

PREP WORK

Try and get good sleep before making a trip.

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AVOIDING DROWSY DRIVING

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.



BUDDY UP

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

KNOW THYSELF

Learn your indicators of sleepiness and pay attention to them.

TAKE A BREAK

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

MY
TURN?

YAWN

REST TICKET
ADMIT ONE

15:00
CAT NAP

PLEASE REDEEM IN A SAFE, WELL-LIT AREA

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.¹



In drowsy driving crashes, most drivers drift **OUT OF THEIR LANES** or **OFF THE ROAD.²**



MALE DRIVERS are involved in **TWICE AS MANY**

drowsy driving crashes as women.²



You should **AVOID DRIVING** during times when you would normally be **ASLEEP.**



FLTeenSafeDriver.org

1. Archives of Internal Medicine, May 2012

2. AAAFTS Asleep at the Wheel:

The Prevalence and Impact of Drowsy Driving, November, 2010