



"Driving While Drowsy...Are You at Risk?"

Statistics and Information



SLEEP STUDY



In the past century, Americans have reduced their average time asleep by 20% and, in the past 25 years, added a month to their average annual work/commute time.

In its 1999 survey "Sleep in America", the National Sleep Foundation found that 40% of American adults report feeling so sleepy during the day that it interferes with their daily activities.

Sixty-two percent of adults say they have driven while drowsy, and 27% of adults admitted they have fallen asleep behind the wheel.



CRASHES



The National Highway Traffic Safety Administration estimates that approximately 100,000 police-reported crashes annually (about 1.5% of all crashes) involve drowsiness/fatigue as a principal causal factor.

A conservative estimate of related fatalities is 1,500 annually or 4% of all traffic crash fatalities.

At least 71,000 people are injured in driver fatigue crashes each year.



COST



NHTSA estimates that vehicle crashes due to driver fatigue cost Americans \$12.5 billion per year in reduced productivity and property loss. The greatest cost, however, are the 1,500 lives that are taken every year in fatigue-related crashes.

*All information provided by
the National Sleep Foundation and the National Highway Traffic Safety Administration.*