



## Social Media Posts

FLHSMV offers many resources, including social media graphics, on the Drowsy Driving campaign page at [www.flhsmv.gov/drowsy](http://www.flhsmv.gov/drowsy). Remember to use #DontDriveDrowsyFL when posting!

1. Drowsy driving can be just as dangerous as impaired driving. Fatigue slows down your thought process and reaction time, affects your judgment and vision, and impairs your senses and abilities. #DontDriveDrowsyFL
2. If you have difficulty focusing, frequent blinking or heavy eyelids, it's time to pull over in a safe place to rest. Take a break. Don't drive drowsy. #DontDriveDrowsyFL
3. If you're driving late at night, stay alert. Driving at times you would normally be asleep can be dangerous. If you feel tired, stop and take a break. Don't drive drowsy. #DontDriveDrowsyFL
4. Check your medication labels - do not drive after taking medication that cause drowsiness. #NeverDriveImpaired #DontDriveDrowsyFL
5. On a long trip, there's nothing better than to just pull over and stretch your legs. It's best to take a break every 200 miles or every two hours, and even switch drivers if you can. Use the buddy system to change drivers and grab some coffee! Take a break. Don't drive drowsy. #DontDriveDrowsyFL
6. Commercial drivers - don't forget to log your hours of service and take your breaks! Drowsy driving can be deadly. #DontDriveDrowsyFL
7. Up late? Drinking coffee and turning up the radio may increase alertness for a short period of time, but getting adequate rest is the only way to help prevent drowsy driving. Take a break. #DontDriveDrowsyFL
8. Drowsy driving is dangerous. Commercial Vehicle Enforcement troopers are enforcing hours-of-service regulations to keep everyone safe on the roads. It is for your safety and all those around you to get adequate rest before you drive. Take a break. Don't drive drowsy. #DontDriveDrowsyFL
9. As a commercial motor vehicle driver, you know you have restrictions on how long you can drive. Follow all hours-of-service regulations and listen to your body. When you are tired, take a break. Don't drive drowsy. #DontDriveDrowsyFL
10. The Florida Department of Transportation maintains multiple rest areas, service plazas, truck comfort stations and welcome centers throughout Florida. These are great places to stop and take a break. For more information, visit [fdot.gov/maintenance/restareas.shtm](http://fdot.gov/maintenance/restareas.shtm) #DontDriveDrowsyFL