



## Tips to stay alert on the road

### FOLLOW THESE TIPS TO AVOID DRIVING FATIGUED:

- **Exercise regularly** to keep more oxygen in your blood, but it doesn't have to be hard. Even periodic foot tapping and stretching your arms and legs can improve circulation.
- **Take a break at least every 100 miles or two hours** at appropriate areas. Get out of your vehicle, move around, and get the oxygen and blood flowing. Stretches will also help.
- **Establish a regular meal schedule**, on the road and at home. Eat a healthy, well-balanced diet that avoids fats and sugars. Foods such as whole grains, fruits, vegetables, nuts, and seeds provide sustained energy. When the drives are extra long, find foods beforehand that you like and that are healthy and easy to snack on.
- **Try not to depend on energy drinks to keep yourself awake.** Your body will crash as the effects wear off. Instead, drink water and juices.
- **Keep a regular sleep schedule**, even on your days off, and get enough sleep before you begin your trip. Adults need six to eight hours of uninterrupted sleep to mentally and physically refresh themselves.
- **Avoid using medications with warning labels for drowsiness**, and those that make you drowsy. Don't consume alcohol or take sleeping pills the day before a haul, as their "hangover" could affect your driving ability.
- **Keep the cab temperature cool** and open your window for fresh air.
- **Keep your body involved in the act of driving** by not using cruise control.
- **Wear sunglasses to fight glare**, but remove them in low-light conditions.

**Most importantly: If you begin to feel tired or sleepy, pull off the road** as soon as safely possible and take a nap in a safe, legal area. If you frequently feel fatigued, check with your doctor.

### SIGNS OF FATIGUE

- Fluctuating speed
- Driving slowly in the passing lane
- Changing lanes frequently for no apparent reason
- Forgetting to turn off the signal from your last lane change
- Forgetting the last mile you drove, mile marker you passed, or color of the last warning sign you passed
- Driving on the white roadway striping lines
- Unable to focus clearly
- Needing caffeine or other stimulants to keep you alert