

Drowsy Driving

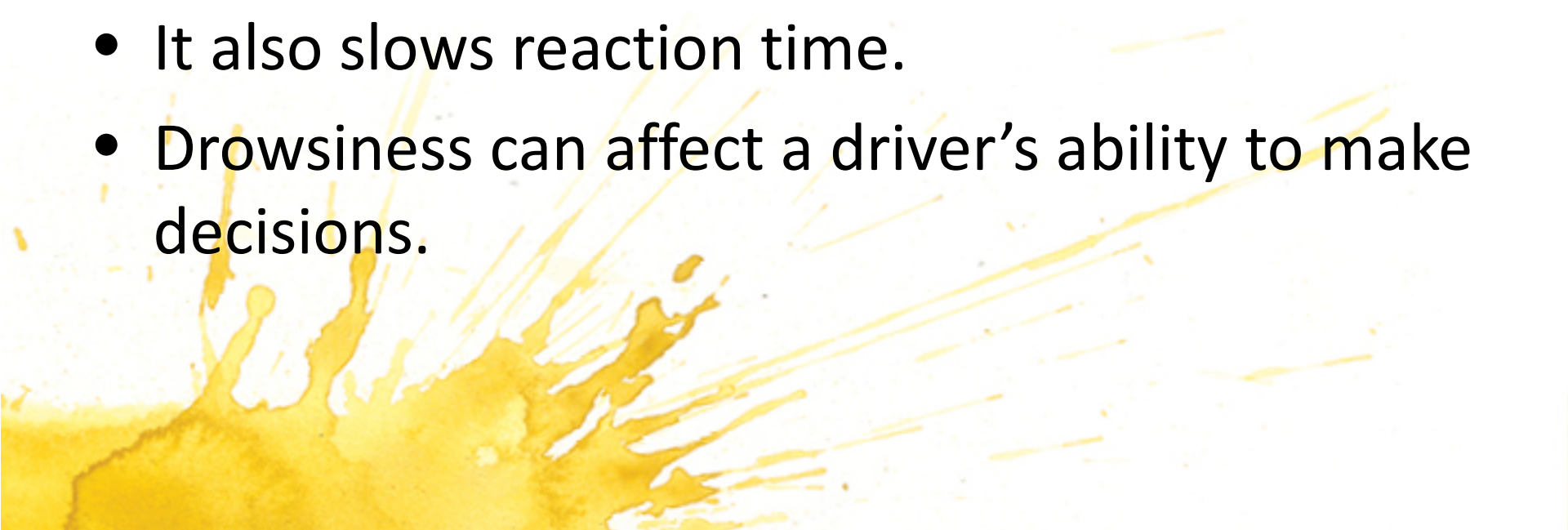
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Did You Know?

- Drowsy driving causes more than 100,000 crashes a year, resulting in 40,000 injuries and 1550 deaths.
 - Drowsiness makes drivers less attentive.
 - It also slows reaction time.
 - Drowsiness can affect a driver's ability to make decisions.
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Risks for Drowsy Driving Crashes

- Sleep loss
- Driving patterns – driving between midnight and 6 a.m.; driving in the midafternoon hours (esp. for older persons); driving for longer times without taking a break.
- Use of sedating medications
- Untreated or unrecognized sleep disorders
- Consumption of alcohol

Population Groups at Highest Risk

- No driver is immune!
- Young people ages (16 to 29), especially males.
- Shift workers whose sleep is disrupted by working night or working long or irregular hours.
- People with untreated sleep apnea syndrome (SAS) and narcolepsy.

(These three groups are based on evidence from crash reports and self-reports of sleep behavior and driving performance.)

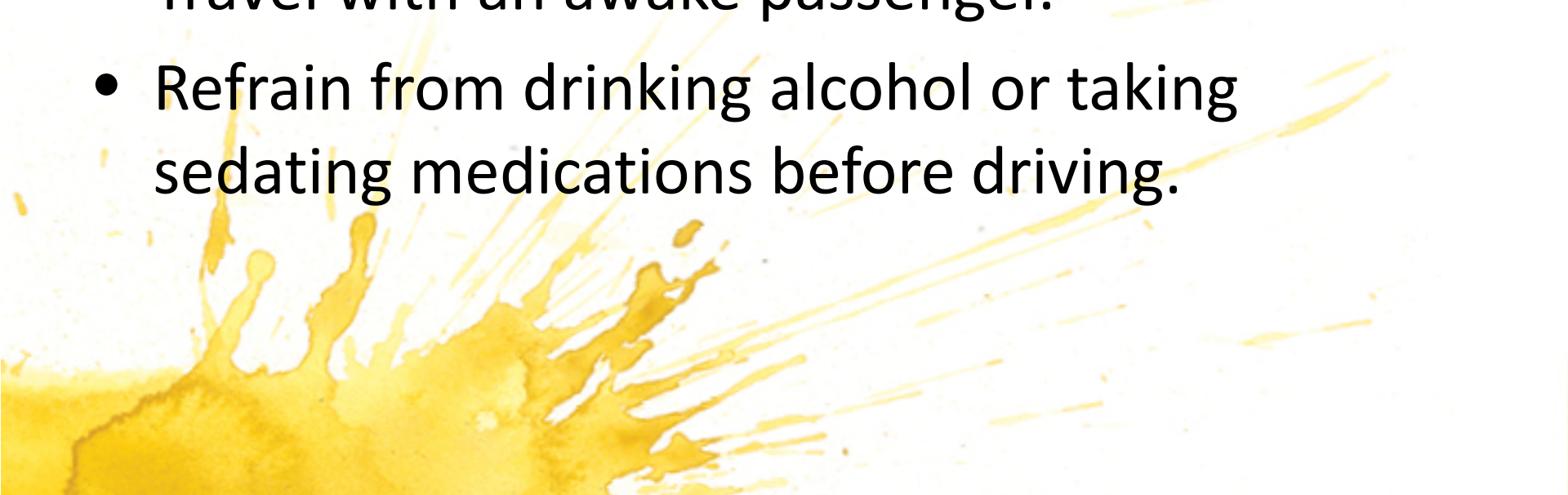
Signs of Drowsy Driving

- Difficulty focusing, frequent blinking, or heavy eyelids
- Daydreaming; wandering/disconnected thoughts
- Trouble remembering the last few miles driven
- Missing exits or traffic signs
- Trouble keeping your head up
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip
- Feeling restless and irritable

How To Avoid Drowsy Driving

- Get plenty of sleep (at least six hours) before a long trip.
- Travel at times when you are normally awake or stay overnight rather than driving.
- Schedule a break every two hours or every 100 miles.
- Stop driving if you become sleepy.

Avoid Drowsy Driving Cont.

- Do not plan to work all day and then drive all night.
 - Avoid driving during sleepy times of day.
 - Travel with an awake passenger.
 - Refrain from drinking alcohol or taking sedating medications before driving.
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Resources

- National Sleep Foundation
- AAA Foundation for Traffic Safety
- Centers for Disease Control and Prevention
- National Highway Traffic Safety Administration