

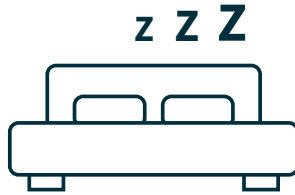
# DROWSY DRIVING PREVENTION

FOR COMMERCIAL MOTOR VEHICLE DRIVERS

**TAKE A  
BREAK**

Don't drive drowsy.

## TWO MAIN CAUSES OF DROWSY DRIVING



lack of the quality or  
quantity of your sleep



driving at times of the day when  
you would normally be asleep

**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.

### **Avoid medication that causes drowsiness before getting behind the wheel.**

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



### **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.

### **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.



*Commercial motor vehicle drivers will be issued a Uniform Commercial Citation if found to be fatigued at the time of a crash. Commercial motor vehicle drivers must comply with all federal and state hours-of-service regulations regarding rest to ensure maximum safety on the roads.*

[flhsmv.gov/drowsy](http://flhsmv.gov/drowsy)

