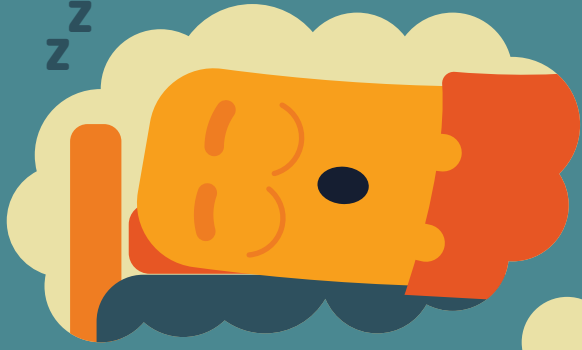


# AVOIDING DROWSY DRIVING

## Prep Work

Try and get good sleep before making a trip.

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## Buddy Up

Drive with a friend. They can keep you awake or take a turn at the wheel.

MY TURN?

## Know Thyself

Learn your indicators of sleepiness and pay attention to them.

## Refuel Yourself

Don't forget to eat, and if you're feeling tired, get a jolt of caffeine. Just don't rely on it for long periods of time.



## Take a Break

Can't keep your eyes open? Stop in a safe place and take a 15-minute nap.



## Call it Quits

Is fatigue getting the best of you? Pull over and call it a night.



Driving drowsy can have the same effect as drinking & driving.<sup>1</sup>

In drowsy driving crashes, most drivers drift out of their lanes or off the road.<sup>2</sup>



Male drivers are involved in twice as many drowsy driving crashes as women.<sup>2</sup>

You should avoid driving during times when you would normally be asleep.



FloridaSADD.org  
FLTeenSafeDriver.org

1. Archives of Internal Medicine, May 2012  
2. AAAFTS Asleep at the Wheel: The Prevalence and Impact of Drowsy Driving, November, 2010

