

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

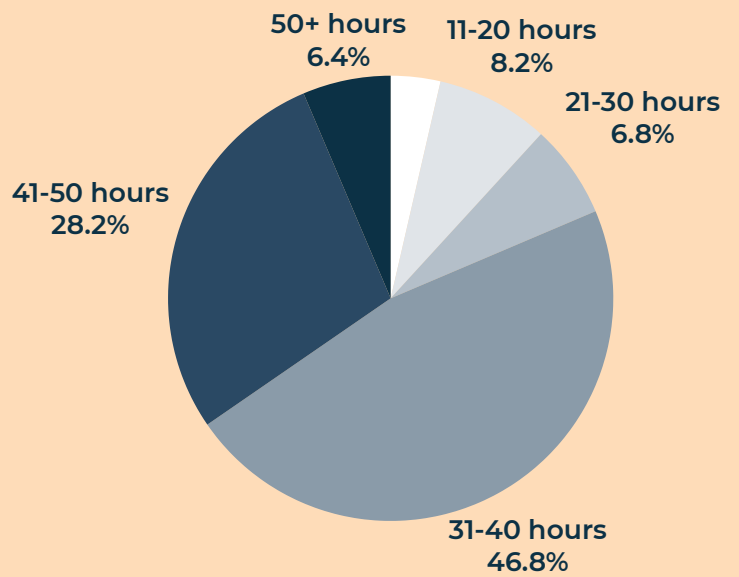
39.8% 36-50 years old

19.3% 51+ years old

78.7% of respondents admitted to zoning out while driving.



WORK HOURS IMPACTING DRIVING SAFETY



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

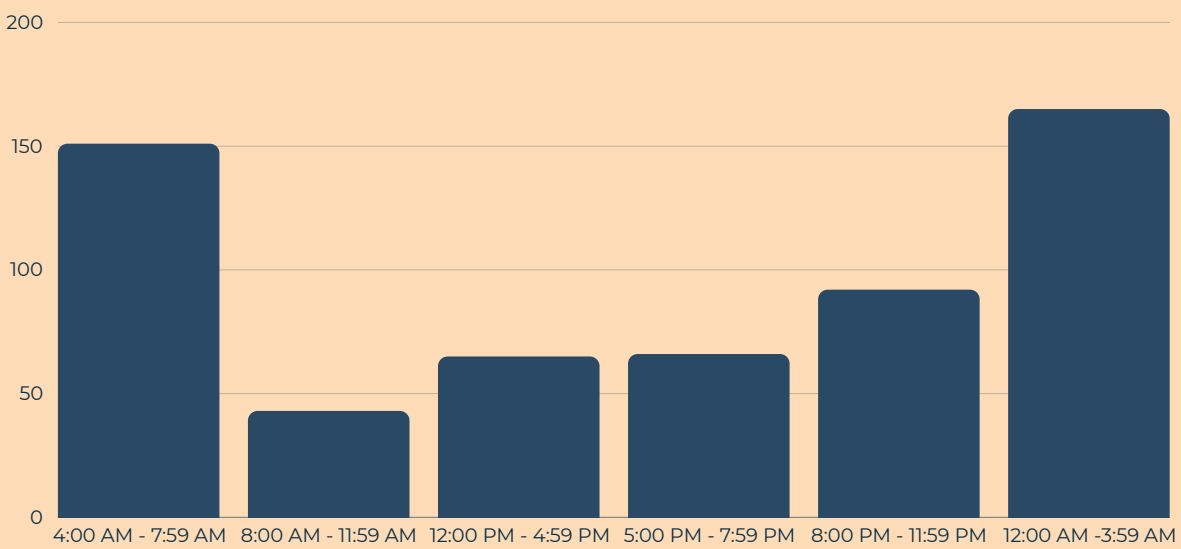


45.5% are more tired when driving to work in the mornings



55.5% are more tired when driving home in the evenings

WHAT TIME OF DAY DO DROWSY DRIVING ACCIDENTS OCCUR?



PREVENTION METHODS WORKERS ARE TAKING TO AVOID DROWSY DRIVING

Caffeine 

Music or Podcast 

Adjust Sleep Schedule 

Power Nap 

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