



Commercial Motor Vehicle Drivers Driving Drowsy is Deadly!

Your work drives our economy. Truck driving involves long hours, night shifts, and tight deadlines. But, nothing is worth causing a deadly crash.

Driving drowsy is as dangerous as driving distracted, drunk, or drugged. Plan ahead, learn the signs of being tired, and rest when you need sleep.

Recognize the Signs

- Yawning repeatedly
- Struggling to keep your eyes open or focused
- Shifting in your seat and jerky movements
- Tailgating and missing traffic signals
- Forgetting the last few miles driven
- Drifting between lanes and swerving

Plan and Take Rest Breaks

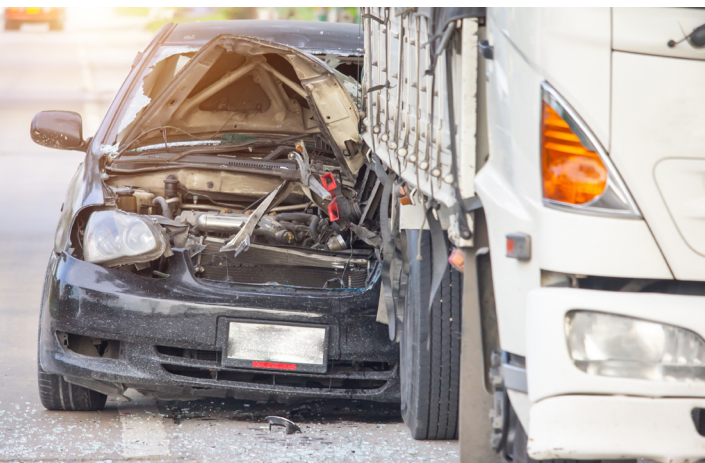
Long hours on the road require good sleep. It's your responsibility to pull off the road when you are tired.

- Plan to rest every 100 miles or 2 hours.
- Check to see if you need a break, especially 1 pm - 4 pm, and 2 am - 6 am.
- Take a 10 - 45 minute nap. Wait 15 minutes after you wake up before driving again.
- Get at least 7 hours of sleep at night.



Don't Substitute Sleep

Playing music, rolling down the windows, turning on heat or air conditioning, smoking, or drinking coffee or energy drinks won't keep you awake.



Don't Live with Regret

Most people who die in commercial motor vehicle crashes were in the passenger vehicle. This is because a typical commercial truck weighs thousands of pounds more than a typical car.

Drive like your family is on the road.

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**Department
of Health**