

# YOU SNOOZE YOU LOSE!



## DON'T DRIVE DROWSY

### SOCIAL MEDIA

#### FACEBOOK

- Hey drivers, did you get enough rest last night? Drowsy driving can be really dangerous. Stop at a rest stop when you're feeling tired. #DrowsyDrivingFL (Suggested Link: [www.dot.state.fl.us/statemaintenanceoffice/Rest\\_Area\\_App/restareainfo.shtm](http://www.dot.state.fl.us/statemaintenanceoffice/Rest_Area_App/restareainfo.shtm))
- Road Trip Survival Guide: a good play list, caffeine and a buddy to change drivers when you're drowsy. #DrowsyDrivingFL (Suggested Link: [www.flhsmv.gov/safety-center/driving-safety/drowsy-driving/](http://www.flhsmv.gov/safety-center/driving-safety/drowsy-driving/))
- Don't ever get behind the wheel if you are not adequately rested. #DrowsyDrivingFL (Suggested Link: [www.dot.state.fl.us/statemaintenanceoffice/Rest\\_Area\\_App/restareainfo.shtm](http://www.dot.state.fl.us/statemaintenanceoffice/Rest_Area_App/restareainfo.shtm))
- Commercial vehicle drivers should comply with all federal & state regulations regarding sleep. Drowsy driving can end in death. #DrowsyDrivingFL
- If you are experiencing difficulty focusing, frequent blinking or heavy eyelids while behind the wheel, you are driving drowsy! Pull over somewhere safe and rest. You snooze, you lose. #DrowsyDrivingFL (Tip: Post with the campaign logo!)

#### TWITTER

- You snooze, you lose – Don't drive drowsy! #DrowsyDrivingFL (Tip: Post with the campaign logo!)
- It's hard to function after an all-nighter, even harder to drive. Don't drive drowsy. #DrowsyDrivingFL (Suggested Link: [www.flhsmv.gov/safety-center/driving-safety/drowsy-driving/](http://www.flhsmv.gov/safety-center/driving-safety/drowsy-driving/))
- Drowsy driving affects everyone on the road. Get enough sleep before you drive. #DrowsyDrivingFL
- Feeling tired? There are a lot of places to safely pull over & rest. Don't drive drowsy. #DrowsyDrivingFL (Suggested Link: [www.dot.state.fl.us/statemaintenanceoffice/Rest\\_Area\\_App/restareainfo.shtm](http://www.dot.state.fl.us/statemaintenanceoffice/Rest_Area_App/restareainfo.shtm))
- Read the label! If you take medication, make sure drowsiness is not a side effect if you plan on driving. #DrowsyDrivingFL

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