Driving drowsy is as dangerous as driving drunk!
Both cause:
- Reduced alertness
- Bad decision making
- Poor driving skills

How to avoid drowsy driving
Just follow the rules:
- Get enough sleep (7+ hours for adults, 9+ hours for teens)
- Refuse to drive when sleepy
- If you’re on the road and feel drowsy, pull off to a safe rest location

Signs of drowsy driving
- Yawning/nodding off
- Missing road signs
- Following cars too closely
- Drifting on the rumble strip
- Can’t remember last few miles

These things don’t help avoid drowsy driving!
- Blasting music
- Windows down
- Cold water on your face
- Chewing gum