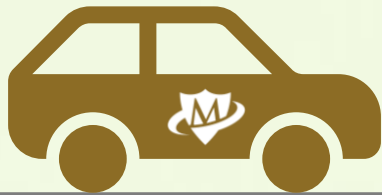


Indications that you're tired & should avoid driving...



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- Frequent blinking and/or yawning
- Difficulties keeping your head up
- Trouble keeping eyes open and/or focused
- Daydreaming/spacing off
- Memory problems
- Driving errors—i.e. drifting, running lights, missing turns, misreading signs, difficulty maintaining correct speed, etc.



1

Aim for 7-9 hours of sleep each night.

2

Do not drive if you have been up for 22+ hours.

3

Be aware that driving during a time that you are usually asleep can increase your odds of being tired and having issues staying awake.

6

When you take breaks, stretching your legs and doing something else for a bit can help.

5

Take driving breaks, especially for long distances. AAA recommends taking a break every 100 miles or 2 hours.

4

Know your limits and don't push yourself. Find different means to relax each day, especially if you are feeling stressed.

7

Don't underestimate the power of naps. 15-20 minutes can be very refreshing. (AAA also noted to keep in mind that you may have to shake off some drowsiness right after waking up.)

8

Find a different means of transportation. Call a friend or family member or take a cab or bus.

9

Keep in mind that caffeine typically takes about 30 minutes to kick in.