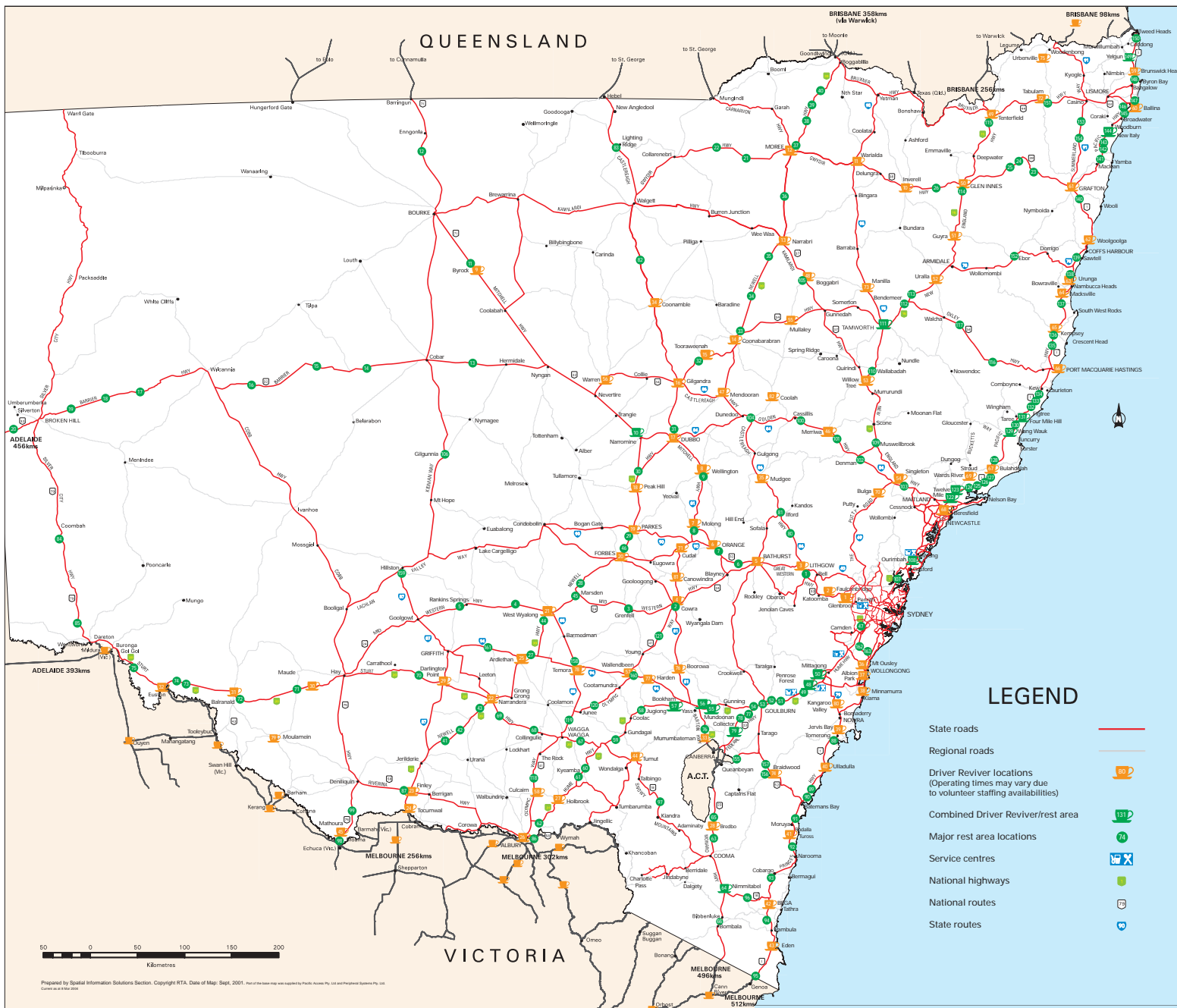


QUEENSLAND



LEGEND

- State roads
- Regional roads
- Driver Reviver locations (Operating times may vary due to volunteer staffing availabilities)
- Combined Driver Reviver/rest area
- Major rest area locations
- Service centres
- National highways
- National routes
- State routes

