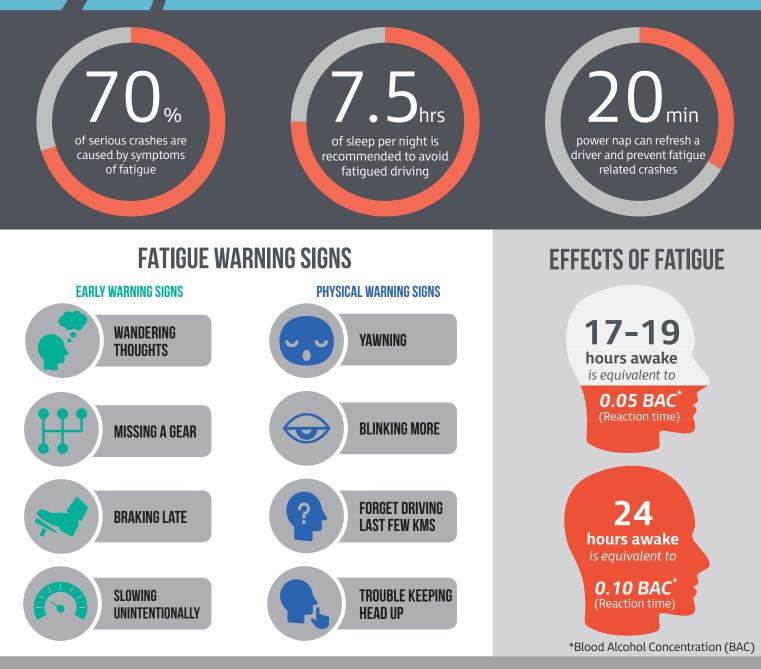


FATIGUE FACTS AT A GLANCE







DANGERS OF MICROSLEEP

When you're driving tired, you can drift in and out of sleep without knowing it. Sleep experts call this a micro-sleep and can last three to five seconds. They are the main cause of fatigue-related crashes. A micro-sleep of five seconds at 110km/h is like travelling the length of an Aussie rules football field with your eyes closed.

