Drowsy Driving Stats & Facts



FACTS

1. Fatigue decreases our ability to think clearly and remain attentive and vigilant. Drivers who are tired or fatigued are much more likely to make critical errors resulting in crashes.
2. There is no test to determine sleepiness as there is for intoxication, i.e. a “Breathalyzer”.
3. State reporting practices are inconsistent. There is little or no police training in identifying drowsiness as a crash factor. Every state currently addresses fatigue and/or sleepiness in some way in their crash report forms.
4. Self-reporting is unreliable.
5. Sleep related crashes are most common in young people, especially men, adults with children and shift workers.
6. Sleep deprivation increases the risk of a sleep-related crash; the less people sleep, the greater the risk.
7. Research indicates commercial drivers and people with undiagnosed sleep disorders such as sleep apnea and acute insomnia are also at greater risk for fall asleep crashes.
8. Sleep deprivation and fatigue make lapses of attention more likely to occur, and may play a role in behavior that can lead to crashes attributed to other causes.

STATS

- More than half of U.S. adult drivers admit to consistently getting behind the wheel while feeling drowsy.
- About 37% admit to falling asleep behind the wheel, while 13% admit to falling asleep behind the wheel in the past month.
- Losing even two hours of sleep is similar to the effect of having three beers.
- The crash risk for driving on 4-5 hours of sleep is more than 4 times higher than someone who has slept 7 hours, which is the same crash risk as a drunk driver with a 0.08 alcohol concentration.
- Twenty-one percent of fatal crashes involve a drowsy driver.
- More than 6,400 fatal drowsy-driving crashes occur annually.
- People are three times more likely to be in a car crash if they are tired.
- Drowsy driving killed 795 lives in 2017.