



# Tips for Staying Awake While Driving

Feeling tired while driving? While it might seem like rolling down a window or turning up the radio would help you stay alert behind the wheel, neither are truly effective. Here are the best tips to help keep you awake when driving:

- Get a good night's sleep (ideally 8 hours).
- Stop every 60 – 90 minutes to take a break and to walk briskly.
- Avoid medications that cause drowsiness.
- Consume a caffeinated beverage.
- Take a short nap (15 – 45 minutes).

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