

# Hey Students, Friends Don't Let Friends Drive Drowsy.

Be a friend and pledge to ditch drowsy driving.

## 3 EASY STEPS

### 2. Take Action

- Call for a ride instead of driving tired
- Make sleep a priority by establishing a regular sleep schedule and routine
- Pull over, grab a coffee, and nap for 30 minutes

### 1. Know the Signs

- Daydreaming or wandering thoughts
- Slower reaction time/poor judgement
- Drifting from your lane
- Yawning &/or repeatedly rubbing your eyes
- Trouble focusing, keeping your eyes open and/or your head up

### 3. Educate Others

- Only 15% of teens get enough sleep
- 9-10 hours of sleep are required for the average high school senior
- 17 hours awake impairs you as much as having .08% blood alcohol content
- 51% of adolescents who drive say they've driven drowsy
- 1 in 5 drivers is too sleepy to be operating a motor vehicle

I, \_\_\_\_\_ pledge to

- Know the signs of drowsy driving
- Take action to keep myself and others safe while driving
- Educate others on the dangers of drowsy driving.

Because: \_\_\_\_\_



# Dear Parents,

At approximately 2:50 p.m. on March 19, 2010, I lost my 18-year-old son, Tyler, to a tragic car accident. His car crossed three lanes of traffic, rolled down a grassy embankment and flipped several times before hitting a tree. The cause of Tyler's accident wasn't texting and driving, drinking and driving, or even distracted driving.

## It was drowsy driving.

Tyler's accident may have been preventable had we known to educate him on the dangers of drowsy driving and taken steps to encourage positive sleep habits.

## So, what's a parent to do? Here are a few suggestions:

1. Help your child make sleep a priority by establishing a regular sleep schedule and routine
2. Encourage relaxing activity, such as reading, before bedtime
3. Keep electronics like computers, TVs, video games, and cell phones out of the bedroom

I hope you'll join my family on our mission to raise awareness and education to prevent drowsy driving. Please share our story, invite the TyREDD team to present at your child's school or workplace, learn how to prevent drowsy driving accidents, donate to our non-profit, and take our pledge.

With love,  
**Kerrie**

I, \_\_\_\_\_ pledge to

- Know the signs of drowsy driving and model good driving behavior,
- Take action to keep myself and others safe while driving, and
- Educate my children and others on the dangers of drowsy driving and how to prevent drowsy driving accidents

Because: \_\_\_\_\_

1/5

drivers are too sleepy to be operating a motor vehicle

17

hours of being awake that will impair you as much as having .08% BAC

15%

of teens get the necessary 9-10 hours of sleep each night

100K

police-reported crashes each year are the direct result of driver fatigue

