

BE SLEEP AWARE



Did you know that fatigue is contributory factor in about 30% of collisions? If you're driving whilst overtired you are putting not only yourself at risk but the public as well!

Why is lack of sleep so dangerous?

- ! It impairs your ability to think quickly and make sound judgements, increasing the risk of errors.
- ! Your planning and reaction time slows down leading to a higher risk of having a collision.
- ! Sleep deprivation affects your overall wellbeing and can lead to various health problems.

Most of us need around 7-9 hours of sleep in any 24 hour period, here's what you can do to improve your quality of sleep

- ! When resting 'at work' – if you can, park in a safe, secure and quiet environment which is quiet enough for a restful sleep.
- ! Make sure the room temperature or cab is cool.
- ! Block out the light! We all sleep better in darkness.

Remember being well rested makes you a safer and more effective driver!

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