



I Could Drive There in my Sleep

Don't go there.

More than a third of drivers report falling asleep behind the wheel at some point in their lives, according to the AAA Foundation for Traffic Safety. Drowsy drivers have slower reaction times, vision impairment, judgment lapses and delays in processing information. They could lose control of a vehicle in a fraction of a second.

Planning to drive a long distance? Get enough rest the night before. If possible, travel during daylight, alternate drivers and take frequent breaks. Avoid alcohol and medications that cause drowsiness. And when you feel sleepy on the road, find a safe place to pull over and rest.

And that's smart safety.

For additional information or guidance, contact your safety office.