



“Driving While Drowsy...Are You at Risk?”

Public Service Announcements (For television, radio, newspapers, and newsletters)

- 10: According to the National Highway Traffic Safety Administration, drowsy drivers are responsible for at least 100,000 crashes in the United States annually. This is _____ asking you to make sure you are well rested before you get behind the wheel.
- 10: Sleepiness slows reaction time, decreases awareness and impairs judgment, just like drugs or alcohol. If you are feeling drowsy, for your safety and others, don't get behind the wheel. This message brought to you by _____.
- 15: According to the National Highway Traffic Safety Administration, at least 71,000 people are injured in sleep-related crashes each year. If you become drowsy on the road, do yourself and everyone else on the road a favor, find a safe place to pull over, away from traffic, and take a nap. This message brought to you by _____.
- 15: If you are planning a long road trip, make sure you get plenty of rest before starting out. If you do become drowsy while driving, pull over away from traffic and take a nap. Don't believe the myths that chewing gum, playing loud music or opening the windows will keep you awake. If you are tired enough, you can fall asleep anywhere. This message brought to you by _____.
- 30: You've heard of DWI but have you heard of DWD? DWD stands for Driving While Drowsy and it can be just as dangerous as driving while intoxicated. Sleepiness, like alcohol, slows reaction time, decreases awareness and impairs judgment and is responsible for approximately 100,000 crashes each year. This is _____ asking you to make sure you get enough rest before getting behind the wheel. Do your part to help make our roads safer. This message brought to you by _____.
- 30: Drowsy driving can be just as dangerous as drunk driving and, just like drunk driving, there are things you can do to prevent it from happening. If you are planning a long road trip, take a passenger with you to keep you talking and to share the driving. Once you're on the road, schedule a break at least every two hours or every 100 miles to get some exercise or to take a quick nap. This is _____ asking everyone to do their part to make our roads safer. This message brought to you by _____.