



Prevention and health guidelines for **safe driving**

Evaluate your alertness at the wheel

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Self-evaluation of levels of alertness

We'd like you to do this questionnaire (Epworth Sleepiness Scale) to see how drowsy you are during the day. Recently, within your usual life routine, **how likely is it that you would fall asleep in the following situations?**

For each situation, choose the points scale rating for each situation on the left and fill in the box next to it.

Situations	Score
Sat down reading	
Watching TV	
Sat down still in a public place like a theatre or at a conference	
As a passenger in a car for an hour without stopping	
Lying down to rest in the afternoon, if I get the chance	
Sitting talking to someone	
Sitting down relaxing after a lunch without alcoholic drinks.	
In the car which is stuck for a few minutes in traffic.	
Total	

0 = I'd never fall asleep

1= I might fall asleep

2= There's a good chance I'd fall asleep

3= I have a high chance of fall asleep

If you have scored more than 10 points it shows that you fall asleep too easily during the day.

Talk to your doctor about it!

Self-evaluation of levels of alertness

Answer these questions.



Do you sometimes get a burning sensation in your ears?	Yes, often	Sometimes	No
Do you feel your eyes closing or have problems focusing on things in front of you?	Yes, often	Sometimes	No
Do you have problems keeping from nodding off?	Yes, often	Sometimes	No
Do you keep on yawning?	Yes, often	Sometimes	
Are you easily distracted and poorly aware of the common dangers associated with driving?	Yes, often	Sometimes	No
Do you get mentally confused?	Yes, often	Sometimes	No
Do you forget all about the last few miles you've driven, or, if on the motorway, forget which junctions you have passed?	Yes, often	Sometimes	No
Swerve all over the road and fail to notice road signs?	Yes, often	Sometimes	No
Make sudden maneuvers which make the car wobble about?	Yes, often	Sometimes	No
Let the car "drive itself"?	Yes, often	Sometimes	No



These are **alarm signals** and symptoms of **micro sleep episodes** which denote a lowered level of alertness and the risk of falling asleep at the wheel without noticing

Don't ignore these signs!

We don't actually fall asleep suddenly: the body sends out warning signs which are important to act upon in time.

If you feel tired while driving...

Answer these questions.



Do you carry on driving?	Yes, often	Sometimes	No
Do try to overcome your tiredness by opening the window or turning up the music?	Yes, often	Sometimes	No



Opening the window to let in fresh air, turning up the music, or doing exercises while you drive do not lower the risk of falling asleep.

Don't carry on driving when you're tired: stop for a while!

If many of your answers come under the **red or amber traffic light**, you should probably **try to look after yourself a bit more**, and learn to create a better work-life balance.



Taking a nap of even just 15-20 minutes and having one or at most two cups of coffee are the **best remedies** for beating tiredness and a **drop in levels of alertness** at the wheel. It has been shown that relatively low doses of caffeine (100-200 mg) significantly raise alertness, and whose effects last up to an hour. However, taking a nap and having a cup of coffee are only temporary and incomplete solutions.

The best prevention is to get enough sleep and to identify and **treat any eventual medical conditions** which can cause drowsiness.