

Of the more than 100,000 accidents caused by drowsy driving, 71,000 Result in injury, and 1,550 end up in death.

For something so easily preventable these numbers are astronomical. Just by getting your daily requirement of 8 hours of sleep this could be so easily avoided. Studies show that just two nights with less than 6 hours of sleep your worse off driving then having a blood alcohol level of .05! Some may have trouble getting the required 8 hours of sleep or may think they are while actually there sleep is continuously disrupted. If you feel constantly tired this brochure could give you information that may help save not only your life but that of others too.

Who is at Risk?

Driving while fatigued is a problem that can be had by all but the majority of the lethal crashes are in cars driven by people who were 25 or younger. Of the people 25 and younger 77% of the accidents were caused by males. Also at risk are shift workers and long haul truck drivers. Truck drivers face long hours and often nights at the wheel creating a sleep debt. Shift workers face non-traditional working hours leading to as much as 5 times more people falling asleep at their jobs.

Finally and most importantly people with undiagnosed sleeping disorders!

Always remember,
Safety First.



Sleep Disorders and Driving

More than 100,000 car accidents a year are caused by Sleeping Disorders and yet many do not even know they are affected by them.

Read Me!

This information could save
your life.



Sleep Disorders

There are many different types of sleep disorders. Common symptoms include snoring, excessive daytime sleepiness (EDS), and falling asleep randomly throughout the day. Insomnia is one common sleep disorder. Insomnia is characterized by the inability to get high quality sleep, normally by being unable to fall asleep at night. Sleep apnea is another common disorder. It is characterized by short gaps in breathing while asleep followed by gasps for breath. One more sleep disorder is narcolepsy, characterized by falling asleep through out the day and temporary sudden paralysis caused by an attack of REM sleep.

Why is driving while sleepy such a bad idea?

- You have the reaction time of someone is drunk after no sleep for 27 hours!
- The total swerving is greatly increased.
- People tend to drive faster when they are sleepy.
- You are less likely to notice signs and other posted warnings.
- Even though you were in bed for 8 hours and think you are well rested you could be suffering from a sleeping disorder. If you feel fatigued please pull over!

"We're beginning to realize that drowsiness or sleep deprivation, fatigue, is beginning to outstrip alcohol as a cause of accidents in transportation, particularly on the highway,"

-Dr. Dement

Sleep disorders affect millions of Americans, it is estimated that 18 million Americans have sleep apnea alone. Sleep apnea is caused by an obstructed airway and if not treated properly could lead to future heart problems. While there is no cure for narcolepsy there are now drugs available to those who are diagnosed. Insomnia can either be chronic (long term), or acute (short term) and can stem from jet lag to stress. If you have any of the symptoms listed above please contact a sleep center near you to be tested. You can find one here:

www.sleepfoundation.org



Driving while tired or sleepy can be as dangerous as driving drunk. These are some things you can do to stay safe.

- Before a long trip make sure you rest up and get a lot of sleep.
- If your tired at the wheel pull over to the side of the road and do something to stimulate yourself.
- Take small naps on long drives, naps as short as 20 minuets can be very restful.
- Plan your trip so you don't need to be driving after 12:00 AM because that is when your body wants to sleep the most.