



## Drowsy Driving



Drowsy driving is defined as a driver who is tired or sleepy. Drowsy driving remains a serious traffic safety risk for not only the driver, but also other people on the road.

According to the National Highway Traffic Safety Administration (NHTSA), 795 people were killed from crashes related to drowsy driving in 2017. However, these types of crashes are underreported. The Centers for Disease Control and Prevention (CDC) estimates up to 6,000 deadly crashes are caused by drowsy drivers each year.

Even if you don't fall asleep, driving while tired:

- Makes drivers less capable of paying attention to the road.
- Slows reaction time
- Impacts ability to make good decisions.

## Warning Signs

- Yawning or blinking frequently
- Wandering or disconnected thoughts (daydreaming)
- Difficulty remembering the past few miles driven
- Missing your exit
- Drifting from your lane
- Hitting a rumble strip
- Turning up radio or rolling down the windows

## Drivers At Most Risk



Commercial drivers who travel long distances and at night.



Graveyard shift workers and workers on rotating or long shifts.



Drivers with untreated sleep disorders.



Workers who travel for business across different time zones.



**Drowsy Driving: Similar to Driving Drunk**

Being awake at least **18** hours:  
Same as having a BAC of **.05%**

Being awake at least **24** hours:  
Same as having a BAC of **.10%**

Source: CDC

## Tips to Stay Awake

- Get enough sleep! At least 7 hours for adults and 8 hours for teens.
- Stick to a consistent sleep schedule.
- Avoid driving alone. Take a break every two hours or 100 miles.
- Avoid alcohol or taking medications that can make you sleepy. Check for driving or "operating machinery" warning labels.
- Feeling sleepy? Pull over to a safe place like a highway rest area and take a 15-20 minute nap.