According to NHTSA, 803 fatalities (2.1% of all fatalities) were drowsy-driving related in 2016.

In Texas, there were 4,916 known crashes involving a fatigued or asleep driver in 2017. 132 of those crashes were fatal.

A TIRED DRIVER is a dangerous driver.

Shift work. Long work hours. Overloaded schedules. Sleep deprivation. Prescription, over-the-counter, or recreational drugs. All can lead to an impaired condition known as drowsy driving.

Do you know the warning signs?

LEARN TO RECOGNIZE THESE WARNING SIGNS

- You can’t stop yawning.
- Your eyelids droop or blink frequently.
- You have trouble keeping your eyes open and focused, especially at stoplights.
- Your mind wanders or you have disconnected thoughts. You can’t remember driving the last few miles.
- Your driving becomes sloppy—you weave between lanes, tailgate, or miss traffic signals.
- You hit rumble strips or grooves in the road. If you hit a rumble strip...it is a sure sign that you need to pull off the road immediately and get some sleep!
Drowsy Driving is **IMPAIRED** driving

**What DOESN’T work to combat drowsy driving:**

- Turning the volume up on the radio
- Singing loudly
- Chewing gum or eating
- Getting out of the car and running around
- Slapping yourself
- Sticking your head out the window

**What should you do if you become drowsy behind the wheel?**

- **Stop driving.** Pull over to a rest stop and sleep!
- If no rest stop or exit is near, safely pull over to the side of the road, turn on your hazard lights, and take a short nap of 15 to 20 minutes, then proceed to the nearest exit or rest stop to more fully rest.
- **Napping + consuming caffeine** equivalent to two cups of coffee can keep you alert enough get you to a place to rest.
- Let a passenger drive while you sleep.

**Crash-avoidance technology can help...**

There are many new *Advanced Safety Systems* in cars and trucks that can help combat drowsy driving, including: forward-collision warning; lane departure (and other lane warning technologies); facial recognition software (to alert the driver if they stop paying attention); and automatic emergency braking systems.

**Sleepiness** is one of the most commonly reported side effects of medications and drugs. Excessive sleepiness can be caused by the sedating effects of nonprescription and prescription medications, including:

- antihistamines,
- antidepressants,
- muscle relaxants, and
- certain high blood pressure medications.

The majority of drowsy-driving crashes involve drivers alone in the vehicle.

**DATA SOURCES**

- Texas Dept. of Transportation
- National Safety Council
- National Highway Traffic Safety Administration
- National Sleep Foundation
- Consumer Reports
- Forbes

*txdrivingconcern.org*

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