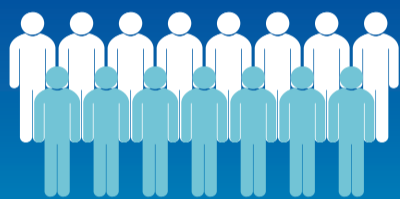


WHAT IS DROWSY DRIVING AND HOW TO PROTECT YOURSELF



ADULTS NEED **7-9 HOURS OF SLEEP A NIGHT**
With so many distractions, responsibilities and stresses not everyone gets that much.



70 MILLION PEOPLE
are sleep deprived or suffer from sleep disorders
IT'S A MAJOR CONTRIBUTOR TO CAR CRASHES

HOW TO PREVENT DROWSY DRIVING

Get enough sleep before you drive. Most adults need 7-9 hours.

If you have been up for 24 hours or more, do not drive. It just isn't safe.

If you feel sleepy, drink something with caffeine.

If all else fails, find someplace safe to take a nap, or stay somewhere for the night.

#Awake2Drive

Visit sleepfoundation.org/drowsy-driving
for more information.

