

It's time for a 15-min power nap



Awake doesn't necessarily mean alert

Drowsiness at the wheel is an often underestimated problem that can affect any driver. Drivers who are drowsy misjudge speeds, have poor concentration and are slower to react.

Risk-aware drivers respond to first signs

Not only is nodding off at the wheel – so-called microsleeping – dangerous; tiredness itself considerably impairs the driving ability.

Tricks such as opening a window and turning up the car stereo volume are virtually ineffective. Causes include lack of sleep, irregular sleep patterns (e.g. from shift work) and illnesses such as sleep apnea or depression.

So respond immediately to any signs such as burning eyes, heavy eyelids, frequent yawning, blurred vision, chills and driving errors: take a power nap.

How to power nap:

- Stop at the next opportunity. Turn the engine off. Remove the keys from the ignition and take a 15 to maximum 30-minute nap.
- Set the alarm on your mobile phone; waking up after half an hour isn't easy.



Tip: Caffeinated beverages can only offer supplementary short-term help. Drink them before you go to sleep. The effect kicks in after around 15 minutes.

A 15-minute power nap is the only effective measure against drowsiness at the wheel.



How to get there safely:

- Get enough sleep.
- Avoid too long journeys.
- Take regular breaks.
- Be aware of the side-effects of any medications you might be taking – even over-the-counter ones (find out more at fragen-dann-fahren.ch).
- Accept that you may not be fit to drive, refrain from driving for safety's sake and take public transport, a taxi or find somewhere nearby to spend the night.
- See a doctor if you suffer from daytime drowsiness or disordered sleeping.