Driver Reviver locations*

- Great Western Hwy**
 - 1 Glenbrook - Tourist Information Centre
 - 2 Faulconbridge - Butternash Park
 - 3 Lithgow - Reserve Rd, Marrangaroo, 6km west of Lithgow
- Mid Western Hwy**
 - 4 Cowra - Cnr Boorowa Rd & Mid Western Hwy
- Mitchell Hwy**
 - 5 Bathurst - Allan Morse Park, Sydney Rd
 - 6 Orange - Burnings service entrance at eastern approach
 - 7 Mookong - Near bridge in township
 - 8 Wellington - Cnr of Simpson St & Mitchell Hwy
 - 9 Narramine - 3km west of Narramine
 - 10 Byrock - Near hotel at Byrock
 - 11 Warialda - Apex Park western side of town
- Newell Hwy**
 - 12 Moree - Tourist Information Centre
 - 13 Narrabri - Tourist Information Centre
 - 14 Coonabarabran - Tourist Information Centre
 - 15 Tooraveenah - Cnr Tooraveenah Rd & Newell Hwy 39km north of Gilgandra
 - 16 Gilgandra - 11km south of Gilgandra
 - 17 Dubbo - 5km south of Cobley Rd
 - 18 Peak Hill - Peak Hill Centre
 - 19 Parkes - Tourist Information Centre, Bushmans Dam, northern side of Parkes
 - 20 Forbes - Victoria Park Court St
 - 21 West Wyalong - Lions Park junction of Newell & Main St
 - 22 Narrandera - In park - cnr Cadell & Bolton Sts
 - 23 Finlay - At Fire Station
 - 24 Tucumwal - At Pump Shop
 - 25 Ardethan - In town just off Newell Hwy
- Hume Hwy**
 - 26 Albury (2 sites) - In Rest Area/park near border at cnr Woodlugs & Ebdon Sts - North end of town, Lavelling
 - 27 Holbrook - Park/Rest Area at north end of town
 - 28 Bookham - Rest Area 32km south of Yass
 - 29 Murrumbidgee (Yass) - 2 sites - north & southbound traffic at Murrumbidgee 14km south of Gunning & 15km north of Yass
 - 30 Penrose Forest - 2 sites - southbound at Black Bobs Creek 22km south of Mittagong & northbound at Belanglo Forest Rd junction 72km north of Goulburn
- Monaro Hwy**
 - 31 Brumbach - Progress Hall
 - 32 Nimmitabel - Lake William Rest Area
- Start Hwy**
 - 33 Darlington Point - Truck Parking Area 22km west of Darlington Point
 - 34 Sturt Hwy & Swan Hill Rd - Parking Area 29km west of Hay
 - 35 Euston - Car lay-by 9km west of Euston
- Federal Hwy**
 - 36 Edmond VC Rest Area (southbound) & Gurney VC Rest Area (northbound)
- Barton Hwy**
 - 37 Murrumbidgee - Rest area in township
- Castlereagh Hwy**
 - 38 Coonamble - SES HCs Aberford St
 - 39 Mudgee - Information Bay Sydney Rd
- Princes Hwy**
 - 40 Mt Ousley - Truck Parking Bay Mt Ousley Rd
 - 41 Albion Park - 1km south of the end of F6 Albion Park Rail
 - 42 Minnamurra - South of Minnamurra Bridge (southbound only)
 - 43 Jervis Bay - Falls Creek & Log Cabin Klmpont
 - 44 Ulladulla - Lions Club HQ Princes Hwy Burrill Lakes - southbound & park 500m north of bridge at Burrill Lake (near Princess St) - northbound
 - 45 Bega - At Fire Station
 - 46 Edna - Kisses Lagoon Reserve
 - 47 Edom Rd turnoff, 22km south of Edon

