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11. Sagaspe P, Taillard J, Chaumet G, Moore N, Bioulac B, Philip P. Aging And Nocturnal Driving: Better With Coffee Or A Nap? A Randomized Study. Sleep. 2007, 30(12), Pp.1808-1813. Experiencing Head Nodding, Heavy Eyelids, Difficulty Keeping Eyes Open And Microsleeps Means You Are Too Sleepy To Drive Safely. WHAT CAN BE DONE TO REDUCE THE Jul 2th, 2024

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Chance Of Dozing 2 = Moderate Chance Of Dozing 3 = High Chance Of Dozing It Is Important That You Answer Each Q Feb 2th, 2024

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(generally Between Midnight And 7 A.m.) And Again During The Midafternoon (gener-ally Between 1 P.m. And 4 P.m.). If People Are Awake During These Times, They Have A Higher Risk Of Falling Asleep Unintentionally, Especially If They Haven't Been Getting Enough Sleep. Inadequate Sleep T Feb 2th, 2024

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