

DROWSY DRIVING

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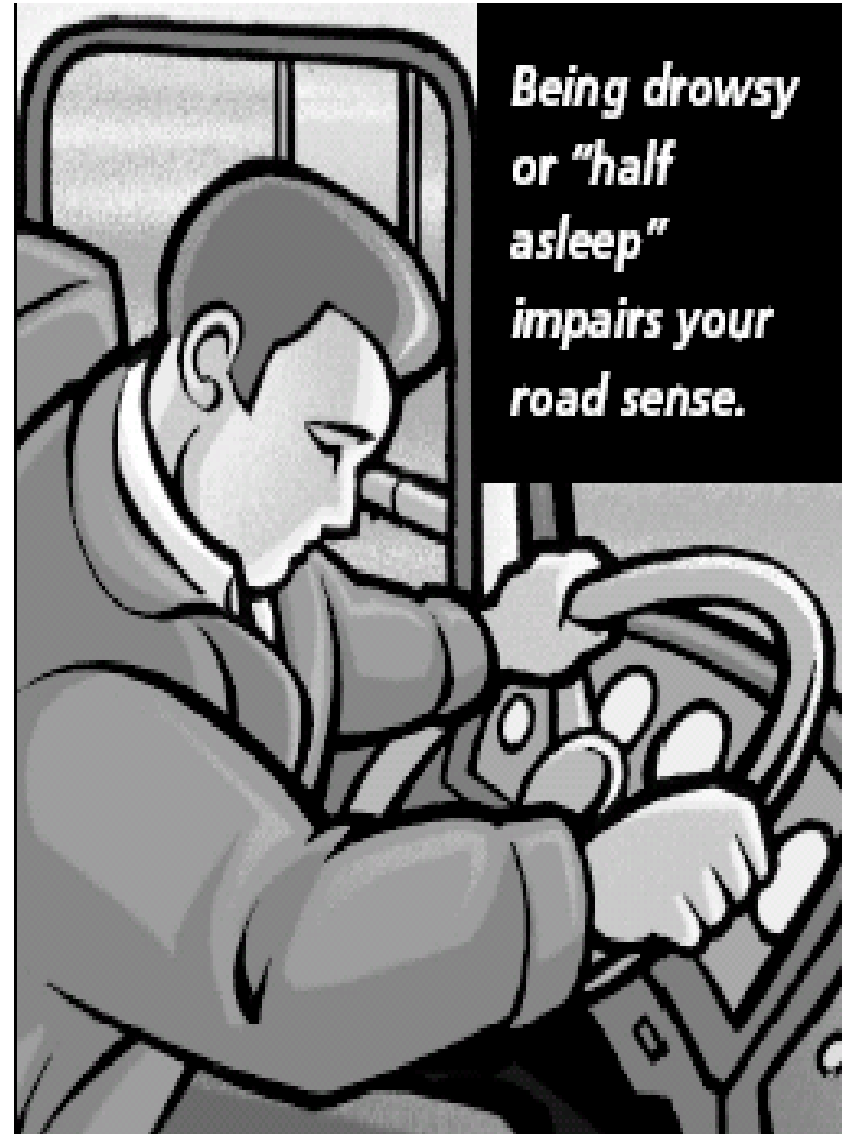
Drowsy Driving



 NATIONAL SLEEP FOUNDATION
DROWSY DRIVING PREVENTION WEEK
NOVEMBER 2-8, 2009

Facts about Drowsy Driving:

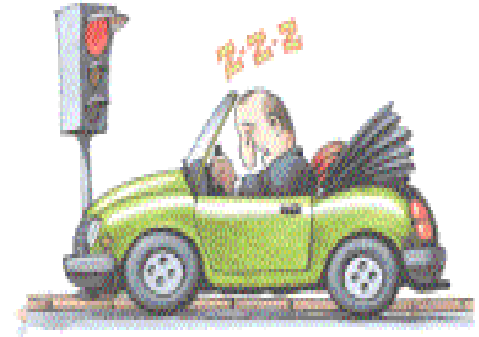
- Traffic crashes are the leading cause of death of young people in the U.S., taking the lives of at least 5,600 teens each year.
- Young drivers experience a fatality rate four times greater than drivers aged 25+ based on miles driven.
- Sleep-related crashes are most common in young people, who tend to stay up late, sleep too little, and drive at night.



