18 WHEELS AND 40 WINKS DON'T MIX

REST UP AND DRIVE SAFELY

Maybe it's just a head-bob, but when you're behind the wheel, dozing for even a second could lead to tragedy. Every year thousands of people are killed as a result of drowsy driving and the numbers rival those of driving under the influence of alcohol.

TIPS TO AVOID DRIVING DROWSY

Maintain a Healthy Diet

Skipping meals or eating at irregular times may lead to fatigue and/or food cravings. Also, going to bed on an empty stomach or immediately after a heavy meal can interfere with sleep.

Take a Nap

According to FMCSA, short naps restore a body's energy more effectively than coffee. Naps should last a minimum of 10 minutes, but ideally, a nap should last up to 45 minutes. Allow at least 15 minutes after waking to fully recover before starting to drive again.

Donít Rely on Tricks

Behaviors such as smoking, turning up the radio, drinking coffee, opening the window and other actions are not real cures for drowsiness and may give you a false sense of security.

Get Enough Sleep

Our bodies have "circadian rhythms." If possible, do not drive while your body is naturally drowsy – midnight to 6 a.m. and 2 p.m. to 4 p.m. Driving while drowsy may impair your response time to potential hazards. If you do become drowsy while on the road, choose a safe place to pull off the highway and rest.

Be Careful with Medication

Read the labels of any medication. In a recent study, 17 percent of commercial drivers involved in a crash reported having taken over-the-counter drugs at the time of the incident. Tranquilizers, sleeping pills, cold and allergy medicines are items that should be avoided if you are hitting the road.

DON'T DRIVE IF

- You are having difficulty focusing, frequent blinking or heavy eyelids
- You are having trouble remembering the last few miles driven
- You have been yawning repeatedly
- You are having trouble keeping your head up
- If you have been drifting, tailgating or hitting shoulder rumble strips
- If you are feeling restless and irritable

For further information visit the following sites or email **drivetostayalive@utah.gov**

UDOT udot.utah.gov MOTOR CARRIER DIVISION udot.utah.gov | UTAH TRUCKING ASSOCIATION UtahTrucking.com | Federal Motor Carrier Safety Administration fmcsa.dot.gov | CVSA cvsa.org | ut.zeroFatalities.com