

Reviver locations*

Tweed Heads	Driver	Reviver locati
6	Great Western H 1 Glenbrook -	lwy Tourist Information Centre Buttenshaw Park
Brunswick Heads ByByron Bay Bangalow	2 Faulconbridge - 3 Lithgow -	Buttenshaw Park Reserve Rd, Marrangaroo, 6km west of Lithgow
	Mid Western Hw	y
Ballina adwater	4 Cowra -	Cnr Boorowa Rd & Mid Western Hwy
urn aly	Mitchell Hwy 5 Bathurst -	Allan Morse Park, Sydney Rd
		Bunnings service entrance
	7 Molong - 8 Wellington -	at eastern approach Near bridge in township Cnr of Simpson St &
	Narromine - 9 Byrock -	Mitchell Hwy 3km west of Narromine Near hotel at Byrock
	Gwydir Hwy	
	10 Inverell -	Sinclair Park Apex Park western side of town
	Newell Hwy	
		Tourist Information Centre Lyle Houlahan Park
	13 Narrabri - 14 Coonabarabrar	1-Tourist Information Centre
		Cnr Tooraweenah Rd & Newell Hwy 39km north of Gilgandra
	16 Gilgandra - 17 Dubbo -	11km south of Gilgandra 5km south of Obley Rd
		& Newell Hwy
(GS	18 Peak Hill - 19 Parkes -	Peak Hill Centre Tourist Information Centre,
		Bushmans Dam, northern side of Parkes
	20 Forbes -	Victoria Park Court St g-Lions Park, junction of
		Nowoll & Main St
	23 Finley -	In park – onr Cadell & Bolten Sts At Fire Station
	24 Tocumwal - Newell & Burley	
	25 Ardlethan -	In town just off Newell Hwy
	Hume Hwy 26 Albury -	In Rest Area/park near border
	(2 sites)	at cnr Wodonga & Edben Sts Northern end of town, Lavington
	27 Holbrook -	Park/Rest Area at north end of town
		Rest Area 32km south of Yass 2 sites – north & southbound
	(Yass)	traffic at Mundoonan Ranges 14km south of Gunning & 15km north of Yass
	Penrose Forest -	2 sites – southbound at Black Bob's Creek 22km south of Mittagong & northbound at Belanglo Forest Rd junction 72km north of Goulburn
	Monaro Hwy	
	Mimmitabel -	Progress Hall Lake William Rest Area
	Sturt Hwy 29 Darlington -	Truck Parking Area 22km west of Darlington Point
	30 Hav .	of Darlington Point Parking Area 29km west of Hay
	31 Balranald - 32 Euston -	Cnr Sturt Hwy & Swan Hill Rd Car 'lay-by' 9km west of Euston
	Federal Hwy Collector -	Edmond VC Rest Area
<u> </u>	_F92	(southbound) & Gurney VC Rest Area (northbound)
	Barton Hwy 33 Murrumbateman - Rest area in township	
	Castlereagh Hwy	SES HOs Aborford St
	35 Mudgee -	SES HQs Aberford St Information Bay, Sydney Rd

36 Mt Ousley

7 Albion Park

38 Minnamurra

39 Jervis Bav

40 Ulladulla

41 Bodalla

Truck Parking Bay

Albion Park Rail

northbound

Kisses Lagoon Reserve

At Fire Station

*Only operate at peak holiday periods.

1km south of the end of F6

South of Minnamurra Bridge

Falls Creek & Log Cabin

Lions Club HO Princes Hwy

Burrill Lakes - southbound

& park 500m north of bridge

at Burrill Lake (near Princess St)

Edrom Rd turnoff, 22km south

Mt Ousley Rd

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48 Boggabri
                 Boggabri School Cnr Brent
                 & Moo Maa Sts
                                                         2km uset of Narromino
New England Hwy
49 Tenterfield - Rotary Park
50 Glen Innes
                 Tourist Information Centre
                   (Church St)
                 Rotary Park

