

Top Tips to Avoid Driving Tired

Remember, fatigue crashes can happen on any drive no matter how long or short or what time of day. Use these tips to help avoid driving tired and watch out for the early warning signs! These include yawning, sore/tired eyes, poor concentration, restlessness and over-steering.



Get a good nights' sleep.



Avoid driving at night.



Arrange to share the driving.



Plan to take regular rest breaks.



Pull over for a break in a safe place.



Take a nap, 20 minutes works best.



Catch public transport or a cab instead.



Get someone to pick you up.