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

**DROWSY DRIVING**

**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