    In township

                                                         118km west of Cobar & 142km east of Wilcannia
Tamworth
               - Potary Park 3km north
53 Willow Tree - In township
54 Singleton
                 Town Hoad Park past
                 of township
                 Mullaley Park
                                                          90km west of Moree & 50km east of Collarenebri
                 Ovlov Park
 57 Wallendbeen - Rest Area in township
                 Park at north of town
                                                       27 57km south of West Wyalong & 79km north of Narrandera
                 58km north of Ballina
 59 Brunswick
                 Brunswick Heads Bynass
                                                       24km north of Forhos & 9km south of Parkos
                  Saunders Oval Kerr St
                 82km north of Grafton &
                  11km to Woodhurn
                 Bin River Roadhouse South
                   Grafton (at Viaduct Rd)
62 Woolgoolga -
                                                         Pillina Forest 67km north of Narrahri
                 Apex Park
                  Tourist Information Centre
                 South of Macksville
                                                         55km north of Moree
                  opposite Scotts Head Rd
65 Kempsey
               - Lachlan St South Kempsey
  56 Port Macquarie
                                                          59km from Jerilderie & 49km to Narrandera
                 Pacific Husy & Fornbank
                 Crook Rd 3 5km south
Four Mile Hill - 6km south of Taree
                                                      46 5km north of Forbes
W Mann Wauk - Wann Wauk River 36km north
                of Bulahdelah
   Bulahdelah
               - Driveway to Golf Club
                                                         27km south of Mittagong at Penrose State Forest
Twelve Mile - 13km north of Raymond
                 Terrace (northbound)
    (Raymond
                                                          16km north of Goulburn
                                                           73km south of Mittagong
Medowie Rd - 9km south of Karuah
                                                          78km north of Vass
                (southbound only at the
                                                          37km north of Gunning
   (Raymond
                 end of the holiday period)
                                                          14km south of Gunning
                                                          15km north of Yass
                                                          32km from Yass & 69km to Gundagai
68 Beresfield
               - End of F3 Lenaghans &
                  John Renshaw Drive
Ourimbah
               - F3 Freeway Ourimbah
                 Interchange
69 Wards River - Rest area

    Community Hall

                                                      64 At Nimmitabel, Lake Williams
                 Mitchell Monument
                 Onr Forhos & Manildra Rds
                - Coronation Park TR63
                                                        2 124km from Hay & 8km to Balranald
3 53km from Balranald & 26km to Euston
74 Braidwood
75 Urbenville
               - Cnr Summerland Way
                                                      76 30km from Canberra & 27km to Yass
Lachlan Valloy V
76 Boorowa

    Marsden St adiacen;

                                                         13km south of Goulburn
                 to Court House
                                                         27km south of Goulburn & 44km north of Canberra
                                                          north of Canberra
                 Park in township
                 At Salvation Army Citadel
                                                       30 43km north of Lithgow & 82km south of Mudgee
79 Moulamein - Edge of town cnr Balranald,
                  Hay & Barham Rds
80 Kangaroo - Ambulance Station Main St
                                                      84 119km north of Wentworth & 147km south of Broken Hill
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Major rest area locations*

VRA headquarters in township

Lions Park Bettington

& Brisbane Sts

- Rost Area

47 Mondogran - Shire Park at Bundulla St.

44 Tumut

45 Mathoura

46 Merriwa

51 Guyra

55 Mullaley

Olympic Hw

58 Culcairn

Yelaun (

61 Grafton

64 Macksville

70 Bulga

71 Cudal

Bruxner Hw

72 Tabulam

73 Manilla

Kings Hwy

77 Harden

78 Temora

Balranald Rd

81 Canowindra - Morris Park, Rodd St

Wheat Silo Binnia St

56 Warren

1 31km west of Katoomba & 8km east of Lithnow

Cowra at the junction of Mid Western Hwy & Olympic Hwy

2km west of Grenfell & 66km east of West Wyalong

36km from West Wyalong & 220km to Hay

99km from West Wyalong & 156km to Hay

22km west of Bathurst & 34km east of Orange 30km west of Bathurst & 6km east of Orang

34km west of Orange & 66km south of Wellington 95km west of Orange & 5km south of Wellington

141km north of Nyngan & 62km south of Bourke

12 65km north of Bourke & 70km south of Qld border

12 91km uset of Nungan & BOkm oset of Cohar

63km west of Cobar & 198km east of Wilcannia

205km west of Cohar & 55km east of Wilcannia

7 74km west of Wilcannia & 121km east of Broken Hill 8 119km west of Wilcannia & 77km east of Broken Hill

162km west of Wilcannia & 34km east of Broken Hill 20 37km west of Broken Hill & 12km east of South Aust horder

21 50km west of Moree & 90km east of Collarenebri

lackadgery, 42km west of Grafton & 116km to Glen Innes Heffrons Lookout, 79km west of Grafton & 79km to Glen Innes