Major rest area locations*

- Snowy Mtns Hwy**
 - 44 Turnut - VRA headquarters in township
 - 45 Mauthoua - Rest Area
 - 46 Merriwa - Lions Park Bellington & Brisbane St
 - 47 Mendooran - Shire Park at Bundulla St
 - 48 Boggabri - Boggabri School Cnr Brent & Boggabri St
- New England Hwy**
 - 49 Terrierfield - Rotary Park
 - 50 Glen Innes - Tourist Information Centre - (Church St)
 - 51 Guyra - Rotary Park
 - 52 Uralla - In township
 - 53 Tanworth - Rotary Park 3km north of Tanworth
 - 54 Willow Tree - In township
 - 55 Singleton - Town Head Park east of township
- Oxley Hwy**
 - 56 Mullaley - Mullaley Park
 - 57 Warren - Oxley Park
- Olympic Hwy**
 - 58 Rest Area in township
 - 59 Culcain - Rest Area north of town
- Pacific Hwy**
 - 60 58km north of Ballina
 - 61 Brunswick Heads Bypass (northbound)
 - 62 Saunders Oval Ker St
 - 63 82km north of Grafton & 11km to Woodburn
 - 64 Big River Roadhouse South Grafton (at Viaduct Rd)
 - 65 Apex Park
 - 66 Tourist Information Centre
 - 67 South of Macksville opposite Scotts Head Rd
 - 68 Kempsey - Lachlan St South Kempsey
 - 69 Port Macquarie Hastings
- Four Mile Hill (Taree)**
 - 70 Wang Waak - Wang Waak River, 36km north of Bulahdelah
 - 71 Bulahdelah - Driveaway to Golf Club
 - 72 Twelve Mile - 13km north of Raymond Terrace (northbound)
 - 73 Medowvie Rd - 9km south of Karuah (southbound only at the end of the holiday period)
 - 74 Raymond Terrace
- Sydney Newcastle Hwy**
 - 75 Beresfield - End of F3 Lenaghans & John Renshaw Drive
 - 76 Currimbah - F3 Freeway Currimbah Interchange
- Bucketsley Hwy**
 - 77 Putty Rd - Rest area
 - 78 Bulga - Community Hall
- The Escort Hwy**
 - 79 Cudell - Mitchell Monument & Cnr Forbes & Mandira Rds
- Brunxer Hwy**
 - 80 Tabulam - In township
- Fossilickers Hwy**
 - 81 Manilla - Coronation Park TR62
- Kings Hwy**
 - 82 Braidwood - Ryrie Park
- Summerland Hwy**
 - 83 Urbinville - Cnr Summerland Way & Lindsay Hwy
- Lachlan Valley Hwy**
 - 84 Boorowa - Marsden St adjacent to Court House
- Burley Griffin Hwy**
 - 85 Harden - Park in township
 - 86 Temora - At Salvation Army Citadel
 - 87 Moulamein - Edge of town cnr Barlatn, Hay & Barham Rds
- Major Towns**
 - 88 Kangaroo Valley - Ambulance Station, Main St
 - 89 Canowindra - Morris Park, Rood St
 - 90 Coolah - Wheat Sio Birnia St

