

CMV Driving Tips Driver Fatigue

Get Enough Sleep Before Getting Behind the Wheel

Be sure to get an adequate amount of sleep each night. If possible, do not drive while your body is naturally drowsy, between the hours of 12 a.m. to 6 a.m. and 2 p.m. to 4 p.m. Driver drowsiness may impair a driver's response time to potential hazards, increasing the chances of being in a crash. If you do become drowsy while driving, be sure to choose a safe place to pull over and rest.

Maintain a Healthy Diet

Skipping meals or eating at irregular times may lead to fatigue and/or food cravings. Also, going to bed with an empty stomach or immediately after a heavy meal can interfere with sleep. A light snack before bed may help you achieve more restful sleep. Remember that if you are not well-rested, induced fatigue may cause slow reaction time, reduced attention, memory lapses, lack of awareness, mood changes, and reduced judgment ability.

Take a Nap

If possible, you should take a nap when feeling drowsy or less alert. Naps should last a minimum of 10 minutes, but ideally a nap should last up to 45 minutes. Allow at least 15 minutes after waking to fully recover before starting to drive.

Avoid Medication That May Induce Drowsiness

Avoid medications that may make you drowsy if you plan to get behind the wheel. Most drowsiness-inducing medications include a warning label indicating that you should not operate vehicles or machinery during use. Some of the most common medicines that may make you drowsy are: tranquilizers, sleeping pills, allergy medicines and cold medicines.

Recognize the Signals and Dangers of Drowsiness

Pay attention: Indicators of drowsiness include: frequent yawning, heavy eyes, and blurred vision.

Do Not Rely on "Alertness Tricks" to Keep You Awake

Behaviors such as smoking, turning up the radio, drinking coffee, opening the window, and other "alertness tricks" are not real cures for drowsiness and may give you a false sense of security.