Rangers Hut, 89km west of Grafton & 69km to Glen Innes

26 Swan Brook 33km west of Glen Innes & 34km to Inverell

48km north of West Wyalong & 46km south of Forbes

64km north of Parkes & 50km south of Dubbo

6km north of Dubbo & 60km south of Gilgandra

39km north of Gilgandra & 55km south of Coonabarabran

10km north of Coonabarabran & 110km south of Narrabri 51km north of Coonabarabran & 68km south of Narrabri

95km north of Coonabarabran & 24km south of Narrabri

6km north of Moree & 118km south of Qld border

38km north of Moree & 86km south of Old border

84km north of Moree & 40km south of Qld border

39km from Jerilderie & 69km to Narrandera

100km north of Iorildorio & 10km south of Narrandora

27km from Narrandera & 9km to West Wyalong 45 36km from West Wyalong & 68km to Forbes

47 15km south of Campbelltown & 17km to Pheasants Nest

22km south of Mittagong at Black Bobs Creek

72km north of Goulburn at Belanglo Forest Rd junction

64km from Yass & 37km to Gundanai

12km from Gundagai & 168km to Albury 58km from Gundanai & 122km to Alburi

79km from Gundagai & 101km to Albury

62 149km from Gundagai & 31km to Albury

63 19km north of Cooma at Numeralla River & 92km south of Canberra

65 68km south of Canberra & 47km north of Cooma

Bombala, north of Bombala River

67 60km from Gundagai & 21km to Wagga Wagga

68 32km west of Wagga Wagga & 66km east of Narrandera 69 74km from Wagga Wagga & 23km to Narrandera

89km from Narrandora & 84km to Ha

55km from Hay & 77km to Balranald

59km from Balranald & 21km to Euston 75 38km from Euston & 41km to Mildura (VIC)

79 54km & 64km south of Goulburn plus 27km & 32km

81 70km north of Lithgow & 56km south of Mudgee

82 53km north of Coonamble & 62km south of Walget 83 67km north of Walgett & 65km south of Qld borde

85 26km from Wentworth & 241km to Broken Hill

1km from Bethanga & 16km to Albury 87 1km from Finley & 58km to Deniliqui

88 Bewong, 25km south of Nowra & 35km north of Ulladulla 89 37km south of Ulladulla & 16km north of Batemans Bay

90 45km south of Ulladulla & 8km north of Batemans Bay 91 19km south of Batemans Bay at Waldrons Swamo

Skm north of Moruya
 Skm south of Bodalla & 9km north of Narooma

49km south of Narooma & 30km north of Bega

94 22km south of Bega & 32km north of Eden 95 43km south of Eden at Wallagaraugh River & 19km

north of Genoa

96 34km west of Bega & 42km east of Nimmitabel 97 53km west of Adaminaby & 33km east of Talbingo

4km from Echuca (VIC) & 72km to Deniliquin 99 41km from Echuca (VIC) & 35km to Deniliquin

100 Cassilis Park 46km west of Merriwa

101 Gungal, 23km east of Merriwa

102 1km east of Denman 103 At intersection with New England Hwy 10km south

of Singleton 104 95km west of Merriwa & 10km east of Dunedoo

105 46km north of Gunnedah & 49km south of Narrabr

106 148km north of Hillston & 109km south of Cobar

107 At Hawkesbury Rive 108 E3 Freeway Ourimbah Interchange

New England Hw 111 At Tamuunrth (Dotary Dark)

109 Viotnam War Momorial Park Just north of Muswollhrook 110 103km north of Muswellbrook & 54km to Tamworth

112 Bendemeer, 39km north of Tamworth & 66km to Armidale

113 Shanty Mountain, 55km north of Tamworth & 55km to Armidale 114 Red Bank Creek 93km north of Armidale & 5km to Glen Innes 115 Bluff Rock 80km from Glen Innes & 11km to Tenterfield

116 Stockvard Crook 80km west of Wauchone & 83km to Walcha 117 Stoney Creek 142km west of Wauchope & 21km to Walcha

118 17km from Culcairn & 61km to Wagga Wagga

119 23km from Wagga Wagga & 20km to Junee 120 17km from Junee & 36km to Cootamundra

