

DROWSY DRIVERS are involved in an estimated 6% OF ALL CRASHES and 21% OF FATAL CRASHES.

An Average of



Crashes Annually

109,000 **CRASHES** WITH INJURIES



6,400

80%

DRIVERS ages 16-24 are 80% more likely to be in a drowsy driving accident



be in a drowsy driving crash

OTHER RISK GROUPS:

Shift workers (work the night

Drivers with untreated sleep disorders such as sleep apnea

Drivers who use sedating

shift or rotating shifts)

Drivers who do not get 7-9 hours of sleep

medications

Yawning or blinking frequently Forgetting the past few miles driven

WARNING SIGNS OF

DROWSY DRIVING

Missing your exit **Drifting from your lane** Hitting a rumble strip

STAY AWAKE AT

Make it a daily priority to get 7-9 hours of sleep each night. Refuse to drive when sleep-deprived.

THE WHEEL

- Recognize the signs of drowsiness. Pull off the road to a safe



location when sleepy.

SOURCES: http://bit.ly/1644op2

the CDC.

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