


The Challenges of Drowsy Driving

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- What are the dangers involved with drowsy driving?
 - What are the causes of drowsy driving?
 - What are the signs of drowsy driving?
 - Before impact
 - After the crash
 - Prevention
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.....the numbers

- 41% of drivers admitted to falling asleep behind the wheel of an automobile
- 1 out of 6 fatal traffic accidents are due to drowsy driving
- More than 50% of crashes leading to a truck drivers death
- Cost between \$30-37.9 billion/year.
- 411 fatalities on Minnesota roads in 2015

How it effects us

- Slower reaction time
- Reduced vigilance
- Deficits in information processing

Main causes of sleepiness

- Sleep restriction
- Sleep fragmentation
- Sleep Disorders
 - Insomnia
 - Obstructive sleep Apnea
 - Restless Leg Syndrome/Periodic Limb Movement Disorder

How Can We Tell?

- Frequent blinking, longer duration blinks and nodding
- Having trouble keeping eyes open and focused
- Memory lapses and daydreaming
- Drifting from one's driving lane or off the road



Crash Characteristics


- Occurs during late night/early morning, spike in the midafternoon
- Serious injury
- Single vehicle
- High rate of speed
- No attempt at avoidance
- Single occupant

Short term....

- Sleep
- Take a break
- 20 minute nap
- Caffeine

-Rolling down windows, turning up music etc. has been proven to have no positive effect on drowsy driving

Prevention

- Education
 - Make sleep a priority
 - Rumble Strips
 - In vehicle detection systems
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Questions?

