

# DRIVING WHILE FATIGUED

- Around 100,000 police-reported crashes involve driver fatigue annually, resulting in approximately 50,000 injuries and 800 fatalities
- You are 33% more likely to get into a traffic accident if you have slept less than the recommended 7+ hours.

## CAUSES OF FATIGUE:

- Poor sleep hygiene
- Time and length of work shift
- Lifestyle
- Poor sleep environment
- Alcohol
- Sleep disorders



## SLEEP LOSS SIGNIFICANTLY:

- Decreases attention
- Slows reaction time
- Impairs decision making

...which leads to more accidents and injuries while driving.



## ARE YOU DRIVING DRUNK?

- **24 hours** of sleep loss or **5 days of 5 hours** of sleep in a row is similar to having  $>.08$  blood alcohol concentration = **LEGALLY DRUNK!**



## RECOGNIZE THE SIGNS OF FATIGUE:

- Frequent yawning
- Drifting into other lanes
- Trouble keeping eyes open
- Head nodding

# SAFE DRIVING TIPS

- Make sure to get sufficient sleep (7+ hours) before a long drive
- Check with your doctor to ensure any medications you are taking do not cause drowsiness
- Drive with a buddy to share the driving responsibility
- Plan strategic stopping points to take a break to reduce mental fatigue
- Stop and nap if you feel drowsy. Limit naps to 20 min for greater alertness when waking up
- Use caffeine (up to 400mg per day) for a boost of alertness...but remember it cannot replace sleep

**And remember to ALWAYS wear your seatbelt no matter how short the trip!**