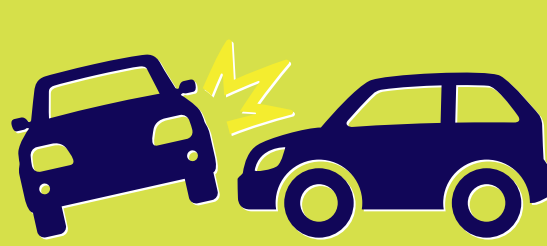


AWAKE AT THE WHEEL

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

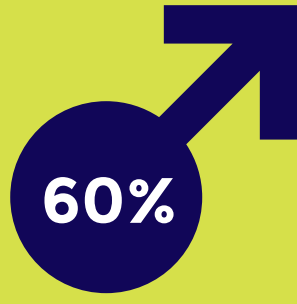


6,400
FATAL
CRASHES



80%

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



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.