

ASLEEP AT THE WHEEL



More than **103 million** people have reported actually **falling asleep at the wheel**.

Of those who nodded off, **13%** say they have done so at least **once a month**.



People who sleep **less** than **5** hours a night are **4 to 5 times** more likely to **crash**.

1 out of every **6** **deadly traffic accidents** are a result of drowsy driving.

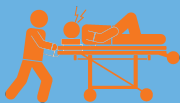


Each year, **driver fatigue** causes:



Approximately **100,000** police-reported **crashes**

Approximately **1,550** **deaths**



Approximately **71,000** **injuries**

\$12.5 billion in monetary losses



Before **hitting the road**, drivers should:

- Get between **7-9 hours** of sleep a night
- Schedule **regular stops** every 100 miles
- **Avoid** alcohol or medication
- Take a **15-20 minute nap** if already tired
- **Consume caffeine** (at least the equivalent of two cups of coffee)