

Drowsy Driving

Drowsiness is the state right before sleep, and is described by difficulty staying awake, a reduced ability to respond to external stimuli, episodes of microsleep, and impaired attention.

Drowsiness is identified as a primary cause in **one in five** road crashes.



Countermeasures

🌙 Drowsiness is mainly induced by sleep depreciation due to total or partial sleep loss, extended wake duration, and sleep disturbances.



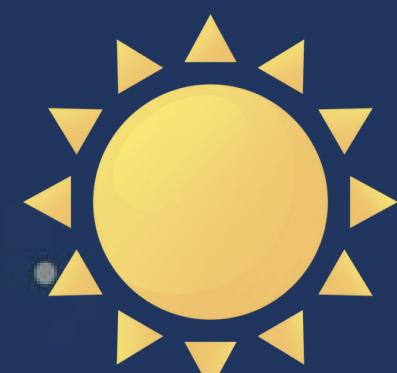
★ This indicates that the best countermeasure against drowsy driving is sleeping 7 or 8 hours per night, and not driving after being awake for more than 18 hours.

★ Studies show that sleeping only 6 hours a night, compared to 7 or 8, was associated with a 33% increased crash risk!



★ Automated features, like cruise control, can increase drowsiness through monotony and task underload. Driving without technological assistance makes it easier to stay focused and can help reduce drowsiness.

★ Sometimes it can't be avoided, but if possible, drive during the day rather than during the night, and respect the two anticipated circadian lulls (mid afternoon and from midnight to 6:00 am).



★ Consuming caffeine can provide short term relief from drowsiness, but can also cause caffeine crashes that can make fatigue and drowsiness worse.

The most trustworthy countermeasures against drowsy driving are to get an adequate quality and quantity of sleep and recognizing and respecting when you're drowsy or fatigued.

If you think you might be too tired to drive, you are! Pull over and stop.