experiencing the signs of drowsy driving, pull off to a safe area away from traffic and take a brief 15 to 20 minute nap if possible.
- Avoid alcohol and medications that may impair performance.
- Speak with your doctor about being screened for sleeping disorders if you continue to have trouble sleeping.
- Caffeinated beverages may help improve alertness, but keep in mind it may take up to 30 minutes to enter the bloodstream and take effect.
- Most important: travel when well-rested. Get at least seven to nine hours of good sleep a night.



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