



MEMBERSHIP
Services



OCCUPATIONAL
Safety



TRAFFIC
Safety



EMERGENCY
CARE
Safety



HOME &
COMMUNITY
Safety

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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