

Drowsy Driving is Lousy Driving

- › heavy eyelids/frequent blinking
- › drifting from lane, tailgating
- › feeling restless, irritable
- › yawning repeatedly
- › difficulty focusing

R
U
tired?
?

RESEARCH:
Teens should have
8 ↔ 10 HOURS
of sleep each night.

sleepiness can be risky, when driving.
Know
your signs of drowsiness
and call someone else for a ride.