

Warning Signs of Drowsy Driving

If any of the following signs occur, pull over in a safe rest area to take a nap or switch drivers:

- Yawning Repeatedly
- Not being able to pay attention, keep eyes open or head raised
- Not remembering the last few miles traveled
- Having wandering or disconnected thoughts
- Drifting out of the lane or hitting rumble strips

For more information on getting better sleep and drowsy driving visit these websites:

New York State Department of Health
www.nyhealth.gov

National Sleep Foundation
www.sleepfoundation.org
www.drowsydriving.org

New York State
Governor's Traffic Safety Committee
www.safenyny.com

National Center on Sleep Disorders Research
www.nhlbi.nih.gov/about/ncsdr/index.htm

AAA Foundation for Traffic Safety
www.aaafoundation.org

National Highway and
Traffic Safety Administration
www.nhtsa.dot.gov

Funded by the National Highway Traffic Safety Administration (NHTSA) with a grant from the New York State Governor's Traffic Safety Committee.



State of New York
George E. Pataki, Governor
Department of Health
Antonia C. Novello M.D., M.P.H., Dr.P.H.,
Commissioner

New Baby? Less Sleep?

**Important Facts About Drowsy
Driving for New Parents**



New Parents: Sleep & Drowsy Driving

Getting sleep after bringing a new baby home can seem impossible. However, it is very important because not getting enough sleep can cause problems. Remembering, thinking or learning, reacting quickly to certain situations, paying attention, and being in a good mood all suffer as a result of poor sleep. Get as much sleep as you can. It's the only long-term answer to being prepared and energized for the days ahead of you with your new baby.

Driving while drowsy can be as dangerous as driving drunk. Just as alcohol can impact a person's driving, drowsiness can slow reaction time and the ability to make quick and potentially life-saving decisions. Not getting enough sleep can put new parents and their babies at risk of being injured or killed in a drowsy driving-related crash.



Tips To Help You Sleep Better

To improve how much and how well you sleep with a new baby, follow these steps:

- **Have a set routine** for you and the baby, as much as possible. Try to maintain the schedule.
- **Sleep when the baby sleeps.** Even if you can only nap for 20 minutes, that will help you feel refreshed. Try to nap in a darkened room and remember to turn the phone off.
- **Ask family and close friends to watch the baby** for you when you need to sleep.
- **Eat nutritious meals and snacks** throughout the day. Do not eat a heavy meal just before bed.
- **Do not drink coffee, tea, soda or alcohol in the evening.** Caffeine is a stimulant and disrupts sleep. Alcohol may make you feel sleepy at first, but it will affect how well you sleep.
- **Exercise regularly**, at least 3 hours before bedtime. Make sure to talk with your doctor before beginning any physical activity.

Driving Tips

- **Get enough rest before you drive, especially on longer trips.** If you begin to feel drowsy, share the driving with a licensed passenger.
- **Take a break at least every two hours or every 100 miles.** Find a safe rest area to pull off and take a short nap. This helps more than opening the window, turning up the radio, or drinking coffee, tea or soda.
- **Avoid driving between 1:00 pm and 4:00 pm and 2:00 am to 6:00 am** as these periods of time are when people are most likely to feel drowsy.

