





# Drowsy Driving

# FACTS – 2005 NATIONAL SLEEP FOUNDATION'S POLL

- 60% of adult drivers – about 168 million people – have driven a vehicle while feeling drowsy in the past year
  - 37% or 103 million people - have fallen asleep at the wheel! Those who have nodded off, 13% say they have done so at least once a month.
  - 4% – approximately eleven million drivers – admit they have had an accident or near accident because they dozed off or were too tired to drive
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# WHO IS AT RISK?

Sleep related crashes are most common in young people, especially men, adults with children and shift workers. According to the NSF's 2002 poll:


- Adults between 18-29 are much more likely to drive while drowsy compared to other age groups (71% vs. 30-64, 52% vs. 65+, 19%).
  - Men are more likely than women to drive while drowsy (56% vs. 45%) and are almost twice as likely as women to fall asleep while driving (22% vs. 12%).
  - Adults with children in the household are more likely to drive drowsy than those without children (59% vs. 45%).
  - Shift workers are more likely than those who work a regular daytime schedule to drive to or from work drowsy at least a few days a month (36% vs. 25%).
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# WHO IS AT RISK?


According to the NSF's 2002 poll:

- Sleep deprivation increases the risk of a sleep-related crash; the less people sleep, the greater the risk.
- According to a study by the AAA Foundation for Traffic Safety, people who sleep six to seven hours a night are twice as likely to be involved in such a crash as those sleeping 8 hours or more, while people sleeping less than 5 hours increased their risk four to five times.
- A study by researchers in Australia showed that being awake for 18 hours produced an impairment equal to a blood alcohol concentration (BAC) of .05, and .10 after 24 hours; .08 is considered legally drunk.

# SIGNS OF SLEEPINESS

- Trouble focusing, keeping your eyes open or your head up
  - Yawning or rubbing your eyes repeatedly
  - Daydreaming and wandering thoughts
  - Drifting from your lane, tailgating and missing signs or exits
  - Feeling restless, irritable or aggressive
  - Turning up the radio or rolling down the window
  - Slower reaction time, poor judgment
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## DON'T...

- Drive if you are tired or on medication that may cause drowsiness.(Check medication labels and speak to your doctor)
  - Rely on the radio, an open window or other tricks to keep you awake.
  - Drive at times when you would normally be sleeping.
  - Drink even a small amount of alcohol, especially if you are sleepy.
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# DO...

- Get a good night's sleep before a long drive.
  - Get off the road if you notice the warning signs of fatigue.
  - Take a nap – find a safe place to take a 15 to 20-minute nap.
  - Consume caffeine – the equivalent of 2 cups of coffee can increase alertness for several hours, but DO NOT rely on it for long periods.
  - Try consuming caffeine before taking a short nap to get the benefits of both.
  - Drive with a friend. A passenger who remains awake can help watch for signs of fatigue in the driver and can take a turn driving, if necessary.
  - Always wear your seatbelt.
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