



**YOU  
CAN'T FAKE  
WAKE**

## **Drowsy Driving Prevention Week NOVEMBER 5-11, 2007**

### **What do we want at UA?**

- Fewer students involved in drowsy driving crashes
- More students arriving safely at their destination

### **Why?**

- Drowsy driving can cause crashes (approx. 1,550 fatalities and 71,000 injuries each year)
- Drivers (ages 18-24) have 5-10 times higher risk of late night crashes
- Alcohol consumption increases risk

### **What Works**

- Recognize sleepiness before you drive
- Take a nap before you drive
- Know when you are at risk for drowsy driving
- Drive with a friend – who stays awake with you
- STOP. If falling asleep, pull over to a safe spot/take a nap
- Make sleep a priority along with healthy eating and exercise

### **What Doesn't Work**

- Opening a window
- Playing loud radio/music
- Drinking caffeinated beverages does not help with excessive sleepiness
- Singing to yourself
- Talking on a cell phone

### **Where To Get More Info**

[www.sleepfoundation.org](http://www.sleepfoundation.org) • [www.drowsydriving.org](http://www.drowsydriving.org)

