

# STAY ALERT AT THE WHEEL

## THE DANGERS OF DROWSY DRIVING



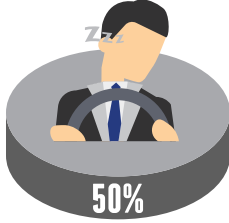
**APPROXIMATELY 100,000**  
ACCIDENTS ARE CAUSED BY  
DROWSY DRIVERS EACH YEAR

**EVERY YEAR, DROWSY DRIVING-RELATED CRASHES RESULT IN OVER:**

 **1,550 FATALITIES**


**71,000 INJURIES** 

 **\$12.5 BILLION IN MONETARY LOSSES**



**NEARLY HALF**  
OF AMERICAN ADULTS REPORT  
THEY HAVE DRIVEN WHILE  
DROWSY

50%



**20%** OF AMERICAN ADULTS  
ADMIT THEY HAVE FALLEN  
ASLEEP AT THE WHEEL IN THE  
PAST YEAR

### SIGNS OF SLEEPINESS:

-  TROUBLE FOCUSING
-  FEELING RESTLESS, IRRITABLE OR AGGRESSIVE
-  SLOWER REACTION TIME
-  YAWNING
-  DAYDREAMING

### WHO IS AT A GREATER RISK?

-  COMMERCIAL DRIVERS
-  SHIFT WORKERS AND PEOPLE WORKING LONG HOURS
-  YOUNG DRIVERS
-  BUSINESS TRAVELERS SUFFERING FROM JET LAG
-  PEOPLE WITH SLEEP DISORDERS

**Sources:**

National Highway Traffic Safety Administration (NHTSA) and National Sleep Foundation (NSF)