

Batrice Law Firm's Guide to Drowsy Driving Prevention

Before Your Drive:



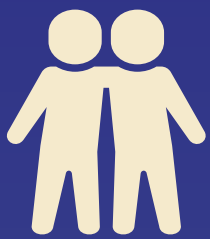
Get enough sleep. 8 hours of sleep the night before prevents you from starting your drive already fatigued.

Avoid alcohol or heavy meals before. Eat light and stay hydrated before and during your drive.



Check medication labels to for “do not operate heavy machinery” warnings.

Leave at a reasonable time to prevent feeling rushed and avoid driving at times you would usually be asleep or starting to get tired.



Travel with a friend so you can switch out drivers and keep each other engaged.

During Your Drive:

Keep your mind engaged. Listen to music you can sing along to, eat sour candy, or have someone you can talk to.



Keep cool air flowing, a stuffy car can cause drowsiness

Take breaks every 2 hours or 100 miles to stretch or jog in place



If necessary, find a place to pull over for a 15 minute power nap. Any longer can cause grogginess.

If you need a boost of energy in your last 2 to 3 hours of your drive, a caffeinated drink will help short-term but you must wait 30 minutes before feeling the effects

