

Drowsy Driving

“Just like drunk driving and seat belts, it’s going to take all of us to get the public to recognize the seriousness of drowsy driving”.

-Pam Fischer

A report from the Governors Highway Safety Association (GHSA) states that nearly **83.6 million sleep-deprived Americans are driving every day**. And it’s taking a toll—an estimated 5,000 lives were lost in drowsy driving-related crashes last year, according to *Wake Up Call! Understanding Drowsy Driving and What States Can Do*. The report was funded through a grant from State Farm with guidance from an expert panel.

In a newly available National Highway Traffic Safety Administration (NHTSA) estimate provided to GHSA for this report, the agency reveals the annual societal cost of fatigue-related fatal and injury crashes is \$109 billion, not including property damage.

The GHSA report, which comes as **US motor vehicle deaths were up 7.7% nationwide in 2015**, examines the cause and effect of drowsy driving as well as how states and others can best address it.

To help State Highway Safety Offices (SHSOs) address the behavioral side of drowsy driving and develop strategies to combat it, the report explores the crash characteristics and drivers who are most at risk. **“Teens and young adults are involved in more than half of all drowsy driving crashes annually,” says GHSA executive director Jonathan Adkins. “People who work nights or long or irregular shifts are also more likely to get behind the wheel when they are too tired to drive, along with the estimated 40 million Americans**

who suffer from a sleep disorder.”

That, says report author Pam Fischer, merits a change in how we view sleep. **“Sleep is a restorative and life-sustaining activity that is just as important as eating right and exercising. When we skimp on sleep, we’re less able to react quickly—a critical element of safe driving. Our mental and physical health also suffers.”**

The report recommends SHSOs partner with other sectors, including public health, business, academia, and nonprofits, to change the culture. **“Just like drunk driving and seat belts, it’s going to take all of us to get the public to recognize the seriousness of drowsy driving,”** says Fischer.

<http://www.sleepreviewmag.com/>

Who Is At Risk?

- Commercial Drivers
- Teen Drivers
- Shift workers
- Drivers with untreated sleep disorders such as sleep apnea
- Drivers who use sedating medications
- Drivers who do not get adequate sleep

Promoting Healthy Sleep

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The National Healthy Sleep Awareness Project (NHSAP) is a collaborative initiative funded by the CDC to unite partners and stakeholders to promote the achievement of the four sleep health objectives of Healthy People 2020, which is a 10-year agenda to improve the nation’s health. Those objectives are:

1. Increase the proportion of persons with symptoms of obstructive sleep apnea (OSA) who seek medical evaluation.
2. Reduce the rate of vehicular crashes per 100 million miles traveled that are due to drowsy driving.
3. Increase the proportion of students in grades 9 through 12 who get sufficient sleep.
4. Increase the proportion of adults who get sufficient sleep.

The ongoing campaigns launched by the NHSAP— including “Sleep Well, Be Well”, “Stop the Snore”, “Awake at the Wheel”, and “Sleep Recharges You”— are raising public awareness of the importance of healthy sleep. Campaign resources, including infographics and health advisories, are available for download at www.projecthealthysleep.org.

Teenage Drivers & Sleep



In an effort to reduce the number of fatigue-related crashes and to save lives, the National Sleep Foundation is declaring

Drowsy Driving Prevention Week

November 6-13, 2016

- Teen drivers who sleep less than 8 hours nightly are one-third more likely to crash than those who sleep 8 or more hours nightly.
- A recent survey showed that 4.2 percent of drivers reported having fallen asleep while driving at least one time in the previous 30 days.
- Daily sleep is reduced by about 40 to 50 minutes from ages 13 to 19. This is caused by gradually later bedtimes but more or less stable awakening times.
- Teens need to log a little more than nine hours of sleep per night to achieve the optimal level of daytime alertness needed to eliminate the risk of drowsy driving.
- The majority of fatigue-related crashes are caused by drivers under age 25.
- Being awake for 18 hours is similar to having a blood alcohol concentration (BAC) level of 0.08, which is legally drunk.
- At least 5 percent of adults (ages 18 to 44) admit to falling asleep at the wheel.

<http://www.teendriversource.org/>

CPAP Benefits Health & Well-Being

Using CPAP to treat sleep apnea can improve overall health & well-being. It can improve:

Daytime Alertness: Sleepiness and daytime fatigue are common symptoms of sleep apnea. CPAP can restore a normal sleep pattern and increase total sleep time by eliminating apnea. Patients report feeling refreshed and energized once compliant on therapy.

Concentration: Untreated sleep apnea can lead to poor concentration and cognitive functioning. Using CPAP may improve one's ability to think,

concentrate, and make decisions. It can also help improve productivity and decrease the chances of making mistakes.

Emotional Stability: Untreated sleep apnea is linked with depression. CPAP can help improve mood, reduce risk of depression, and improve overall quality of life.

Snoring: CPAP can also reduce or eliminate snoring. While the patient may not notice, a bed partner will benefit from a quieter sleep environment.

Medical Expenses: Those with

untreated sleep apnea usually have higher medical expenses. Treatment with CPAP can reduce expenses, even when factoring in the cost of the CPAP & supplies. Sleep apnea can also lead to additional chronic health conditions and more medical appointments. Treatment for serious health risks linked to sleep apnea such as heart disease, stroke, and diabetes can be costly. Medical expenses will decrease when sleep apnea is treated effectively. www.sleepeducation.com

Signs That Should Tell A Driver to STOP & REST

- **Difficulty focusing, frequent blinking, or heavy eyelids**
- **Daydreaming, wandering/disconnected thoughts**
- **Yawning repeatedly or rubbing the eyes**
- **Trouble keeping the head up**
- **Drifting from the lane, tailgating, or hitting a shoulder rumble strip**
- **Trouble remembering the last few miles driven, missing exits or traffic signs**
- **Feeling restless and irritable**