

Fatigue and Driving

Fatigue can sneak up on you.

It's difficult to assess your fatigue levels accurately and drivers can be unaware of how their performance is downgrading.



GET A GOOD NIGHT'S SLEEP

To keep alert

while driving



NASA NAP

NASA recommends a 26 minute power nap as the ultimate time for a rest.



STAY HYDRATED

water has natural properties that will help you feel awake



TAKE FREQUENT BREAKS

Get out of the car, walk around or stretch.



#EYESUPNZ

Learn more at eyesupnz.co.nz

POWERED BY
AutoSense
DRIVING SAFETY