

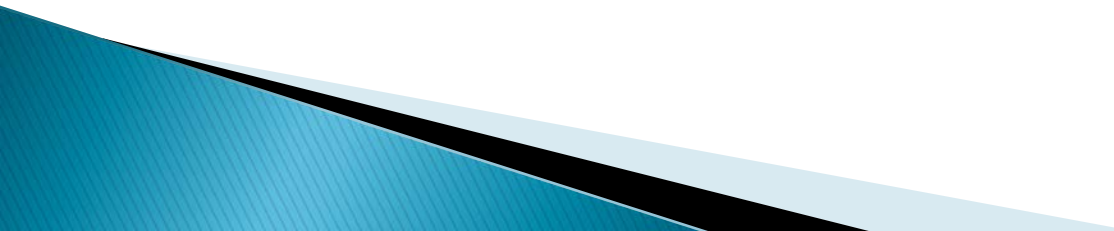
You Snooze  You Lose
Don't Drive Drowsy



Key Facts: Drowsy Driving

- ▶ 37% of drivers report having fallen asleep behind the wheel at some point in their lives;
- ▶ 11% report having fallen asleep behind the wheel in the past year
- ▶ Drowsiness was involved in one in eight fatal crashes
- ▶ Young drivers (16-24) are twice as likely to be involved in a drowsy driving crash as drivers 40-59

Facts Continued

- ▶ Men have twice as many drowsy driving crashes as women
 - ▶ More than half of drowsy driving crashes involve drivers drifting out of their lanes or off the road
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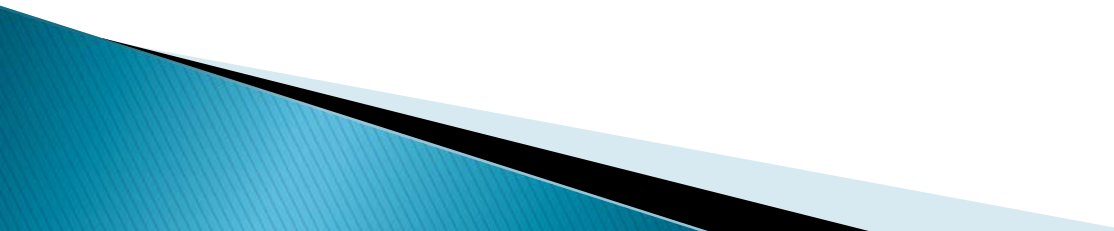
According to the U.S. National Highway Traffic Safety Administration (NHTSA)

- ▶ Driver fatigue is the primary cause of at least 100,000 police - reported crashes and more than 1,500 deaths annually

What is Driver Fatigue?

- ▶ It is the general term used to describe the experience of feeling sleepy, tired, or exhausted when driving a vehicle.

Just like Drugs or Alcohol, Sleepiness

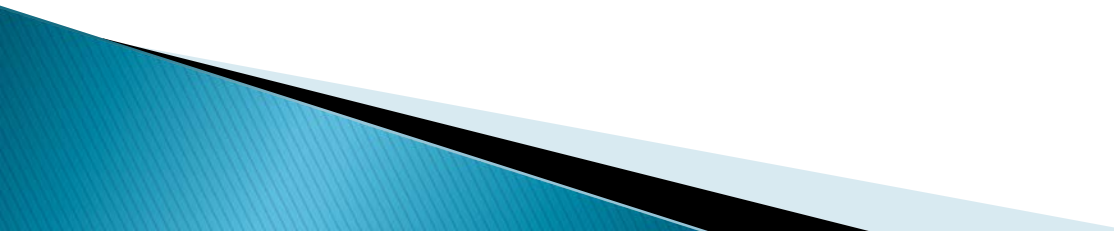
- ▶ Slows reaction time.
 - ▶ Decreases awareness.
 - ▶ Impairs judgment.
 - ▶ Fatal when driving.
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Who is at Risk?

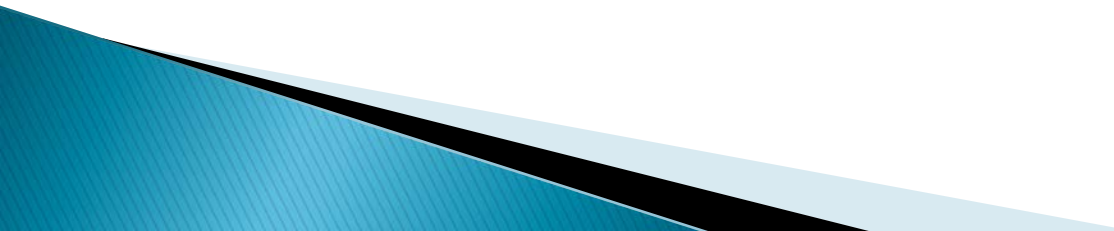
Anyone who DRIVES!



