

PROM NIGHT
SPOILER
ALERT

DROWSY DRIVING IS AS *DANGEROUS* AS DRUNK DRIVING



SIGNS OF DROWSY DRIVING

- Yawning constantly
- Unable to keep your eyes open
- Restlessness and irritability
- Nodding off
- Daydreaming, wandering thoughts
- Drifting into other lanes
- Can't remember the last few miles
- Ending up too close to cars in front
- Missing road signs
- Driving past turns
- Moving onto the 'rumble strip' or road shoulder

DENTISTS AGAINST DROWSY DRIVING

More information is
available at aadsm.org.



OUT LATE ON PROM NIGHT?

AVOID DROWSY DRIVING.

It's as dangerous as drunk driving. And teens have the highest risk. Each year drowsy drivers cause at least 100,000 accidents. Sadly, many of these crashes are fatal.

Make sure your Prom night has a happy ending.
No mistakes. No regrets. No drowsy driving.

PREVENT DROWSY DRIVING

1. PLAN AHEAD BY TAKING AN AFTERNOON NAP BEFORE PROM NIGHT.
2. HAVE SOME CAFFEINE AND THEN WAIT 30 MINUTES FOR IT TO TAKE EFFECT BEFORE DRIVING.
3. SWITCH DRIVERS IF ANOTHER ALERT DRIVER IS AVAILABLE.
4. IF SLEEPY PULL OVER IN A SAFE PLACE AND TAKE A 20 MIN NAP, THEN WALK AROUND TO WAKE UP BEFORE DRIVING.
5. HIRE A LIMO INSTEAD OF DRIVING.

WHY TELL ME?

- » Teenagers are at a higher risk for drowsy driving.
- » The majority of fall-asleep crashes involve young drivers.
- » Drowsy driving accidents often occur after midnight.
- » And you're attending prom. You'll be out late.