



IF YOU EXPERIENCE ANY OF THESE SIGNS OF FATIGUE

TIME TO TAKE A BREAK

- ⌚ Fluctuating speed
- ⌚ Driving slowly in the high speed 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
- ⌚ Needing to roll down your window for fresh air
- ⌚ Oncoming headlights bother you
- ⌚ Constantly shifting in your seat
- ⌚ Inability to focus clearly
- ⌚ Needing caffeine or other stimulants to keep you alert

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