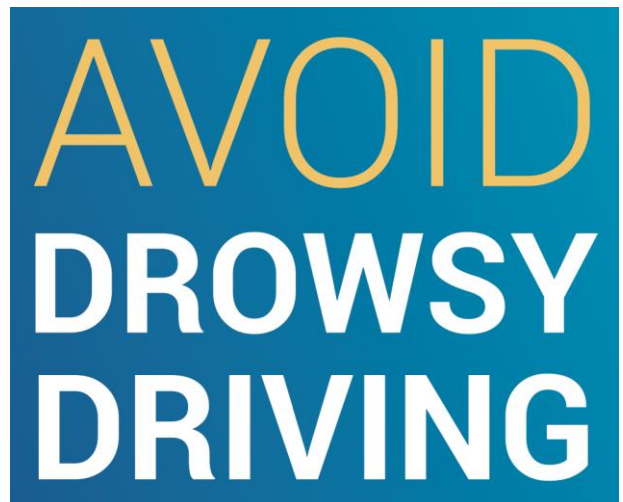




Drowsy Driving Prevention

November 7-13 is Drowsy Driving Prevention Week.

According to the Canadian Council of Motor Transport Administrators, fatigue is a factor in **up to 21 percent** of motor vehicle collisions, resulting in about 400 deaths and 2,100 serious injuries every year. At 21 percent, fatigue would rank as the **third highest measurable cause** of collisions behind alcohol impairment and speed aggressive driving.



Driving drowsy impairs your reaction time and concentration, which can cause you to miss road signs, wildlife, movements by other vehicles, and other important things that you should be taking note of while you drive. It also alters your judgment and can affect your vision.

There are several ways you can avoid the dangers of driving drowsy:

- **Don't drive if you have been awake for more than 18 hours.** An Australian study concluded being awake for 18 consecutive hours produced an impairment equivalent to a person with a .05% blood alcohol content (BAC) level. After 21 and 24 hours, the impairment jumps to match a person with .08% BAC level, and .10% BAC level.
- **On long drives, make sure you eat good food (not just Timbits!) and stay well hydrated.**
- **Take a break from driving every 2 hours to stretch and walk a bit if you are on a longer drive.** When driving in the dark, take breaks even more frequently, as the darkness will tend to make you feel even sleepier.
- **If you start to feel tired while driving, stop to take a quick nap, go for a short walk or drink a caffeinated beverage.** Please remember that caffeine is NOT a replacement for sleep, however, it can help you perk up when you're just beginning to feel a bit tired or bored on the road. It cannot make up for missed sleep.
- **Avoid driving during the times of day that you are most tired.** For most people, that is between 2:00 am and 7:00 am, and 1:00 pm and 4:00 pm.