**SAFETY TIP**

Make it a daily priority to get 7-9 hours of sleep each night. Refuse to drive when sleep-deprived. Recognize the signs of drowsiness. Pull off the road to a safe location when sleepy.

**WARNING SIGNS OF DROWSY DRIVING**
- Yawning or blinking frequently
- Forgetting the past few miles driven
- Missing your exit
- Drifting from your lane
- Hitting a rumble strip

**OTHER RISK GROUPS:**
- Drivers ages 16-24 are 80% more likely to be in a drowsy driving accident
- Males are 60% more likely to be in a drowsy driving crash
- Other risk groups:
  - Shift workers (work the night shift or rotating shifts)
  - Drivers with untreated sleep disorders such as sleep apnea
  - Drivers who use sedating medications
  - Drivers who do not get 7-9 hours of sleep

**STATISTIC**

328k crashes annually
- 6,400 fatal crashes
- 109,000 crashes with injuries

**DROWSY DRIVERS** are involved in an estimated 8% of all crashes and 21% of fatal crashes.

**STAY AWAKE AT THE WHEEL**
- Make it a daily priority to get 7-9 hours of sleep each night.
- Refuse to drive when sleep-deprived.
- Recognize the signs of drowsiness.
- Pull off the road to a safe location when sleepy.

**SOURCES:**
http://1.usa.gov/1fAVwqX
http://bit.ly/1BYXrzi

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