- Great Western Hwy**
 - 91 31km west of Katoomba & 8km east of Lithgow
- Mid Western Hwy**
 - 92 At the junction of Mid Western Hwy & Olympic Hwy
 - 93 20km west of Grafton & 66km east of West Wyalong
 - 94 36km from West Wyalong & 220km to Hay
 - 95 99km from West Wyalong & 156km to Hay
- Mitchell Hwy**
 - 96 30km west of Bathurst & 34km east of Orange
 - 97 30km west of Bathurst & 6km east of Orange
 - 98 34km west of Orange & 66km south of Wellington
 - 99 95km west of Orange & 5km south of Wellington
 - 100 3km west of Narramine & 123km east of Broken Hill
 - 101 141km north of Nyngan & 62km south of Bourke
 - 102 162km north of Bourke & 70km south of Old border
- Barrier Hwy**
 - 103 81km west of Nyngan & 53km east of Cobarr
 - 104 63km west of Cobarr & 198km east of Wilcannia
 - 105 118km west of Cobarr & 142km east of Wilcannia
 - 106 205km west of Cobarr & 55km east of Wilcannia
 - 107 74km west of Wilcannia & 123km east of Broken Hill
 - 108 119km west of Wilcannia & 77km east of Broken Hill
 - 109 162km west of Wilcannia & 34km east of Broken Hill
 - 110 37km west of Broken Hill & 12km east of South Aust border
- Gwydir Hwy**
 - 111 50km west of Moree & 90km east of Collarenebri
 - 112 90km west of Moree & 50km east of Collarenebri
 - 113 lackadegay 42km west of Grafton & 116km to Glen Innes
 - 114 Heffords Lookout, 79km west of Grafton & 79km to Glen Innes
 - 115 Rangers Hut 89km west of Grafton & 49km to Glen Innes
 - 116 Culcain - Rest Area north of town
 - 117 26km north of Grafton & 34km to Inverell
- Newell Hwy**
 - 118 27km south of West Wyalong & 79km north of Narrandera
 - 119 48km north of West Wyalong & 46km south of Forbes
 - 120 24km north of Forbes & 96km south of Parkes
 - 121 30km north of Parkes & 50km south of Dubbo
 - 122 6km north of Dubbo & 60km south of Gilgandra
 - 123 39km north of Gilgandra & 52km south of Coonabarabran
 - 124 10km north of Coonabarabran & 110km south of Narrabri
 - 125 31km north of Coonabarabran & 68km south of Narrabri
 - 126 95km north of Coonabarabran & 21km south of Narrabri
 - 127 36km north of Moree & 118km south of Old border
 - 128 37km north of Moree & 86km south of Old border
 - 129 59km north of Moree
 - 130 84km north of Moree & 40km south of Old border
 - 131 39km north of Jerilderie & 69km to Narrandera
 - 132 42km north of Jerilderie & 49km to Narrandera
 - 133 100km north of Jerilderie & 100km south of Narrandera
 - 134 127km from Narrandera & 9km to West Wyalong
 - 135 36km from West Wyalong & 68km to Forbes
 - 136 5km north of Forbes
- Hume Hwy**
 - 137 15km south of Campbelltown & 17km to Shearans Nest
 - 138 22km south of Mittagong at Black Bobs Creek
 - 139 27km north of Mittagong at Penrose Forest Rd
 - 140 72km north of Goulburn at Belanglo Forest Rd junction
 - 141 14km north of Goulburn at Belanglo Forest Rd junction
 - 142 73km south of Mittagong
 - 143 78km north of Karuah
 - 144 37km north of Gunning
 - 145 14km north of Gunning
 - 146 15km north of Yass
 - 147 52km from Yass & 69km to Gundagai
 - 148 64km from Yass & 37km to Gundagai
 - 149 12km from Gundagai & 168km to Albury
 - 150 58km from Gundagai & 122km to Albury
 - 151 79km from Gundagai & 101km to Albury
 - 152 149km from Gundagai & 31km to Albury
- Monaro Hwy**
 - 153 19km north of Cooma at Numeralla River & 92km south of Canberra
 - 154 At Nimmitabel, Lake Williams
- Putty Rd**
 - 155 68km south of Canberra & 47km north of Cooma
 - 156 Bombala, north of Bombala River
- Bruxner Hwy**
 - 157 60km from Gundagai & 21km to Wagga Wagga
 - 158 32km west of Wagga Wagga & 66km east of Narrandera
 - 159 74km from Wagga Wagga & 23km to Narrandera
 - 160 89km from Narrandera & 54km to Hay
 - 161 55km from Hay & 77km to Baranald
 - 162 124km from Hay & 8km to Baranald
 - 163 53km from Baranald & 24km to Euston
 - 164 79km from Baranald & 21km to Euston
 - 165 78km from Euston & 41km to Mildura (VIC)
- Barton Hwy**
 - 166 30km from Canberra & 27km to Yass
- Federal Hwy**
 - 167 173km south of Goulburn
 - 168 27km south of Goulburn & 44km north of Canberra
 - 169 54km & 64km south of Goulburn plus 27km & 32km north of Canberra
- Burley Griffin Hwy**
 - 170 Harden - Park in township
 - 171 Temora - At Salvation Army Citadel
 - 172 Moulamein - Edge of town cnr Barlatn, Hay & Barham Rds
- Major Towns**
 - 173 Kangaroo Valley - Ambulance Station, Main St
 - 174 Canowindra - Morris Park, Rood St
 - 175 Coolah - Wheat Sio Birnia St

*Only operate at peak holiday periods.

