You're getting sleepy.

Very sleepy.

At the count of three,

you will not wake up.

It's a fact. Shift workers often nod off during their drive home. And this is when some of the most serious and fatal traffic crashes occur. The most effective thing you can do to keep this from happening is to get better sleep on a regular basis. By doing so, you'll also improve your life, and that can be an eye-opening experience. **Wake Up And Get Some Sleep.**

Sleep Tips: During your breaks, try exercising, walking or even napping if possible. Know the side effects of medications—sleepiness is a commonly overlooked one. If you're sleepy at the end of your shift, take a short nap and/or drink two cups of coffee before driving home.

U.S. Department of Transportation

NHTSA