# Drowsy Driving – Picture This



**What's wrong in this picture?** There is a driver literally asleep at the wheel due to fatigue from a bad night or an exhausting day. Anyone can experience the effects of inadequate sleep, but certain individuals are more predisposed to drowsy driving. These include commercial drivers who operate tow trucks, semi-trucks, trailers. Shift workers who work at night or whose shifts are relatively long. People with sleep disorders that cause sleep loss and/or sleep-disordered breathing and those who take medications

Getting enough rest each night could potentially prevent some of these collisions, drivers should also educate themselves on the warning signs of drowsy driving and take measures to ensure they remain alert and cautious behind the wheel.

If you experience sudden sleepiness while driving or notice one of the other warning signs listed above, you should stop driving as quickly as possible. Pull into the next rest stop or any other safe, well-lit space that allows you to safely park and not obstruct the road. A 20-minute nap should leave you adequately refreshed and alert, but take more time if needed.