



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

TEENS ARE HIGH-RISK!!

Exhaustion figures into more than 100,000 car crashes each year, according to the National Highway Traffic Safety Administration. Drivers age 15 to 24 account for more than half of those, several studies show.



Beginning at about age 15, kids need more sleep than younger children or older adults, said Mary Carskadon, a sleep researcher at Brown University. Nine hours at night should be a **minimum**, she says; however, teenagers sleep an average of six.



A 1999 National Sleep Foundation survey found that 60% of children complain of feeling tired during the day.

15% of children admitted to falling asleep in school.

Get a Good Night's Sleep!

You can do the following to help ensure a good night's sleep:



Near bedtime, avoid caffeine (coffee, tea, soft drinks chocolate) and nicotine (cigarettes, tobacco products).



Do not drink alcohol to “help” you sleep.



Exercise regularly, but complete your workout at least three hours before bedtime.



Establish a regular relaxing bedtime routine (such as taking a bath or reading a book).



Associate your bed with sleep – do not use it to work or watch television.

Information provided by the National Sleep Foundation.