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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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