

**DRIVING TIRED KILLS.
TAKE A 20 MINUTE BREAK.**



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**OPENING A WINDOW WON'T WAKE YOU UP.
SLAPPING YOURSELF DOESN'T MAKE YOU LESS SLEEPY.
TURNING UP YOUR MUSIC WON'T KEEP YOU ALIVE.**

**You know not to drive tired,
but if circumstances mean you can't avoid it, follow these tips:**

COFFEE.

Have a caffeinated drink and rest for 20 minutes to allow it to kick in.

REST.

Break up long journeys with an overnight stay.

Plan regular breaks.

SURVIVE.



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