

SEX C

Sleep • Exercise • Caffeine

THE SOLUTION TO DROWSY DRIVING

SLEEP. If you show signs of sleepiness, take a nap – even 20 minutes will help.

EXERCISE. When you wake up, get some exercise – it helps you become alert more quickly. Run or walk and wave your arms.

CAFFEINE. Consume some caffeine for an extra boost.



KEEP THIS REMINDER IN YOUR CAR

Two times a day, your body is in danger of falling asleep:



At night between midnight and 6 a.m. and in the afternoon between noon and 6.

Between 2 and 6 a.m. is the most dangerous time for drowsiness; be especially careful.



DANGER! **S**LEEPING AND DRIVING DON'T MIX.
GET AT LEAST FIVE HOURS OF SLEEP BEFORE YOU HIT THE ROAD. MORE IS BETTER.

Behind the wheel, watch for these danger signs:

- Your eyes close by themselves.
- You have trouble paying attention.
- You yawn a lot.
- You can't stay in your lane.

If you have any of these problems, you could fall asleep at any time. Find a safe place where you can take a nap and get some caffeine. You can find caffeine in coffee, tea, soda, gum, and even water. Any form will do.

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