*In addition to these major rest areas there are secondary rest areas in many localities throughout the state.




Driving times and distance table	Albury	Armidale	Bega	Bourke	Broken Hill	Canberra	Colts Harbour	Cooma	Deniliquin	Dubbo	Glen Innes	Goulburn	Grafton	Griffith	Lismore	Lithgow	Mildura	Moree	Newcastle	Nowra	Orange	Parkes	Port Macquarie	Sydney	Tamworth	Taree	Tweed Heads	Wagga Wagga	Wollongong
Albury	•	10 ^m	5 ^m	10 ^m	9 ^m	3 ^m	14 ^m	4 ^m	2 ^m	5 ^m	11 ^m	4 ^m	15 ^m	2 ^m	16 ^m	5 ^m	6 ^m	9 ^m	8 ^m	5 ^m	5 ^m	4 ^m	12 ^m	6 ^m	9 ^m	11 ^m	17 ^m	1 ^m	6 ^m
Armidale	976	•	11 ^m	7 ^m	11 ^m	10 ^m	2 ^m	11 ^m	13 ^m	5 ^m	1 ^m	9 ^m	2 ^m	9 ^m	3 ^m	6 ^m	13 ^m	3 ^m	4 ^m	8 ^m	6 ^m	6 ^m	3 ^m	6 ^m	1 ^m	3 ^m	4 ^m	9 ^m	8 ^m
Bega	485	927	•	10 ^m	12 ^m	3 ^m	12 ^m	1 ^m	6 ^m	6 ^m	12 ^m	3 ^m	13 ^m	6 ^m	13 ^m	5 ^m	9 ^m	10 ^m	7 ^m	3 ^m	4 ^m	6 ^m	10 ^m	6 ^m	10 ^m	10 ^m	13 ^m	4 ^m	3 ^m
Bourke	829	694	966	•	6 ^m	7 ^m	9 ^m	9 ^m	7 ^m	3 ^m	6 ^m	8 ^m	8 ^m	8 ^m	11 ^m	4 ^m	8 ^m	9 ^m	10 ^m	3 ^m	5 ^m	4 ^m	11 ^m	9 ^m	5 ^m	12 ^m	10 ^m	7 ^m	9 ^m
Broken Hill	841	1135	1230	616	•	11 ^m	13 ^m	11 ^m	6 ^m	7 ^m	12 ^m	11 ^m	14 ^m	7 ^m	15 ^m	10 ^m	3 ^m	10 ^m	11 ^m	12 ^m	8 ^m	7 ^m	13 ^m	12 ^m	10 ^m	13 ^m	16 ^m	8 ^m	13 ^m
Canberra	344	815	222	744	1089	•	11 ^m	1 ^m	5 ^m	4 ^m	11 ^m	1 ^m	12 ^m	3 ^m	13 ^m	4 ^m	8 ^m	6 ^m	2 ^m	3 ^m	2 ^m	9 ^m	3 ^m	9 ^m	8 ^m	14 ^m	2 ^m	2 ^m	
Colts Harbour	1118	193	963	887	1333	851	•	12 ^m	13 ^m	7 ^m	3 ^m	9 ^m	1 ^m	11 ^m	2 ^m	9 ^m	15 ^m	5 ^m	5 ^m	9 ^m	11 ^m	8 ^m	2 ^m	7 ^m	3 ^m	2 ^m	3 ^m	12 ^m	8 ^m
Cooma	379	931	106	860	1124	116	959	•	5 ^m	5 ^m	12 ^m	2 ^m	13 ^m	4 ^m	15 ^m	5 ^m	8 ^m	9 ^m	7 ^m	3 ^m	4 ^m	4 ^m	10 ^m	4 ^m	10 ^m	9 ^m	16 ^m	3 ^m	4 ^m
Deniliquin	202	1041	640	695	652	499	1234	534	•	5 ^m	13 ^m	5 ^m	13 ^m	2 ^m	14 ^m	7 ^m	3 ^m	9 ^m	10 ^m	6 ^m	6 ^m	4 ^m	14 ^m	7 ^m	9 ^m	12 ^m	15 ^m	2 ^m	7 ^m
Dubbo	521	455	616	369	753	394	648	510	586	•	6 ^m	4 ^m	7 ^m	4 ^m	9 ^m	3 ^m	8 ^m	3 ^m	4 ^m	5 ^m	1 ^m	1 ^m	7 ^m	5 ^m	3 ^m	7 ^m	10 ^m	4 ^m	5 ^m
Glen Innes	1066	95	1017	659	1230	905	239	1021	1131	545	•	10 ^m	2 ^m	10 ^m	2 ^m	7 ^m	14 ^m	2 ^m	5 ^m	9 ^m	11 ^m	7 ^m	6 ^m	7 ^m	2 ^m	6 ^m	3 ^m	10 ^m	9 ^m
Goulburn	371	710	296	735	1116	105	738	221	526	376	800	•	10 ^m	3 ^m	12 ^m	3 ^m	8 ^m	7 ^m	4 ^m	1 ^m	2 ^m	3 ^m	8 ^m	2 ^m	7 ^m	7 ^m	13 ^m	2 ^m	1 ^m
