

DROWSY DRIVING



These programs offered by the Utah Safety Council offer practical strategies to reduce collision related injuries and fatalities on Utah roadways.

Know the Real From the Fake!

The following are commonly thought to keep people awake while driving; however, they are scientifically unproven:

- Listening to loud music
- Singing
- Rolling down the windows
- Changing the vehicle's temperature

These tips from the National Sleep Foundation can actually help to prevent drowsy driving:

- Getting adequate sleep
- Driving only during daylight
- Taking turns driving with passengers
- Taking 15-20 minute naps

