

Dangers of Drowsy Driving **ON THE ROAD**



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



More than
1 out of 3
working
Americans are
sleep deprived



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

SEPTEMBER
S M T W T F S
1 2
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30



OCTOBER 2023



NOVEMBER
S M T W T F S
1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30

National Substance Abuse Prevention Month • Pedestrian Safety Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Walk and Roll to School Day	5	6	7
8	9 Indigenous People's Day	10	11	12	13	14 International Assoc. of Police Chiefs Annual Conference (through Oct 17)
15 National Teen Driver Safety Week (through Oct 21)	16 National School Bus Safety Week (through Oct 20)	17	18	19	20	21
22 NSC Congress & Expo (through Oct 26)	23	24	25	26	27	28
29	30	31 Halloween				