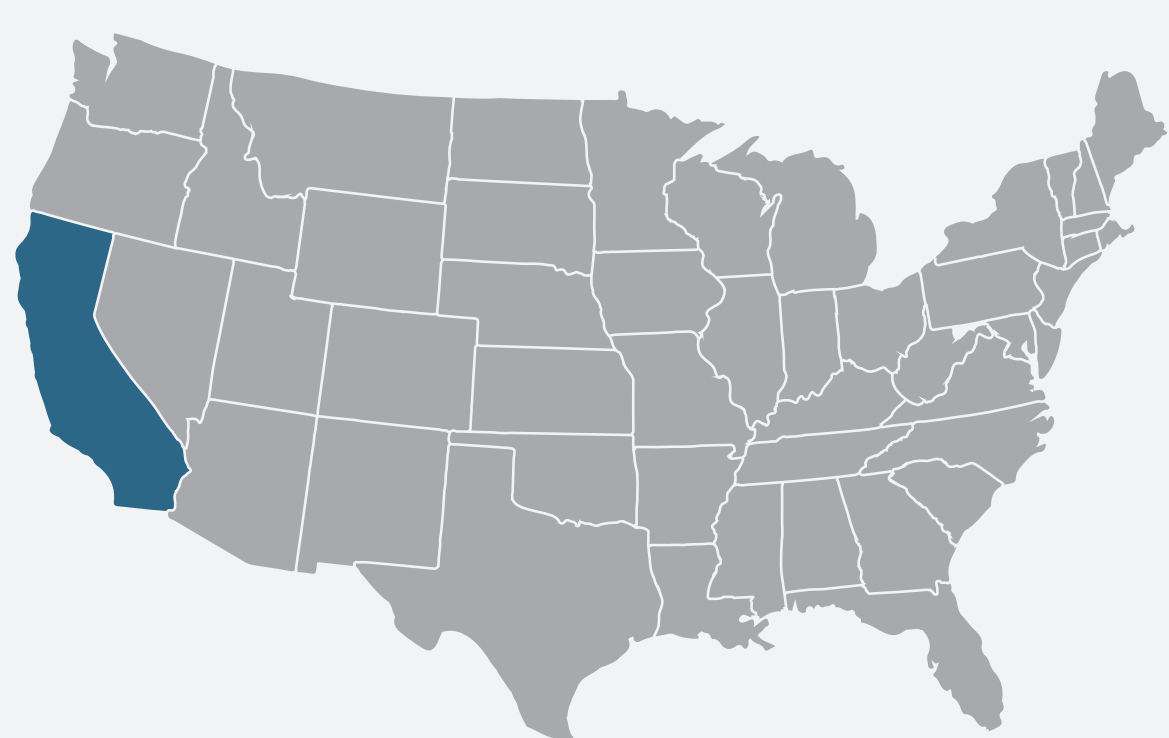


DROWSY DRIVING

HOW FATIGUE
AFFECTS YOUR
PERFORMANCE



IN 2016, NEARLY
7,000 DROWSY
DRIVING CRASHES
OCCURRED IN
CALIFORNIA

ONE OUT OF EVERY 10 CRASHES INVOLVES A FATIGUED DRIVER



A SLEEPY POPULATION OF DRIVERS?



- APPROXIMATELY ONE-THIRD OF DRIVERS IN THE U.S. GET LESS THAN THE SUGGESTED 7 HOURS OF NIGHTLY SLEEP.
- MORE THAN 70 MILLION AMERICANS SUFFER FROM A SLEEP DISORDER.

HOW A LACK OF SLEEP IMPACTS OUR DRIVING ABILITIES



MISSING JUST 1 TO 2 HOURS
OF SLEEP CAN DOUBLE A
DRIVER'S CRASH RISK



DRIVING ON 4 TO 5 HOURS OF
SLEEP CAN INCREASE A DRIVER'S
CRASH RISK BY 4.3 TIMES.



DRIVING ON LESS THAN 4
HOURS OF SLEEP CAN
INCREASE A DRIVER'S CRASH
RISK BY 11.5 TIMES.



DRIVING AFTER MORE THAN
20 HOURS OF NO SLEEP IS THE
EQUIVALENT OF DRIVING
WITH A BLOOD-ALCOHOL
CONCENTRATION OF 0.08%.

FALLING ASLEEP AT THE WHEEL IS MORE LIKELY IF YOU...

- TAKE CERTAIN MEDICATIONS
- WORK A LATE SHIFT
- HAVE BEEN DRINKING ALCOHOL
- HAVE A SLEEP DISORDER, LIKE SLEEP APNEA

LOOK OUT FOR THE WARNING SIGNS OF FATIGUE...

- EXCESSIVE YAWNING
- NODDING OFF
- HITTING RUMBLE STRIPS OR VEERING INTO OTHER LANES
- MISSING EXITS
- DIFFICULTY REMEMBERING THE LAST FEW MILES YOU HAVE TRAVELED



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