

# Stay Awake!

# Stay Alive!

Every two hours a crash occurs in New York State because someone falls asleep at the wheel. Seven people go to the hospital each day as a result of drowsy driving–related injuries.

The groups at the highest risk of drowsy driving crashes are drivers between the ages 16 and 24, new parents, commercial truck drivers and shift workers.

### Warning signs:

- Trouble focusing or keeping your eyes open
- Yawning
- Slower reaction time
- Wandering thoughts

### To stay awake at the wheel:

- Get a good night's sleep.
- Take a break from driving.
- Get a cup of coffee for a short fix.
- Take a short nap.
- Drive with a friend and take turns driving.

### What to avoid:

- Driving if you're tired
- Relying on a radio, an open window or air conditioning to stay awake



[www.health.ny.gov/DontDriveDrowsy](http://www.health.ny.gov/DontDriveDrowsy)



Department  
of Health