Sleep Advisor

DROWSY DRIVING

We surveyed 1,317 licensed drivers over the age of 18 to learn more about the prevalence of drowsy driving on our roads.

21.3% of survey respondents have fallen asleep at the wheel.

GENDER
- 47.5% Female
- 52.5% Male

AGE
- 40.9% 18-35 years old
- 39.8% 36-50 years old
- 19.3% 51+ years old

WHAT TIME OF DAY DO DROWSY DRIVING ACCIDENTS OCCUR?

78.7% of respondents admitted to zoning out while driving.

WORK HOURS IMPACTING DRIVING SAFETY

4:00 AM - 7:59 AM
- 47.5%

8:00 AM - 11:59 AM
- 50%

12:00 PM - 4:59 PM
- 19.3%

5:00 PM - 7:59 PM
- 11.2%

8:00 PM - 11:59 PM
- 6.8%

12:00 AM - 3:59 AM
- 6.4%

We looked at how many hours a week those who fell asleep at the wheel work.

PREVENTION METHODS SHIFT WORKERS ARE TAKING TO AVOID DROWSY DRIVING

- Caffeine
- Music or Podcast
- Adjust Sleep Schedule
- Power Nap

WHAT TIPS TO PREVENT DROWSY DRIVING?

- Get the recommended 7-9 hours of sleep
- Drive with a buddy!
- Use rideshare services
- Plan regular rest stops
- Avoid heavy meals before getting behind the wheel
- Avoid medications that may cause drowsiness

TO LEARN MORE, VISIT SLEEPADVISOR.ORG/DROWSY-DRIVING-STATISTICS/