

# Drowsy Driving is Lousy Driving

- › heavy eyelids/frequent blinking
- › drifting from lane, tailgating
- › feeling restless, irritable
- › yawning repeatedly
- › difficulty focusing

**RESEARCH:**  
Teens should have  
**8 ↔ 10** HOURS  
of sleep each night.

R  
u  
tired?  
?

sleepiness can be risky, when driving.  
**Know**  
your signs of drowsiness  
and call someone else for a ride.