Fatigue is a lack of mental alertness, or drowsiness, arising from lack of sleep.

- Reduces alertness
- Slows reaction times
- Decreases awareness of hazards
- **3x** more likely to be involved in a road crash
- **17 hours awake** is equivalent to a blood alcohol content of 0.05%
- **1 in 5** fatal and serious road crashes due to fatigue

**Take a break**

Do not be tempted to keep driving to reach your destination.

- Park somewhere safe, drink **1 or 2 cups of coffee**, set an alarm for 20 mins and take a nap.
- **On waking,** walk around outside for 10 mins to wake up properly before setting off again.

For the next hour or two, you should benefit from the alerting effects of both the caffeine and the nap.

**50 million** people injured, **1.35 million** people dead globally per year due to road crashes.

**The only cure for fatigue is sleep.**

- Yawning or rubbing your eyes?
- Blinking frequently, with heavy eyelids, and difficulty focusing?
- Trouble keeping your head up?
- Drifting from your lane, or hitting rumble strips?
- Changing speed randomly?

You’re already fatigued.

The only cure for fatigue is sleep.