

Name _____ Date _____

Review Questions – Please answer **“True” or “False”** for the following:

1. Coffee overcomes the effects of drowsiness while driving.
2. I can tell when I'm going to go to sleep.
3. Rolling down my window or singing along with the radio will keep me awake.
4. I'm a safe driver so it doesn't matter if I'm sleepy.
5. You can stockpile sleep on the weekends.
6. Most adults need at least seven hours of sleep each night.
7. Being sleepy makes you misperceive things.
8. Young people need less sleep.
9. Wandering, disconnected thoughts are a warning sign of driver fatigue.
10. Little green men in the middle of the road may mean the driver is too tired to drive.
11. On a long trip, the driver should never take a break but try to arrive at the destination as quickly as possible.
12. A “microsleep” lasts four or five seconds.

Just remember...
If you snooze, you lose! Taking a break will save a life!