



## Driving Safely

### Health and Wellness

**Tip of the Week**  
**Week 16**  
**April 20, 2020**

Our Mission is to promote health awareness and encourage healthy lifestyles.

### Driving In The “zzz” Zone

Before you hit the road, make sure you've had enough sleep. Being awake for 18 hours is the same as a blood alcohol level of 0.08, which is legally drunk and leaves you more at risk for a crash. In fact, 100,000 crashes each year are caused by tired drivers. Sleep experts suggest that adults get between seven to nine hours of sleep each night. For teens, sleeping eight to ten hours is best. Make sure to catch your zzz's so you don't sleep your life away.

*Source: National Sleep Foundation*

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