



Sleepiness + Driving: A Dangerous Combination

Did you know?

- The National Highway Traffic Safety Administration estimates that at least **100,000** police-reported crashes each year are the direct result of driver fatigue
- Adults 16-29 are much more likely to drive drowsy than other age groups
- Approximately **11 million** adult drivers admit they have had an crash or near crash because they dozed off or were too tired to drive. We always say crash because 90% are due to human error not things beyond their control.
- People who sleep **6 to 7** hours are twice as likely to be involved in a drowsy driving crash than those who sleep eight hours or more
- Each year drowsy driving crashes result in approximately **1,550** deaths, **71,000** injuries and **\$12.5 billion** in monetary losses

What you can do before hitting the road:

- Get **7 to 9** hours of sleep per night
- Schedule driving breaks – every **100** miles or **2** hours
- Take a nap – find a safe place to nap for **15-20** minutes
- Consume caffeine – the equivalent of **2** cups of coffee can increase alertness for several hours

