

DROWSY DRIVING PREVENTION

*The two main causes of drowsy driving are lack of sleep
and driving at times you would normally be asleep.*

**TAKE A
BREAK**

Don't drive drowsy.

flhsmv.gov/drowsy

The story behind Drowsy Driving Prevention Week

Getting behind the wheel of a vehicle while fatigued and drowsy can have dangerous, and sometimes deadly, consequences.

The Florida Legislature designated the first week of September each year as Drowsy Driving Prevention Week to educate the public on the dangers of driving while drowsy and to honor the memory of 8-year-old Ronshay Dugans. Ronshay was killed in 2008 when her school bus was hit by a driver who fell asleep at the wheel.



DO NOT DRIVE WHEN YOU ARE TIRED.
FATIGUE CAN:

SLOW DOWN
your thought processes and reaction time

AFFECT
your judgment and vision

IMPAIR
your senses and abilities

CAUSE
nodding off or falling completely asleep

DROWSY DRIVING PREVENTION TIPS

Get enough sleep before you drive.



This is the best way to ensure you can maintain alertness and drive safely. Avoid driving at times when you would normally be asleep.

Take a break.

If you are experiencing difficulty focusing, blurred vision, frequent eye blinking, yawning and/or heavy eyelids, pull over in a safe place to rest.



Avoid medication that causes drowsiness before getting behind the wheel.

Common medicines that may make you drowsy include sleeping, allergy and cold medicines.



Quick fixes are no substitute for sleep.

Turning up the radio, drinking coffee or rolling down the window may help you feel alert for a short period of time, but are not effective ways to maintain alertness to drive safely.

