

What's Your Plan to Prevent Drowsy Driving?

Drowsy driving is impaired driving. Most of us aren't thinking about drowsy driving like drunk driving.

Did you know sleeping only 3-4 hours is like having a few drinks? Wake up to the risks of drowsy driving, because the decisions we make matter.



It's OK to Change Plans when Sleep Deprived

- Only half of adults are likely to delay or change plans to avoid driving without enough sleep
- Over 8 in 10 adults are likely to delay or change plans to avoid driving after a few drinks

Not driving is a safer choice when you're tired or haven't had enough of the sleep you need. NSF recommends most adults get between 7-9 hours of sleep a night.



Choose Options When at Risk for a Crash

- Only 4 in 10 adults are likely to find alternatives to driving when they haven't gotten enough sleep
- Nearly 7 in 10 adults are likely to find alternatives to driving after a few drinks

There are services for rideshares and taxis, or make a call to friends or family.



Knowing Limits is Responsible

- Just 50% of adults are likely to avoid driving when they haven't had the sleep they need
- Almost 90% of adults are likely to avoid driving when they've had a few drinks

Being awake and alert in the driver's seat is as important as not being under the influence.



Drowsy Driving is Impaired Driving: Speak Up

- More people have urged someone not to drive because of drinking than for being too sleepy or tired

Have a plan to prevent any form of impaired driving.
The best way to avoid drowsy driving is to *Sleep First. Drive Alert®*.

