

## Drowsy Driving

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**Group**



## National Highway Traffic Safety Administration (NHTSA)

- Defines drowsy driving as impaired driving along with drugs, alcohol and distracted.
- They all have similar detrimental effects on drivers alertness, attention, reaction time, judgment and decision-making.



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## NHTSA

(continued)

- NHTSA crash risk associated with alcohol indicates:
  - The **crash risk** associated with driving after having **slept for only 4-5 hours** is similar to the crash risk associated with driving with a **BAC of 0.08**
  - The **crash risk** associated with driving after having slept for **less than 4 hours** is similar to the crash risk associated with driving with a BAC between **0.12 - 0.15**



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## NHTSA

(continued)

- Although sleepiness can affect all types of crashes during the entire day and night:
  - Drowsy-driving crashes most frequently occur between **midnight and 6 a.m., or in the late-afternoon** – both times when there are dips in your circadian rhythm (the internal human body clock that regulates sleep).
  - Many drowsy-driving crashes also involve only a **single vehicle**, with **no passengers** besides the driver, **running off the road at a high rate of speed with no evidence of braking**. Drowsy-driving crashes also frequently occur on **rural roads and highways**.



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## NHTSA

(continued)

- Drowsy Driving Facts
  - Annual average includes almost **886 fatal crashes** (2.5% of all fatal crashes), an estimated **37,000 injury crashes**, and an estimated **45,000 property damage only crashes**. (FARS Data)
  - **Significantly under attributed.**



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## AAA Traffic Safety Foundation

- Analyzed data from NHTSA's National Automotive Sampling System (NASS) Crashworthiness Data System (CDS). **Compared amount of sleep in the 24 hours before the crash among drivers who contributed to the crash by means of some unsafe action, inaction, or error vs. other drivers who did not contribute to the crashes.**
- By using a multiple imputation methodology they estimated **7 percent of all crashes and 16.5 percent of fatal crashes** involved drowsy driving. The research further suggested that **more than 5,000 people died** in drowsy driving related motor vehicle crashes across the United States last year.



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## AAA Traffic Safety Foundation (continued)



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## AAA Traffic Safety Foundation (continued)

- Analysis of drivers' usual amount of sleep and sleep in the past 24 hours relative to their usual amount found:
  - Drivers who usually slept for **4-5 hours per night** had **5.4 times** the crash rate of drivers who usually slept for 7+ hours.
  - Drivers who slept for **more than 1 hour less than usual** in the past 24 hours had **significantly increased crash rates, independent of how much they usually slept.**
  - Drivers who slept for **4+ hours less than usual** had **10.2 times the crash rate** of drivers who slept for their usual amount or more.



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## AAA Traffic Safety Culture Index - 2016

- Nearly all motorists (**95.9%**) view drowsy driving as a **serious threat to their safety and a completely unacceptable behavior**; yet, **approximately 3 in 10 (28.9%)** admit to driving when they were so tired that they had a hard time keeping their eyes open at some point **in the past month**.

\* The sampling frame includes all U.S. households reachable by telephone or by regular mail, irrespective of telephone or Internet access or use.



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## Our Role as Traffic Safety Advocates

- Raise awareness of this important issue with those most likely to engage: shift workers, young adults, professional drivers, etc.
- Realize temporary solutions are just that- temporary (caffeine, loud music, fresh air).
- Rest is the best, most effective solution.



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Questions???

Thank you!



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