

# Drive the 5

- D**istracted free
- R**ested and alert
- I**mpairment free
- V**ehicle maintained
- E**nvironment aware

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

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## Night driving

Night driving can be extremely dangerous — stay alert and take precautions!

### 1 Avoid drowsy driving:

- Prioritize getting enough sleep before your shift — aiming for 7-9 hours.
- Take regular breaks to stretch, hydrate, and rest.
- Watch for signs of fatigue such as yawning, heavy eyelids, forgetfulness, and drifting.

### 2 Avoid impaired vision:

- Adjust bright dashboard lights to comfortable level.
- Focus on right edge of road when oncoming headlights.
- Regularly clean your windshield inside and out.

### 3 Be extra vigilant:

- Be alert for animals at night.
- Never drive beyond your headlight reach—even with high-beams.
- Late-night hours increase the likelihood of encountering impaired drivers.

### 4 Inspect your lights:

- Regularly inspect and clean your lights—dirty headlights will not illuminate the road as well as clean ones.
- Proper illumination ensures other drivers see you clearly.
- Replace any light that is not working before the start of a shift.

### 5 Increase your following distance:

- Allow at least one vehicle length for every 10 mph in speed.
- Increasing following distance helps reduce accidents if sudden stops.