

WARNING: This vehicle is NOT equipped with an automatic pilot.

Like you, a lot of shift workers drive home after work on a wing and a prayer. And a lot of them fall victim to drowsy driving. That's why you should take the time to learn how to improve your sleep. And by following some simple tips, you'll help make sure that your drive home is a safe one. **Wake Up And Get Some Sleep.**



U.S. Department
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Sleep Tips: Hitting the rumble strips isn't the way to stay awake—getting good quality sleep is. 🚗 Use a car pool so that you're driving with someone else awake in the car. 🚕 Consider taking a taxi cab or public transportation.