

## **NOTICE OF PROPOSED GUIDANCE DOCUMENT**

### **Teen Drivers – Drowsy Driving**

Pursuant to Wis. Stat. s. 227.112, the Wisconsin Department of Transportation is hereby seeking comment Teen Drivers – Drowsy Driving s. 346, a proposed guidance document.

### **PUBLIC COMMENTS AND DEADLINE FOR SUBMISSION**

Comments may be submitted to the Wisconsin Department of Transportation for 21 days by:

1. Department's website: <https://wisconsindot.gov/Pages/dmv/teen-driver/teen-sfty/drowsy-driving.aspx>

2. Mailing written comments to:  
Division of Motor Vehicles  
Wisconsin Department of Transportation  
4822 Madison Yards Way  
PO Box 7336  
Madison, WI 53707-7336

### **WEBSITE LOCATION OF FINAL GUIDANCE DOCUMENT**

The final version of this guidance document will be posted at [wisconsindot.gov](https://wisconsindot.gov) to allow for ongoing comment.

### **AGENCY CONTACT**

[DOTDMVGuidanceDocs@DOT.WI.GOV](mailto:DOTDMVGuidanceDocs@DOT.WI.GOV)



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# Drowsy driving

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## Suggestions to help stay awake, alert and alive on the road

- Get a good night's sleep before long trips.
- See a physician if you experience excessive daytime sleepiness.
- On long trips, if possible drive with a companion (who should remain awake). Stop for a break every two hours or 100 miles. Walk around; get some fresh air.
- Avoid alcohol. Avoid medications that can make you drowsy.

- Try not to drive late at night when you normally sleep. You may have trouble staying awake and alert because your 'inner clock' will tell your body it is time to sleep.
- Be alert to signs of fatigue such as lane drifting, repeated yawning, inability to remember driving the last few miles, difficulty keeping your eyes open. If these symptoms occur, stop in a safe area as soon as possible, lock the doors and take a brief nap. Opening the window and turning on the radio are **not** effective ways to stay awake.
- Drink coffee or another source of caffeine (allow about 30 minutes for the caffeine to take effect).

### Driver Information Section

P.O. Box 7983

Madison, WI 53707-7983

**Email** [Wisconsin DMV email service](#)

**Phone** (608) 264-7447

**Fax** (608) 267-3812

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