ALL Drivers are at RISK especially when YOU are:

- ▶ Sleep-deprived or fatigued
 - ▶ Driving long distances without rest breaks
 - ▶ Driving through the night
 - ▶ Driving through the early afternoon
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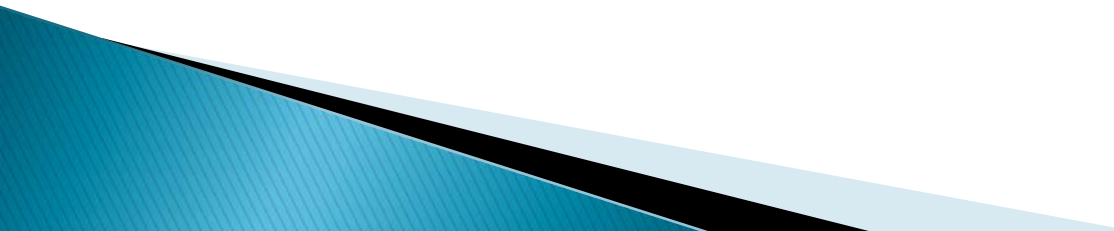
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- ▶ Driving at times when normally asleep
 - ▶ Taking medication to increase sleepiness
 - ▶ Consuming any alcohol-related products
 - ▶ Driving alone
 - ▶ Driving on long, rural, boring roads
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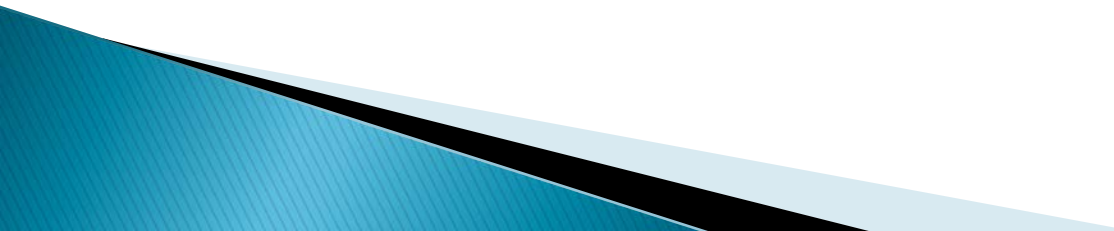
What Should You Do?

- ▶ Know the Signs and Symptoms

Fatigue on the road can be a killer.

1. Did you forget the last mile you drove?
 2. You cannot recall the last milepost marker you passed?
 3. Have you been tailgating?
 4. Are you changing lanes frequently for no apparent reason?
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When driving fatigued, YOU may experience the following symptoms:

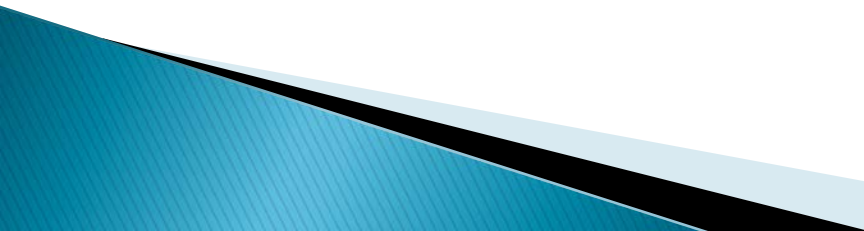
- You can't remember the last few miles driven.
 - You drift from your lanes or hit a rumble strip.
 - You have wandering/disconnected thoughts.
 - You yawn repeatedly.
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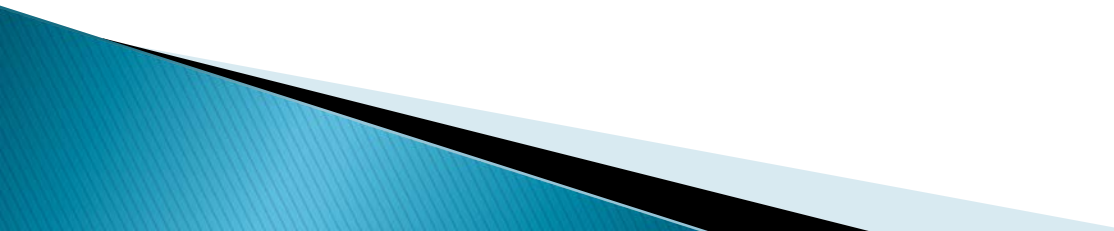
- **You** have difficulty focusing/keeping eyes open.
- **You** tailgate or miss traffic signs.
- **You** have trouble keeping your head up.
- **You** keep jerking your car back into the lane.



