



NATIONAL SLEEP FOUNDATION



AVOID DROWSY DRIVING

#Awake2Drive



MAKE SURE YOU GET BETWEEN **7 and 9 hours** OF SLEEP A NIGHT!



IF YOU'VE BEEN AWAKE FOR **24 hours** OR MORE, DON'T DRIVE. IT IS NOT SAFE.



IF YOU KNOW YOU HAVE A LONG ROAD AHEAD, AND YOU'RE FEELING SLEEPY, DRINK SOMETHING WITH **caffeine.**



IF YOU'RE ON A ROAD TRIP, MAKE SURE YOU PLAN **regular stops for short naps.**



TRY STOPPING FOR A BREAK EVERY **100 miles** OR EVERY 2 HOURS ON THE ROAD.



TRAVEL DURING TIMES YOU ARE **normally awake!**

Facts About DROWSY DRIVING



ADULTS AGES 18-29 are much more likely to drive while drowsy compared to other age-groups!



MEN are more likely than women to drive while drowsy! (56% vs 45%)



SLEEP DEPRIVATION increases the risk of a sleep-related crash! The more you sleep, the better you drive.



People tend to fall asleep while driving on **HIGH SPEED, LONG, OR RURAL HIGHWAYS.**



NEARLY 1/4 of adults in the US say they know someone personally who has fallen asleep at the wheel.

Visit sleepfoundation.org/drowsy-driving for more information. **#Awake2Drive**