NIOSH Quick Sleep Tips for Drivers



Tips and sleep health information for truck drivers.

Sleep disorders, such as sleep apnea and insomnia are more common than most people realize.

See your doctor if you spend 7–9 hours in bed but:

- You consistently take more than 30 minutes to fall asleep.
- You consistently awaken several times during sleep or for long periods.
- You take frequent naps.
- You often feel sleepy, especially at inappropriate times.

Having a sleep disorder doesn’t have to…