What Should I Do?

- Take Action Immediately!
 - YOU must RESPOND quickly to symptoms of fatigue by finding a safe place to stop!
 - Pull off into a safe area away from traffic and *“Take a Break”*. Spend the night at a hotel or at least take a brief nap (15 to 40 minutes)!
 - Don't count on the radio, open window or other "tricks" to keep YOU awake!
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Plan Ahead Before Leaving...

- Get a good night's sleep.
 - While this varies from individual to individual, the average person requires 8-hours of sleep a night.
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Plan Ahead Before Leaving...

Plan to drive long trips with a companion. Passengers can help look for early warning signs of fatigue or switch drivers when needed. Passengers should stay awake to talk to the driver.

Plan Ahead Before Leaving...

- Avoid alcohol and medications (over-the-counter and prescribed) since they can impair driving performance. Alcohol interacts with fatigue; increasing its effects — just like drinking on an empty stomach.



What are some things you can do to prevent driver fatigue-related fatalities?

Get a good night's sleep.

Pull over and stop.

Napping.

Nutrition.

Stay Hydrated.





Remember taking a short break can save lives!

QUIZ

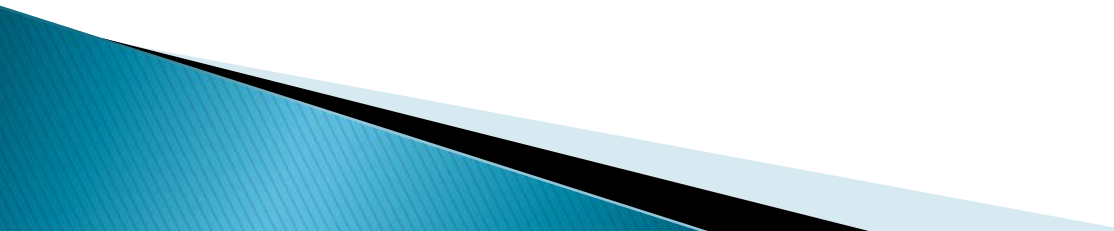
Rolling down my window or singing along with the radio will keep me awake. (T or F)



FALSE. An open window or the radio has no lasting effect on a person's ability to stay awake.

I am a safe driver so it does not matter if I am sleepy. (T or F)

FALSE. The only safe driver is an alert driver. Even the safest drivers become confused and use poor judgment when they are sleepy.

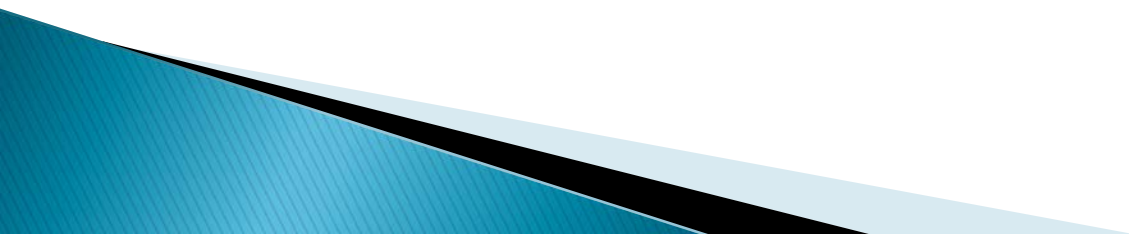


You can stockpile sleep on the weekends.
(T or F)

FALSE. Sleep is not money. You can't save it up ahead of time and you can't borrow it. But, just as with money, you can go into debt.



Most adults need at least seven hours of sleep each night. (T or F)



TRUE. The average person needs seven or eight hours of sleep a night. If you go to bed late and wake up early to an alarm clock, you probably are building a sleep debt.



☞ Remember, once
fatigue sets in—sleep is
the only cure!