



TIPS TO AVOID DROWSY DRIVING

Drowsy drivers cause nearly one in ten crashes nationwide. Avoid becoming a statistic and help drivers stay alert and recognize when they are too drowsy to drive safely.

Know the symptoms

Yawning, blurry vision or trouble keeping eyes open, head nodding, drifting between lanes, daydreaming and missing signage and exits are all signs of drowsy driving.

Take a break

It is recommended drivers take a break every two hours, 100 miles or when experiencing drowsy driving symptoms.

Stay alert

Avoid heavy foods and medications while on the road. Use caffeine as needed, but be aware that the stimulant effects last four to five hours.

Keep hydrated

Drinking plenty of water is key to avoiding sleepiness.

Avoid driving between midnight and 6 a.m.

Don't drive when you usually sleep and when sleeping is irresistible. If needed, pull over to a safe location and take a short nap.