


# THE DANGERS OF DROWSY DRIVING

## DROWSY DRIVING WARNING SIGNS

- 
1. HEAVY EYELIDS OR DIFFICULTY KEEPING EYES OPEN
  2. BLURRY VISION
  3. EXCESSIVE YAWNING
  4. DIFFICULTY REMEMBERING LAST FEW MILES BEHIND THE WHEEL
  5. MISSING EXITS OR VEERING IN AND OUT OF LANES
  6. DAYDREAMING OR LACK OF FOCUS

## WHO IS MOST LIKELY TO DRIVE WHILE FATIGUED?



As many as **6,000** vehicle fatalities are caused by drowsy driving every year in the United States.

Losing just **2** hours of sleep could have the same effect as drinking 3 beers.

1 Around **20%** of fatal crashes potentially involve a drowsy driver.

2

3

4 Around **13%** of commercial vehicle drivers involved in crashes were fatigued.

1. Always get plenty of sleep before driving.
2. Stick to a regimented sleep schedule.
3. Avoid medications that cause drowsiness.
4. Take regular breaks when driving long stretches.
5. Seek testing for sleep disorders.

## TIPS FOR STAYING ALERT

## HURT BY A DROWSY DRIVER?

**CALL 800-444-5000**

**TERRY BRYANT**  
ACCIDENT & INJURY LAW

Mr. Terry Bryant is a Former Judge and Board Certified in Personal Injury Trial Law by Texas Board of Legal Specialization

Sources:

<https://www.cdc.gov/features/dsdrowsydriving/index.html>

<http://www.nsc.org/learn/NSC-Initiatives/Pages/Drowsy-Driving-Infographic.aspx>

<https://www.fmcsa.dot.gov/safety/research-and-analysis/large-truck-crash-causation-study-analysis-brief>

<http://drowsydriving.org/about/warning-signs/>