**Wake Up!!!**

**7 ways to beat fatigue while driving!!**

1. **Take your breaks.**Always follow Hours of Service (HOS) regulations and take a minimum of 30-minute breaks every 8 hours. Try to find your own rhythm. For example, you may be more alert if you take shorter breaks every two-to-three hours instead of “saving” your break for that eighth hour on the road.
2. **Get your sleep.**Aim to sleep for seven to eight hours every night. If possible, avoid or limit driving mid-afternoon (between 2 – 4 p.m.) or overnight (between midnight – 6 a.m.), times when the body is naturally drowsy.
3. **Watch what you eat and drink.**Skip fast food, vending machines, and other types of food that lack nutrition. Instead, pack healthier meals. Choose fruits, vegetables, nuts or string cheese for snacks. Don’t eat a heavy meal right before bed. But don’t go to bed hungry, either. Avoid sodas and other sugary drinks. Choose water instead so you can stay hydrated.
4. **Stay active and fit.**While you can’t exercise while driving, you can add some physical activity during your breaks and during your off time. Take a brisk walk. Do some stretching exercises. Aim for 20 minutes of physical activity at least three days a week. Being physically fit lowers your chances of fatigue.
5. **Check your medicines.**Sleeping pills, allergy medications and cold medications can make you drowsy. Avoid or limit them whenever possible. Always ensure you discuss any medications and their side effects with your doctor.
6. **Avoid the traps.**Many drivers think that they can fight fatigue by smoking, turning up the radio, or opening a window. Those activities may refresh you for a few seconds, but they won’t keep you alert for the long haul. If tired, do the right thing, pull to a safe area, and take a break!
7. **Don’t tough it out.**If you start yawning, making sudden lane changes or start to grow irritable, it’s a good bet you’re tired. Find a safe, legal place to park, such as a truck stop or well-lit rest area, and take a break.