

# Drowsy Driving Facts and Figures

- 1** The National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported crashes are the direct result of driver fatigue each year. This results in an estimated 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses.
- 2** Cognitive impairment after approximately 18 hours awake is similar to that of someone with a blood alcohol content (BAC) of 0.05%. After about 24 hours awake, impairment is equivalent to a BAC of 0.10%, higher than the legal limit in all states. (CDC)
- 3** According to a study by the AAA Foundation for Traffic Safety, 41 percent of drivers admit that they've fallen asleep behind the wheel. That's two in five people.
- 4** Nearly three-quarters of adults in America (71%) drive a car to and from work, and many are drowsy drivers, according to NSF's 2001 Sleep in America poll. More than one-fourth of these respondents (27%) said they have driven drowsy to or from work at least a few days a month, 12 percent drove drowsy a few days a week, and four percent said they drove drowsy every day or almost every day.
- 5** A CDC survey of 92,000 people across 10 states and Puerto Rico reveals 1 in 25 admitted to dozing off behind the wheel in the last 30 days. The biggest offenders were men aged 18 to 34.
- 6** A recent study conducted by the AAA Foundation for Traffic Safety found that drowsy drivers are responsible for one in six – or 17 percent - of fatal car accidents.
- 7** Adults between 18-29 are much more likely to drive while drowsy compared to other age groups. (NSF)
- 8** Men are more likely than women to drive while drowsy (56% vs. 45%) and are almost twice as likely as women to fall asleep while driving (22% vs. 12%). (NSF)
- 9** Adults with children in the household are more likely to drive drowsy than those without children (59% vs. 45%). (NSF)
- 10** Sleep deprivation increases the risk of a sleep-related crash; the less people sleep, the greater the risk.
- 11** According to a study by the AAA Foundation for Traffic Safety, people who sleep six to seven hours a night are twice as likely to be involved in such a crash as those sleeping 8 hours or more, while people sleeping less than 5 hours increased their risk four to five times.
- 12** According to NSF's 2000 Sleep in America poll, when they are driving drowsy, 42 percent of those polled said they become stressed, 32 percent get impatient and 12 percent tend to drive faster. (CDC)
- 13** We are most likely to feel fatigued, and our risk of being involved in a drowsy driving-related crash increases between 1 pm and 4 pm and 2 am and 6 am. (NY-DOH)

