



Wake Up! Tips to Stay Alert on the Road

ASK YOURSELF THESE QUESTIONS TO DETERMINE IF YOU ARE TOO FATIGUED TO DRIVE:

- **Is your speed fluctuating?**
- **Are you driving slowly** in the high speed lane?
- **Are you changing lanes** frequently for no apparent reason?
- **Did you forget to turn off the signal** from your last lane change?
- **Can you remember the last mile** you drove, mile marker you passed or color of the last warning sign you passed?
- **Are you driving** on the white roadway striping lines?
- **Do you need to roll down** your window for fresh air?
- **Are oncoming headlights** bothering you?
- **Are you constantly shifting** in your seat?
- **Are you unable** to focus clearly?
- **Do you need caffeine** or other stimulants to keep you alert?

FOLLOW THESE TIPS TO HELP STAY ALERT AND AVOID DRIVING FATIGUED:

Exercise regularly to help keep more oxygen in your blood. Periodic foot tapping and stretching your arms and legs while you drive will help circulate blood.

Establish a regular meal schedule, on the road and at home. Eat a healthy, well-balanced diet that avoids fats and sugars.

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 as their "hangover" could affect your driving ability.

Don't depend on energy drinks to keep you awake. Your body will literally crash as the effects wear off. Instead drink water and juices.

Take a break at least every 100 miles or every two hours at appropriate areas. Get out of your vehicle, move around and get the oxygen and blood flowing through your body again. Stretches will also help.

Break the monotony by varying your speed within the limit, stretching your legs, talking to yourself, singing along with the radio or chewing gum.

Keep the cab temperature cool. Also allow fresh air in.

Do not use cruise control. Keep your body involved in the act of driving.

Wear sunglasses to fight glare but remove 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 to see if you have a sleep disorder.