

DON'T DRIVE DROWSY!

Drowsy driving refers to the act of operating a motor vehicle while feeling sleepy, fatigued, or tired. Officially drowsy driving was the cause of 633 fatalities in 2023 but it is estimated that drowsy driving contributes to over 6,500 deaths annually.

Warning signs:

- Yawning or trouble keeping eyes open
- Nodding off or trouble keeping your head up
- Forgetting the most recent miles traveled
- Missing your exit
- Trouble maintaining your speed

Drowsy driving can lead to:

- Inability to focus
- Delayed reaction times
- Poor decision-making
- Drifting from lanes
- Microsleeps (brief episodes of sleep)
- Impaired judgment of speed

Drowsy Driving Facts

More than half of drivers involved in fatigue-related crashes didn't experience any physical symptoms before falling asleep behind the wheel. Their first "warning" was a crash.

The National Sleep Foundation found that drivers who slept less than five hours in a 24-hour period had a crash risk four to five times higher than those who slept seven hours or more.

Shift workers, especially those on night or rotating shifts, are six times more likely to be involved in a drowsy driving crash, per a AAA Foundation study.

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