Grafton	1199	194	1044	817	1334	932	81	1040	1235	649	158	819	•	12 ^m	1 ^m	10 ^m	16 ^m	4 ^m	6 ^m	10 ^m	9 ^m	9 ^m	2 ^m	8 ^m	3 ^m	3 ^m	2 ^m	11 ^m	9 ^m
Griffith	259	853	565	519	731	335	1041	459	226	398	943	362	1047	•	13 ^m	5 ^m	4 ^m	8 ^m	9 ^m	5 ^m	3 ^m	2 ^m	12 ^m	7 ^m	8 ^m	11 ^m	14 ^m	1 ^m	7 ^m
Lismore	1334	343	1179	907	1478	1067	216	1175	1379	793	248	954	135	1191	•	12 ^m	17 ^m	5 ^m	7 ^m	12 ^m	10 ^m	10 ^m	4 ^m	10 ^m	5 ^m	5 ^m	1 ^m	13 ^m	11 ^m
Lithgow	509	563	496	634	1018	353	696	469	636	265	653	278	777	475	912	•	9 ^m	6 ^m	4 ^m	3 ^m	1 ^m	2 ^m	7 ^m	2 ^m	5 ^m	6 ^m	13 ^m	4 ^m	2 ^m
Mildura	545	1293	934	887	296	793	1487	828	343	838	1383	820	1488	440	1631	915	•	12 ^m	13 ^m	9 ^m	8 ^m	7 ^m	16 ^m	10 ^m	12 ^m	15 ^m	18 ^m	5 ^m	10 ^m
Moree	897	303	992	450	1066	770	447	886	962	376	208	742	366	774	456	538	1214	•	5 ^m	9 ^m	5 ^m	5 ^m	6 ^m	7 ^m	2 ^m	7 ^m	6 ^m	8 ^m	9 ^m
Newcastle	719	393	565	734	1118	453	399	569	874	365	483	348	480	783	615	290	1168	484	•	4 ^m	5 ^m	6 ^m	3 ^m	2 ^m	3 ^m	2 ^m	8 ^m	7 ^m	3 ^m
Nowra	494	674	253	877	1239	228	702	344	649	489	764	123	783	485	918	243	925	765	312	•	4 ^m	5 ^m	7 ^m	2 ^m	7 ^m	7 ^m	13 ^m	4 ^m	1 ^m
Orange	447	605	397	519	903	291	811	407	574	150	873	226	799	364	943	115	804	526	405	339	•	1 ^m	9 ^m	3 ^m	5 ^m	8 ^m	11 ^m	3 ^m	3 ^m
Parkes	403	573	531	435	819	309	761	425	468	118	663	317	767	280	911	216	720	494	506	440	101	•	8 ^m	4 ^m	5 ^m	9 ^m	11 ^m	2 ^m	4 ^m
Port Macquarie	972	252	817	871	1302	705	159	813	468	627	347	592	234	1043	375	535	1412	551	253	556	665	745	•	5 ^m	3 ^m	0 ^m	5 ^m	10 ^m	7 ^m
Sydney	556	525	402	777	1161	290	553	460	711	408	615	185	480	363	616	143	1005	616	163	149	258	359	407	•	5 ^m	4 ^m	11 ^m	5 ^m	1 ^m
Tamworth	865	111	816	588	1029	704	299	820	930	344	201	599	305	742	449	452	1182	268	282	563	494	462	273	414	•	4 ^m	6 ^m	10 ^m	6 ^m
Taree	888	316	733	935	1259	621	230	729	1034	534	411	508	311	870	446	450	1328	615	169	472	581	666	84	323	337	•	6 ^m	10 ^m	6 ^m
Tweed Heads	1419	440	1264	1004	1575	1152	301	1260	1476	890	345	1039	220	1288	97	997	1728	553	708	1003	1040	1008	460	854	546	531	•	16 ^m	13 ^m
Wagga Wagga	129	847	384	709	846	232	1008	278	256	392	937	270	1041	181	1185	380	550	768	618	393	318	274	862	455	869	778	1309	•	5 ^m
Wollongong	510	606	321	809	1255	244	634	360	665	440	696	139	715	590	850	175	959	697	244	68	290	391	488	81	495	404	935	409	•

