Drowsy drivers are involved in an estimated 8% of all crashes and 21% of fatal crashes.

An average of 328k crashes annually.

109,000 crashes with injuries
6,400 fatal crashes

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

Yawning or blinking frequently
Forgetting the past few miles driven
Missing your exit
Drifting from your lane
Hitting a rumble strip

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

This infographic was supported by the cooperative agreement number 1U50DP004930-01 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.