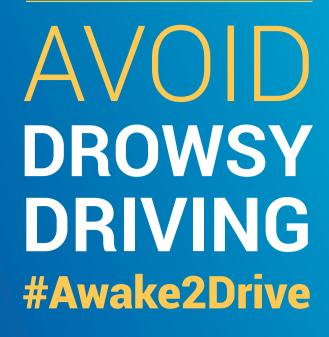
5 NATIONAL SLEEP Foundation





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.

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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 agegroups!



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**

American Automobile Association Foundation for Traffic Safety, 2010. | Asleep at the wheel: the prevalence and impact of drowsy driving www.aaafoundation.org/ pdf/2010DrowsyDrivingReport.pdf | Institute of Medicine, 2005. Sleep disorders and sleep prevention: an unmet public health problem, National Academies Press, Washington, D.C. | National Sleep Foundation: www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need