



What might help when **you have to drive:**

- Drink a caffeinated beverage at least 20 minutes prior to driving.
- Pull over somewhere safe and take a 20 minute nap.
- Carpool with others and talk to them.

To **avoid** drowsy driving situations:

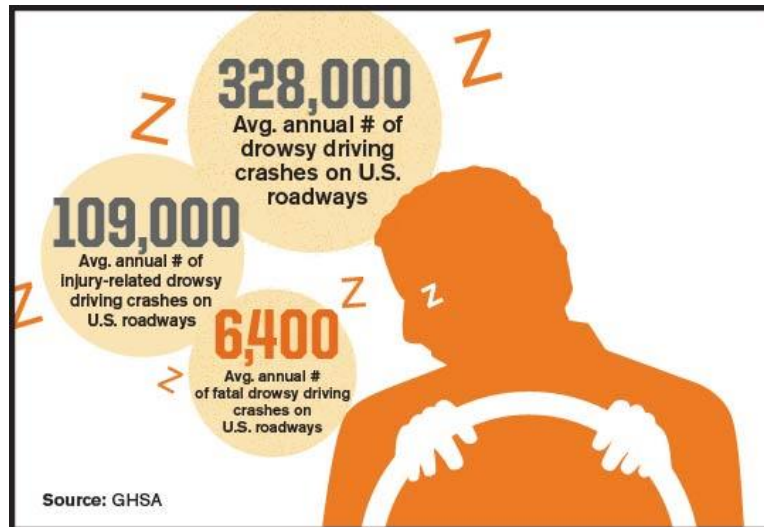
- Arrange your work and home schedule to encourage 7+ hours of sleep per night.
- Arrange a nap option and location at work for during long/overnight shifts.
- Plan to use public transportation or ride services when you expect to be short on sleep.
- Take and use vacation days and catch up on your sleep.
- Avoid using depressant-type of medications or alcohol prior to driving.
- Get checked by a professional sleep specialist if you think you have a sleep disorder that affects the quality or quantity of your sleep.

For more information go to:
<http://www.miemss.org/home/drowsy-driving-awareness>



*Maryland
Highway
Safety
Office*

The problem of drowsy driving:



The National Sleep Foundation states that people who have slept 2 hours or less within a 24 hour period are **“not fit to operate a vehicle.”**

High Risk Groups for Drowsy Driving:

- Ages 16-24
- Males
- Shift workers
- Those using sedating medicines
- Those with untreated sleep disorders
- Those driving long, high speed or rural highways, especially at night

MIEMSS' 2017 Drowsy Driving Awareness & Prevention Campaign. 410-706-8647