The times in this table are for cars driven by an experienced driver travelling during daylight hours in favourable weather. These times do not include rest breaks and additional time must be planned for breaks.

Facts about driver fatigue

- High risk times for fatigue crashes are times when you would normally be asleep.
- The risk of a fatal fatigue crash is four times greater between 10pm and 6am than the rest of the day.
- A high number of fatigue crashes also occur between 1pm and 3pm.
- Christmas and other public holidays are peak periods for fatigue crashes.
- Drivers of all ages are involved in fatal fatigue crashes.
- Drivers in country areas are at greater risk of having a fatigue crash.
- Driver fatigue crashes can happen on short trips too.

Dr Karl's tips



- Get a good night's sleep before starting a long trip.
- Avoid driving at times when you would normally be asleep.
- Plan to start your trip after 7am.
- Avoid starting a long drive after a full day's work.
- Take regular breaks from driving.
- Do not try to drive too far in one day.
- Share the driving whenever possible.
- Book overnight accommodation on a long trip to help break your journey.
- Pull over and stop when you notice the early warning signs of fatigue.



NSW road map with rest areas and Driver Reviver stops

Stop. Revive. Survive.



- For further enquiries:
- www.rta.nsw.gov.au
- 13 22 13 Call Centre
8.30am – 5pm Mon-Fri and 8.30am – 12 noon Sat
- 132 701 Traffic Information
Available 24 hours

March 04
RTAPub 04/06/9

Stuck No. 4418a
Roads and Traffic Authority

Microsleep

A microsleep is a brief and unintended loss of consciousness characterised by head snapping, nodding or closing your eyes for more than a couple of seconds. Microsleeps occur when you try to stay awake to perform a monotonous task such as driving.

Microsleeps can last from a few seconds to several minutes and often people are not aware that a microsleep has occurred.

During a 4 second microsleep a car travelling at 100km/h will go 111 metres while completely out of the drivers control.

2. Sleep debt

The human body requires a certain amount of sleep each night to function effectively. The average amount of sleep a person needs is 8 hours. When we reduce the number of hours we sleep at night we start to accumulate what is called a 'sleep debt'.

Sleep debt is defined as the difference between the hours of sleep a person needs and the hours of sleep a person actually gets.

For example, if a person needs 8 hours of sleep per night but only gets 6 hours of sleep one night, they have a sleep debt of two hours. These lost hours of sleep need to be replaced.

