

Drowsy Driving Prevention Week

Drowsy driving causes over **6,400 deaths** in the U.S. every year. To raise awareness and reduce fall-asleep deaths, the National Sleep Foundation launched Drowsy Driving Prevention Week, which runs **November 6-13, 2022.**

Planning is key for preventing drowsy driving. Here are seven things you can do to reduce the risk of fall-asleep crashes before getting in your vehicle:



Get the right amount of sleep.

The National Sleep Foundation recommends 7-9 hours a night for adults and 8-10 hours for teens.



Plan long trips with a companion.

A good driving companion can keep you alert, watch for signs of fatigue and take shifts behind the wheel.



Schedule regular stops.

Plan rest stops and points of interest along your drive to encourage stopping.



Know the signs of drowsy driving.

If you're having trouble focusing, keeping your head up, staying in your lane or keeping your eyes open, stop driving immediately.



Beware of medications.

Check with a healthcare professional about any potential side effects of your medications that could make driving dangerous.



Avoid alcohol.

Even at acceptable levels for driving, alcohol interacts with fatigue, increasing the likelihood that you'll fall asleep behind the wheel.



Consult a physician.

If you're experiencing constant daytime sleepiness or trouble staying awake behind the wheel, talk to your doctor about a possible diagnosis and treatment for sleep disorders.



For more safe driving tips, **contact us today.**