



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.

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

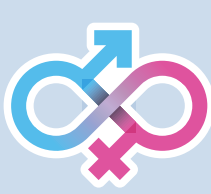


TRAVEL DURING
TIMES YOU ARE
normally
awake!

Facts About DROWSY DRIVING



**ADULTS AGES
18-29**
are much more
likely to drive
while drowsy
compared to
other 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