

DROWSY DRIVING



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STARTLING STATISTICS

According to National Sleep Foundation, 28% of Americans admitted that they have fallen asleep behind the wheel within the past year, and 54% said they have driven while drowsy.

Signs You Should Stop, Pull Over & Rest

- Difficulty focusing, frequent blinking, or heavy eyelids
- Daydreaming; wandering/disconnected thoughts
- Trouble remembering the last few miles driven; missing exits or traffic signs
- Yawning repeatedly or rubbing your eyes
- Trouble keeping your head up
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip
- Feeling restless and irritable

Prevent Drowsy Driving

- Don't drive when you are sleepy
- Get enough sleep the night before
- Travel with a passenger
- Take a 20 minutes power nap
- Schedule breaks every 2 hours or 100 miles
- Avoid alcohol and medications
- Avoid driving at times when you would normally be asleep

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