



**North American
Transport Services**

THE DANGERS OF DROWSY DRIVING



Sleep is necessary not voluntary. If you're drowsy you can fall asleep and not realize you did. A poor ventilated cab can make you sleepy, therefore it is always a good idea to open the window and let some air in or use the A/C. One habit you must develop is taking breaks. Walk around and get some exercise, it will help you stay alert.

If you're driving while you're drowsy, you can fall asleep for a few seconds which at 55 mph means you traveled over 100 yards unaware and could result in a crash. If you experience any of the following, you're drowsy driving and have a high risk of crashing:

- Your eyes close or go out of focus
- You're yawning constantly
- You don't remember driving the last few miles
- You missed traffic signs
- You had to come back to your lane because the truck started drifting into the shoulder or another lane.

It is imperative you stop to sleep if you experience any of these warnings. Sleep is the only thing that works against fatigue. If you can't stop for the night, take a nap. A 30 minute nap can really help and it will make you feel less fatigued than if you just stop for coffee. Keep in mind that some medicines will make you drowsy therefore it's important to read the labels of medicines. It is always better to suffer the symptoms of a cold than to drive while you feel drowsy.

