

YOU JUST HAD **A** NEAR DEATH EXPERIENCE!

Have you ever dozed off momentarily when driving, drifted into another lane without realising what you were doing, hit an object that quickly alerted you, or fallen asleep at the wheel? You just had a near death experience! **In just a 3 second 'micro-sleep' a car travels 83 metres when travelling at 100 km/hr!**

We want your story to help educate others.

Visit www.akilla.co.nz

or write to **New Zealand Sleep Safety Ltd,**

P.O. Box 10386, The Terrace, Wellington.

SLEEP DEPRIVATION IS

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