Fatigue on the Road can be a Killer.

1. Did you forget the last mile you drove?
2. You cannot recall the last milepost marker you passed?
3. Have you been tailgating?
4. Are you changing lanes frequently for no apparent reason?
5. Are you driving slowly in the high-speed lane?
6. Are you driving fast in the slow lane?
7. Did you roll down your windows for some fresh air?
8. In the last hour, did you calculate the exact time that you would be back home?
9. Are you constantly shifting in your seat?
10. Are the "4-wheelers" getting on your nerves?
11. Did you forget to turn off your turn signals from the last lane change?
12. Have you told yourself in the last hour, "This will be the last trip"?
13. Can you remember the color of the last warning sign?
14. Can you remember the color of the last 4-wheeler that passed you?
15. Are on-coming headlights bothering you?
16. Are you driving on the roadway striping (white lines)?
17. Are you braking for no apparent reason?
18. Are your eyes watery and red (blood-shot)?
19. Are you unable to focus clearly?
20. Are you difficult to get along with–cranky, irritable?
21. Do you need the use of outside stimulation (i.e., medicine, drugs) to stay alert?
22. Do you feel compelled to pick up unauthorized passengers for companionship?

If you answered “yes” to four or more of these questions, then you could be in the beginning stages of experiencing a mental condition of "declining alertness".