





Drowsy driving

Drowsy driving is most likely to occur 11 p.m. to 7 a.m. or 2 p.m to 5 p.m.¹

Common warning signs of drowsiness include frequent yawning or blinking, eye rubbing, difficulty focusing on the road, drifting from a lane and hitting a rumble strip.⁴


It's estimated that 18% of all fatal crashes involve a drowsy driver.¹







Ineffective

Turning up the radio, opening the window, and turning up the air conditioner have not proven to be effective techniques to stay awake.³

If you feel yourself getting drowsy:⁶

- Pull over and find a safe place to park.
- Inform your manager of your condition.
- Take a short nap.
- Take a short walk and stretch.
- Drink a caffeinated beverage.

These are short term solutions. Plan to get adequate rest throughout the week so you do not become drowsy.







After 20 hours of being awake, drowsiness impairment is equivalent to a blood alcohol content of .08%—the illegal driving threshold in most states.⁵

7-9 hours of quality sleep is recommended

Less sleep increases your crash risk by:²

- 5-6 hrs = 1.9 times
- 4-5 hrs = 4.3 times (Use caution when driving)
- <4 hrs = 11.5 times (Should not be driving)





Providing solutions to help our members manage risk.[®]

For your risk management and safety needs, contact Nationwide Loss Control Services at 1-866-808-2101 or [MyLossControlServices.com](https://www.nationwide.com/MyLossControlServices.com).

¹ Tefft, B.C. (2024). Drowsy Driving in Fatal Crashes, United States, 2017–2021 (Research Brief). Washington, D.C.: AAA Foundation for Traffic Safety.

² Tefft, B.C. (2016). Acute Sleep Deprivation and Risk of Motor Vehicle Crash Involvement (Technical Report). Washington, D.C.: AAA Foundation for Traffic Safety.

³ May JF, Baldwin CL. Driver fatigue: the importance of identifying causal factors of fatigue when considering detection and countermeasure technologies. Transportation Research Part F: Traffic Psychology and Behaviour 2009; 12:218–24.

⁴ Tips for Staying Alert and Preventing Drowsy Driving, 11/5/2020, National Sleep Foundation <https://www.thensf.org/tips-for-preventing-drowsy-driving/>

⁵ Williamson, A. M., & Feyer, A. M. (2000). Moderate sleep deprivation produces impairments in cognitive and motor performance equivalent to legally prescribed levels of alcohol intoxication. Occupational and environmental medicine, 57(10), 649–655.

⁶ Mets M, Baas D, van Boven I, Olivier B, Verster J. Effects of coffee on driving performance during prolonged simulated highway driving. Psychopharmacology (Berl). 2012 July; 222(2):337-42. doi: 10.1007/s00213-012-2647-7. PMID: 22315048; PMCID: PMC3382640.

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