The mission of the Utah Safety Council is to save lives by promoting safety and health through education, services, and products.

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Drowsy Driving
What percentage of Americans have driven while drowsy?
The Facts

• According to the National Sleep Foundation, 60% of Americans have driven while drowsy.
• 37% have actually fallen asleep at the wheel.
• Approximately 1 in 6 traffic fatalities involves a drowsy driver.
• Drowsy driving-related crashes cost over $12.5 billion a year.
At Risk Groups

- Males 25 years old and under
- Shift workers
- Commercial drivers
- People with undiagnosed or untreated disorders
- Business travelers
Warning Signs

• Frequent blinking and/or heavy eyelids
• Daydreaming or difficulty focusing
• Drifting from your lane, tailgating, or hitting rumble strips
Warning Signs

• Yawning repeatedly
• Missing exits or traffic signs
• Trouble keeping your head up
Prevention Tips

• Get adequate sleep, especially before a road trip.
• Avoid driving at night.
• Take turns driving with a passenger.
Prevention Tips

• Take a break every couple hours and stretch or eat a snack.
• Take a 15 or 20 minute nap if you are feeling drowsy.
• Consuming caffeinated beverages may temporarily help.

Source: National Sleep Foundation
For Additional Information

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