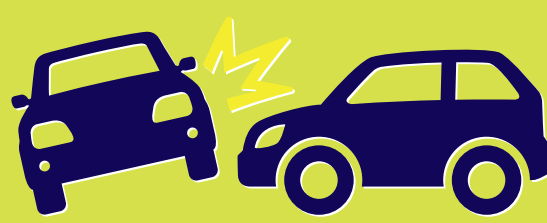


# AWAKE AT THE WHEEL

**DROWSY DRIVERS** are involved in an estimated **6% OF ALL CRASHES** and **21% OF FATAL CRASHES**.

An Average of **328k** Crashes Annually

**109,000**  
CRASHES  
WITH INJURIES



**6,400**  
FATAL  
CRASHES



**80%**

**DRIVERS** ages 16-24 are **80%** more likely to be in a drowsy driving accident





**45%**

**45%** of adults report they have struggled to stay awake while driving






**60%**

**Males** are **60%** more likely to be in a drowsy driving crash

## OTHER RISK GROUPS:





-  Shift workers (work the night shift or rotating shifts)
-  Drivers with untreated sleep disorders such as sleep apnea
-  Drivers who use sedating medications
-  Drivers who do not get 7-9 hours of sleep

## 5 WARNING SIGNS OF DROWSY DRIVING

-  Yawning or blinking frequently
-  Forgetting the past few miles driven
-  Missing your exit
-  Drifting from your lane
-  Hitting a rumble strip



## STAY AWAKE AT THE WHEEL

-  Make it a daily priority to get 7-9 hours of sleep each night.
-  Refuse to drive when sleep-deprived.
-  Recognize the signs of drowsiness.
-  Pull off the road to a safe location when sleepy.

### SOURCES:

<https://doi.org/10.1016/j.aap.2011.05.028>

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<https://aasm.org/wp-content/uploads/2019/11/sleep-prioritization-survey-2019-drowsy-driving-results.pdf>

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