

## About Test Your Tired Self

Thinking about hitting the road? Did you know fatigue crashes can happen on any drive, no matter how short or what time of day it is. So before driving, take this test and assess your risk of driving tired. You especially may be at a higher risk if you are;

- A new parent and have had broken sleep
- A shift worker
- Doing physical work like a trade
- Burning the candle at both ends as a student
- On the road for long periods like delivery or taxi drivers

It's important to think about how tired you are before driving, recognise the early warning signs and know what to do to avoid driving tired. Test how tired you might be before you get behind the wheel, share your results with your friends.

## MORE INFORMATION

- ➔ The science of sleep
- ➔ Staying safe on the road
- ➔ Watch the TV commercial

Test Your Tired Self is an initiative of Transport for NSW. For more information visit [transport.nsw.gov.au](https://transport.nsw.gov.au)