

Dangers of Drowsy Driving **ON THE ROAD**



More than
1 out of 3
working
Americans are
sleep deprived



Losing 2 hours*
of sleep is like
having **3 beers**



Crashes are the
leading cause of
workplace deaths

21% of all
fatal crashes
may involve a
drowsy driver



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

For more information,
visit nsc.org/fatigue



txdrivingconcern.org



*from a normal 8-hour sleep schedule