Drowsy Driving

- Drowsy driving is one of the most dangerous problems involving traffic safety with ***more than 60 percent of working Americans admitting to driving while feeling sleepy and 37 percent to actually falling asleep at the wheel***, in the past year according to the 2008 National Sleep Foundation's Sleep in America poll.
- Most drivers underestimate the dangers of drowsy driving

Drowsy Driving



- **DID YOU KNOW?**

- 100,000 crashes each year are caused by fatigued drivers
- 55% of drowsy driving crashes are caused by drivers less than 25 years old
- **Being awake for 18 hours is equal to a blood alcohol concentration (BAC) of 0.08%, which is legally drunk and leaves you at equal risk for a crash**

Drowsy Driving

How can you tell if you are “driving while drowsy”?

Here are some signs that should tell a driver to stop and rest:

- * *Difficulty focusing, frequent blinking, or heavy eyelids*
- * *Daydreaming; wandering/disconnected thoughts*
- * *Trouble remembering the last few miles driven; missing exits or traffic signs*
- * *Yawning repeatedly or rubbing your eyes*
- * *Trouble keeping your head up*
- * *Drifting from your lane, tailgating, or hitting a shoulder rumble strip*
- *Feeling restless and irritable*

Drowsy Driving

Are You at Risk?

Before you drive, check to see if you are:

- * *Sleep-deprived or fatigued (6 hours of sleep or less triples your risk)*
- * *Suffering from sleep loss (insomnia), poor quality sleep, or a sleep debt*
- * *Driving long distances without proper rest breaks*
- * *Driving through the night, mid afternoon or when you would normally be asleep*
- * *Taking sedating medications (antidepressants, cold tablets, antihistamines)*
- * *Working more than 60 hours a week (increases your risk by 40%)*
- * *Working more than one job and your main job involves shift work*
- * *Drinking even small amounts of alcohol*
- * *Driving alone or on a long, rural, dark or boring road*

Drowsy Driving

Specific At-Risk Groups

- ***Young people*** —especially males under 25 years old.
- ***Shift workers and people with long work hours*** — working the night shift increases your risk by nearly six times. Rotating-shift workers and people working more than 60 hours a week need to be particularly careful.
- ***Commercial drivers*** —especially long-haul drivers. At least 15% of all heavy truck crashes involve fatigue.
- ***People with undiagnosed or untreated disorders*** —People with untreated obstructive sleep apnea have been shown to have up to a seven times increased risk of falling asleep at the wheel.
- ***Business travelers*** —who spend many hours driving or may be jet lagged

Drowsy Driving

Adequate Sleep and Planning

Before hitting the road, drivers should....

- * ***Get a good night's sleep.*** While this varies from individual to individual, sleep experts recommend between 7-9 hours of sleep per night for adults and 8 1/2-9 1/2 for teens.
- * ***Plan to drive long trips with a companion.*** Passengers can help look for early warning signs of fatigue or switch drivers when needed. Passengers should stay awake to talk to the driver.
- * ***Schedule regular stops,*** every 100 miles or two hours.
- * ***Avoid alcohol and medications*** (over-the-counter and prescribed) that may impair performance. Alcohol interacts with fatigue, increasing its effects — just like drinking on an empty stomach.
- * ***Consult their physicians*** or a local sleep disorders center for diagnosis and treatment if they suffer frequent daytime sleepiness, often have difficulty sleeping at night, and/or snore loudly every night.

Drowsy Driving

Tips to prevent drowsy driving...

Pay attention to road signs warning against drowsy driving



Drowsy Driving

Tips to prevent drowsy driving...

Take a 15 to 20-minute nap. More than 20 minutes can make you groggy for at least five minutes after awakening.



Drowsy Driving

Tips to prevent drowsy driving...

Read medication labels carefully



Drowsy Driving

Tips to prevent drowsy driving...

Consume the equivalent of two cups of coffee. Caffeine is available in various form (e.g. soft drinks, energy drinks, coffee, tea, chewing gum, tablets) and amounts; remember, caffeine takes about 30 minutes to enter the blood stream and will not greatly affect those who regularly consume it. For best results, try taking caffeine and then a short nap to get the benefits of both



DRIVE ALERT
ARRIVE ALIVE

.....Thank You