When we have sleep debt, our tendency to fall asleep the next day increases. The larger the sleep debt, the stronger the tendency to fall asleep.

3. Sleep inertia

Sleep inertia is the feeling of grogginess after awakening and temporarily reduces your ability to perform even simple tasks.

Sleep inertia can last from 1 minute to 4 hours, but typically lasts 15-30 minutes.

The severity of sleep inertia is dependent on how long you have been asleep and the stage of sleep at awakening. Effects can be severe if a person is very sleep deprived or has been woken from a deep sleep stage. However, sleep inertia can usually be reversed within 15 minutes by activity and noise.

Sleep inertia can cause impairment of motor and cognitive functions and can affect a person's ability to drive safely. Sleep inertia can be very dangerous for people who drive in the early morning hours and shortly after waking up from a sleep.

The sleep & wake cycle

The best way to prevent driver fatigue is to make sure you have enough sleep before driving regardless of the length of your trip. There are 3 sleep factors to consider before deciding whether or not to start driving.

1. Circadian rhythms

Circadian rhythms are physiological cycles that follow a daily pattern. We are "programmed" by our circadian rhythms to sleep at night and to be awake during the day.

During night time hours and to a lesser extent during afternoon "siesta" hours, most types of human performance are significantly impaired, including our ability to drive.

Problems occur if we disrupt our natural sleep cycles (eg by staying awake during the night), do not get enough sleep, or get poor quality sleep.

Circadian rhythms cannot be reversed. Even if you have been working nightshifts for many years, your body will still be programmed to sleep at night.

Stopping to rest on NSW roads

Driver Reviver

To help reduce driver fatigue, around 100 Driver Reviver stops operate across NSW at peak holiday times, such as Christmas, Easter and long weekends (Please note that operating times may vary).

If there are no Driver Reviver stops operating, be sure to stop somewhere else such as a rest area.

Driver Reviver is operated by volunteer community groups including the Volunteer Rescue Association, State Emergency Service and Lions Clubs International, and are proudly sponsored by Bushells Tea and supported by the RTA.

Driver Reviver stops are a safe place where you can stop for a free biscuit, a cup of Bushells Tea or a coffee.

Remember, Driver Reviver stops only operate during peak holiday times and on long weekends.

Rest areas

Rest areas are places where you can park safely get out of your car and refresh yourself before continuing your journey. They are available 24 hours a day, all year round and are clearly signposted.

Service centres, petrol stations, parks and country towns are other places you can stop and take a break from driving.

Don't ignore the early warning signs:

- yawning
- poor concentration
- tired eyes
- restlessness
- drowsiness
- slow reactions
- boredom
- oversteering




Regional radio stations

For local road and traffic information, tune to local radio stations.

Albury 2AY AM, 104.9 Star FM, 105.7 FM The River	Dubbo 2DU, Zoo FM, Star FM	Moree 2VM, Now FM	Wagga Wagga 2WG, 93.1 Star FM
Armidale 2AD, 100.3 FM	Goulburn 2GN, Eagle FM 93.5	Mudgee 2MG, 93.1 Real FM	Woolongong 96.5 Wave FM, 98.8 FM
Bathurst 2BS, B-Rock FM 99.3	Orange 2GZ FM, Star FM 105.9, Ten 89	Parkes 2PK, Rok FM 95.5	Yass 2YAS, YASS FM 100.3
Bega 2BC, Power FM	Griffith 2GR, Star FM	Port Macquarie 2MC FM, Star FM, Five 31	Young 2LY, 93.9 Star FM
Broken Hill 2BH, 106.9 Hill FM	Gunnedah 2MO/Triples G FM	Hunter Valley 981 2NM, 98.1 Power FM	
Campbelltown 91.3 FM	Hunter Valley 981 2NM, 98.1 Power FM	Newcastle 2FM, 2HD, 2HH, 2HF, 2HJ, 2HK, 2HL, 2HM, 2HN, 2HO, 2HP, 2HQ, 2HR, 2HS, 2HT, 2HU, 2HV,	