

Drive the 5

Distracted free

Rested and alert

Impairment free

Vehicle maintained

Environment aware

Learn more at [MyNSightOnline.com/DriveThe5](https://www.nationwide.com/DriveThe5)

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Recognize fatigue signs

Rest is essential for alertness and focus while driving. Fatigue affects decision-making, reaction time, and overall performance!

1 Head drooping:

- Trouble keeping your head up.
- Impending micro naps—brief moments of sleep lasting only a few seconds.
- At 55 MPH, a few seconds cover more distance than a football field.
- Remember, caffeine does not prevent fatigue.

2 Memory lapses:

- Trouble recalling the past few miles driven or missing familiar checkpoints.
- These lapses may indicate fatigue.

3 Lane drift:

- Hitting rumble strips or veering from lanes.
- Fatigue affects lane centering and concentration.

4 Yawning and blinking:

- Excessive yawning.
- Difficulty keeping your eyes open.
- Take these frequent indicators of fatigue seriously.

5 Forgetfulness:

- If you forget items before starting your trip, assess your readiness.
- Prioritize rest for a safe journey.