121 30km north of Young & 40km south of Cowra

122 13km north of Paymond Torraco 123 Twelve Mile Creek, 9km south of Karuah

124 At Karuah River

125 Mill Hill 5km north of Karuah

126 Viney Creek (Browns Flat), 25km south of Bulahdelah

127 Houstons Flat Akm south of Bulahdolah

128 12km north of Buladelah

129 Wang Wauk River, 36km north of Buladelah 130 Talawahl Creek, 17km south of Taree

131 Four Mile Hill, 21km north of Nabiac & 6km south of Taree 132 Figtree, 10km north of Taree

133 Ross Glen southbound, 38km south of Port Macquarie

134 Ross Glen northbound, 44km north of Taree 135 Kundabung, 14km south of Kempsey & 37km to Port Macquarie

136 South Kempsey 137 Paddy's Rest, 36km north of Kempsey at Allgomera

& 16km to Macksville 138 At Urunga (Joy Mitchell Park)

139 Sid Bourke Forest Park, 16km south of Coffs Harbour 140 Glenugle, 70km north of Coffs Harbour & 11km to Grafton

Ferry Park, 41km north of Grafton & 52km to Woodburn 142 Tahhimohlo, 77km north of Grafton & 16km to Woodhurr 143 Tabbimoble, 65km south of Ballina & 115km to Grafton

144 New Italy Road, 82km north of Grafton & 11km to Woodburn

145 Gap Road, 41km south of Ballina & 89km to Grafton

146 Wardell 15km south of Ballina & 115km to Grafton 147 Bicentennial Park, 2km north of Ballina

148 Tyanarah 36km north of Rallina & 55km to Twood Hoads 149 58km north of Ballina & 28km south of Tweed Heads

150 Stotts Island Nature Reserve, 16km south of NSW/QLD border 151 46km west of Casino & 10km east of Tabulum

152 Ebor Falls, 47km west of Dorrigo & 82km to Armidale

153 Braemar Park, 75km north of Grafton & 27km from Casino 154 Whiporee, 52km north of Grafton & 50km south of Casino

MR51 - Batemans Bay to ACT border 155 7km west of Bungendore, 18km east of Queanbeyan,

near ACT horder

156 13km west of Braidwood & 35km east of Bungendore

157 Shoalhaven River

MR84 - Burley Griffin Way

MR57 - from the Olympic Way to the Mitchell Hwy 158 4km from Temora & 64km to West Wyalong

159 12km south of Hillston & 109km north of Griffith

160 19km from Hardon & 67km to Tomora 161 Garoolgan, 45km west of Ardlethan & 55km east of Griffith MR177 - Bulli Pass to Campbelltow

163 Appin, 5km east of Appin & 11km west of Bulli Tops

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





Stop. Revive. Survive.





Microsleep

Orange

Parkes Port Macquarie Sydney

Tamworth

Tweed Heads

Wollongong

Taree

A microsleep is a brief and unintended loss of consciousness The human body requires a certain amount of sleep each characterised by head snapping, nodding or closing your eyes anight to function effectively. The average amount of sleep a for more than a couple of seconds. Microsleeps occur when person needs is 8 hours. When we reduce the number of you try to stay awake to perform a monotonous task such as hours we sleep at night we start to accumulate what is

and often people are not aware that a microsleep has

During a 4 second microsleep a car travelling at 100km/h will go 111 metres while completely out of the driver's

The sleep & wake cycle

The best way to prevent driver fatigue is to make sure you Sleep debt does not go away by itself. Sleeping is the only have enough sleep before driving regardless of the length of way to reduce your sleep debt. 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.

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.

2. Sleep debt

1131 545

696 469 636 265 653

793 1487 828 343 838 1383

1152 301 1260 1476 890 345

226 398 943

1379 793 248

711 408 615

930 344 201

1034 534 411

954 135 1191

305

Microsleeps can last from a few seconds to several minutes Sleep debt is defined as the difference between the hours of sleep a person needs and the hours of sleep a person

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

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.

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

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 Problems occur if we disrupt our natural sleep cycles (eg by 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.

Stopping to rest on NSW roads

Driver Reviver

• 12¹⁰

475 912 •

634 636 769 143 1005

311 870 446 450 1328

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° 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 •

449 452 1182

820 1488 440 1631 915 •

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).

1039 220 1288 97 997 1728 553 708 1003 1040 1008 460

169

666

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:

Drivers in country areas are at greater risk of having a fatigue crash.

Priver fatigue crashes can happen on short trips too.

Drivers of all ages are involved in fatal fatigue

Dr Karl's tips

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



Avoid driving at times when you

Plan to start your trip after 7am.

Take regular breaks from driving

Do not try to drive too far

Share the driving whenever possible.

Book overnight accommodation

Regional radio stations



Stop. Revive. Survive.