

A man with dark hair, wearing a white shirt and a dark tie, is driving a car. He has a yellow sticky note on his forehead that says "Back in 5". The background is blurred, suggesting motion.

If you're driving tired, you're driving dangerous

If your head starts nodding at the wheel, you've already put yourself in serious danger. In a short three second microsleep you can travel the length of a rugby field. Pull off the road and have a 20 minute power nap as soon as you start to feel tired.

Fatigue: Wake up to the danger

Go to www.acc.co.nz/roadsafety for more information on how to beat fatigue.

