



If you're drifting over the centre line, over correcting, or your head is nodding, this indicates a 'microsleep'. These short sleeps are incredibly dangerous. If you feel tired stop driving and have a 20 minute power nap.

- Yawning frequently
- Tired or sore eyes
- Slow reactions
- Missing road signs

Signs of fatigue:

Fatigue: Wake up to the danger

Driving tired can be as dangerous as driving drunk.

Fatigue affects your driving skills and reaction time making you more likely to crash.



Plan your trip:

- Get a good night's sleep before you leave
- Allow time to stop every couple of hours
- Aim to drive no more than 6 hours a day
- Avoid driving when you'd normally be asleep or when your alertness is low (midnight - 6am, 1 - 3pm, and after a day at work).

While you're on the road:

- Have a break every two hours
- Share the driving if you can
- Eat little but often and drink lots of water.
- You can't beat fatigue with caffeine, loud music, or winding down the window.

