

## **Driver tiredness**

Studies have shown that you don't fall asleep without warning. Drivers who fall asleep at the wheel often try to fight off drowsiness by opening a window or turning up the radio. This doesn't work for long.

Try these tips instead:

- plan your journey to include a 15-minute break every two hours.
- don't start a long trip if you're already tired.
- remember the risks if you have to get up unusually early to start a long drive
- try to avoid long trips between midnight and 6am when you're likely to feel sleepy anyway.
- if you start to feel sleepy, find a safe place to stop - not the hardshoulder. Drink two cups of coffee or a high-caffeine drink and have a rest for 10 to 15 minutes to allow time for the caffeine to kick in.

Remember, the only real cure for sleepiness is proper sleep. A caffeine drink and a 20 minute nap is a short-term solution that will only allow you to keep driving for a short time.

This information is taken from

[http://www.dft.gov.uk/think/focusareas/driving/386095?page=Advice&whoareyou\\_id](http://www.dft.gov.uk/think/focusareas/driving/386095?page=Advice&whoareyou_id)