OVERVIEWORBACKGROUNDTo take regular breaks while driving long distances are more likely to experience drowsiness.Since sleep deprivation can lead to various physiological changes, such as wakefulness and sleep loss, it can negatively affect individuals who work at night or travel across time zones.When a warning is issued, the COMAND navigation system indicates nearby service areas.It is also important to get enough sleep to avoid chronic fatigue.