2. Driving and Sleeping
Don’t Mix

I was called to the scene of a single car rollover on a straight stretch of highway. The car had rolled over several times. Both occupants were thrown from the vehicle and died. Neither the driver nor the passenger were wearing seatbelts. It was assumed the driver had fallen asleep.

Here’s a question I’ve asked many audiences in my safety talks: “How many of us have ever fallen asleep when we were behind the wheel?” My hand goes up along with about 30-50% of the audience’s hands. My next question is: “How many people have done this more than once?”

The next question is: “What can be more dangerous than driving down the road in your vehicle at 60 mph (100 kph) and sleeping?” It’s hard to come up with an answer. If you’ve ever fallen asleep behind the wheel and are reading this, you’re lucky.

For many people, the first time they fall asleep behind the wheel is their last. Here are a few tips to help prevent you from falling asleep behind the wheel:

• If you feel yourself getting tired, pull over to a safe spot and take a 20 minute nap. These little naps can do wonders for you.
• Drink caffeinated coffee. Sleep experts tell us the caffeine can stimulate us. Remember though, it may take the caffeine thirty minutes to kick in after you drink the coffee.
• If you’re really tired, the naps and coffee aren’t enough. Postpone your trip, get a motel or do whatever it takes so you are not falling asleep behind the wheel. It just isn’t worth it.

Remember, you may not only kill yourself, but you could also wipe out an entire family who just happen to be on the same road you are on.

... AT ALL TIMES!