



THE KEY IS KNOWING THE RISKS



22 HOURS OF CONTINUOUS AWAKE TIME MAKES YOU UNFIT TO DRIVE.



Get sufficient sleep to ensure you remain alert while driving



DRIVING DROWSY POSES THE SAME RISKS AS DRIVING WHILE INTOXICATED

BEFORE GETTING BEHIND THE WHEEL, ASK YOURSELF, "AM I ALERT ENOUGH TO DRIVE?"



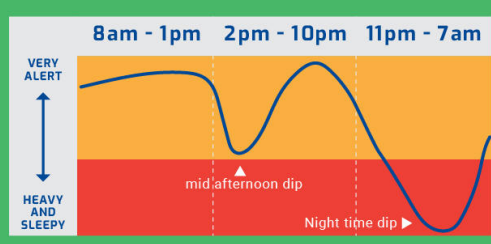
Contact a friend. Call a cab. Take the bus. Use a rideshare service.



DRIVING AT A TIME WHEN YOU ARE USUALLY ASLEEP PUTS YOU AT RISK

STAY ALERT AT THE WHEEL

The average adult's alertness dips and rises at different times of the day. People are most sleepy between 2-4 am and 1-3 pm.



#ALERT2DRIVE
For data sources and more information:
DrowsyDriving.org

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