Losing 2 hours* of sleep is like having 3 beers

You are 3x more likely to be in a car crash if you are fatigued.

Crashes are the leading cause of workplace deaths.

More than 1 out of 3 working Americans are sleep deprived.

21% of all fatal crashes may involve a drowsy driver.

For more information, visit nsc.org/fatigue

*from a normal 8-hour sleep schedule