



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.