

# FEELING FATIGUED? WAKE UP TO THE DANGERS OF DRIVING WHILE DROWSY.

You may be sleepier than you think. Getting only five to six hours of sleep nearly quadruples your risk of a crash, according to a study by the University of North Carolina for the AAA Foundation for Traffic Safety.

Snoozing less than five hours a night? Your risk is seven times higher. Here, helpful information to keep you and your family safe:

## THE EFFECT OF FATIGUE ON DRIVING IS SIMILAR TO ALCOHOL, CAUSING:

- Slowed reaction time and faulty judgment
- Difficulties processing information
- Increased aggression and carelessness

## PREVENT DROWSY DRIVING WITH THESE STEPS:

- Avoid driving during the hours you'd usually be sleeping.
- Get enough zzz's. Most adults need seven

to nine hours. Teens generally need 8½ to 9½ hours.

- On long trips, take a break every two hours. If possible, switch drivers.
- Don't drink alcohol before or while driving and, if possible, avoid medications that make you tired.

## PULL OVER AND TAKE A 15- TO 20-MINUTE NAP IF YOU:

- Have trouble focusing (your eyes or your mind)
- Yawn frequently
- Miss your exit or don't remember the last few miles you've driven
- Feel irritable
- Can barely keep your eyes open or your head up
- Drift from your lane or onto a shoulder rumble strip

## DID YOU KNOW?

# 100,000

Number of crashes caused by tired drivers each year.

# 60%

Adults who say they've driven while drowsy in the last year.

# 34%

Adults who say they've fallen asleep while driving.

Sources: National Highway Traffic Safety Administration, National Sleep Foundation

## Best Road Tip: Pay Attention

### SAFER CARS + MORE CROWDED ROADS = FEWER TRAFFIC FATALITIES.

U.S. traffic fatalities dropped to their lowest level in five years, and crash injuries decreased for the seventh year in a row in 2006, according to a recent report from the National Highway Traffic Safety Administration. These statistics are encouraging—especially because the decreases occurred while vehicle miles traveled increased 0.2 percent.

Dave Melton, director of Transportation Technical Consulting Services for Liberty Mutual, credits safer vehicles and increased road congestion, which keeps speeding down. But there's more you can do:

**1. Pay closer attention.** Be aware of the many tasks and decisions involved in driving. It's the most dangerous activity you do every day, Melton says.

**2. Put safety first.** Motor vehicle crashes are the leading cause of on-the-job deaths, Melton says. Whether you're heading to a business lunch, meeting clients or responding to a service call, concentrate on driving and deal with work-related issues later.

**3. Look out for others.** Anticipate other drivers' mistakes and be courteous. "People think when they ride in their car, it's their own private kingdom," Melton says. "Acknowledge that you're responsible for the lives of the people who surround you on the highway."

➤ **VISIT [www.libertymutual.com](http://www.libertymutual.com)** for more ideas and a brochure on "20 Tips for Safe Driving."

**For additional tips to keep you and your family safe, call or e-mail Steve Kosydar today!**

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