

# Drowsy Driving and Teens in America



**DRIVE SMART Virginia**



## Drowsy Driving In Teens

Sleep deprivation is common in teens. Among the many negative health and behavioral consequences of sleep deprivation, drowsy driving has the most immediate risk for serious injuries and death.

**Drowsy driving happens when a driver of a motor vehicle is too sleepy to stay alert.**

## Consider The FACTS

- **A sleepy driver will have:**
  - Slower reaction time
  - Reduced road attention
  - Impaired ability to make good driving decisions





## Consider The FACTS

- Research shows that driving after being awake for 24 hours is comparable to driving with a blood alcohol content of 0.10, above 0.08 which is the legal limit of intoxication
- The AAA Foundation for Traffic Safety estimates that more than 6,000 fatal crashes are related to drowsy driving every year
- Although not all of these drowsy drivers are teens, the National Safety Council estimates that drivers under the age of 25 are involved in **at least 50 percent** of drowsy driving crashes





## What Are The Warning Signs?

These are some signs that a driver should pull over in a safe area to nap or switch drivers:

- Yawning
- Inability to keep eyes open and head raised
- Not remembering the last few miles traveled
- Drifting out of the lane

Drivers experiencing any of these warning signs should pull over to a well-lit rest area and take a 20 minute nap or switch driving responsibility to another alert licensed driver.

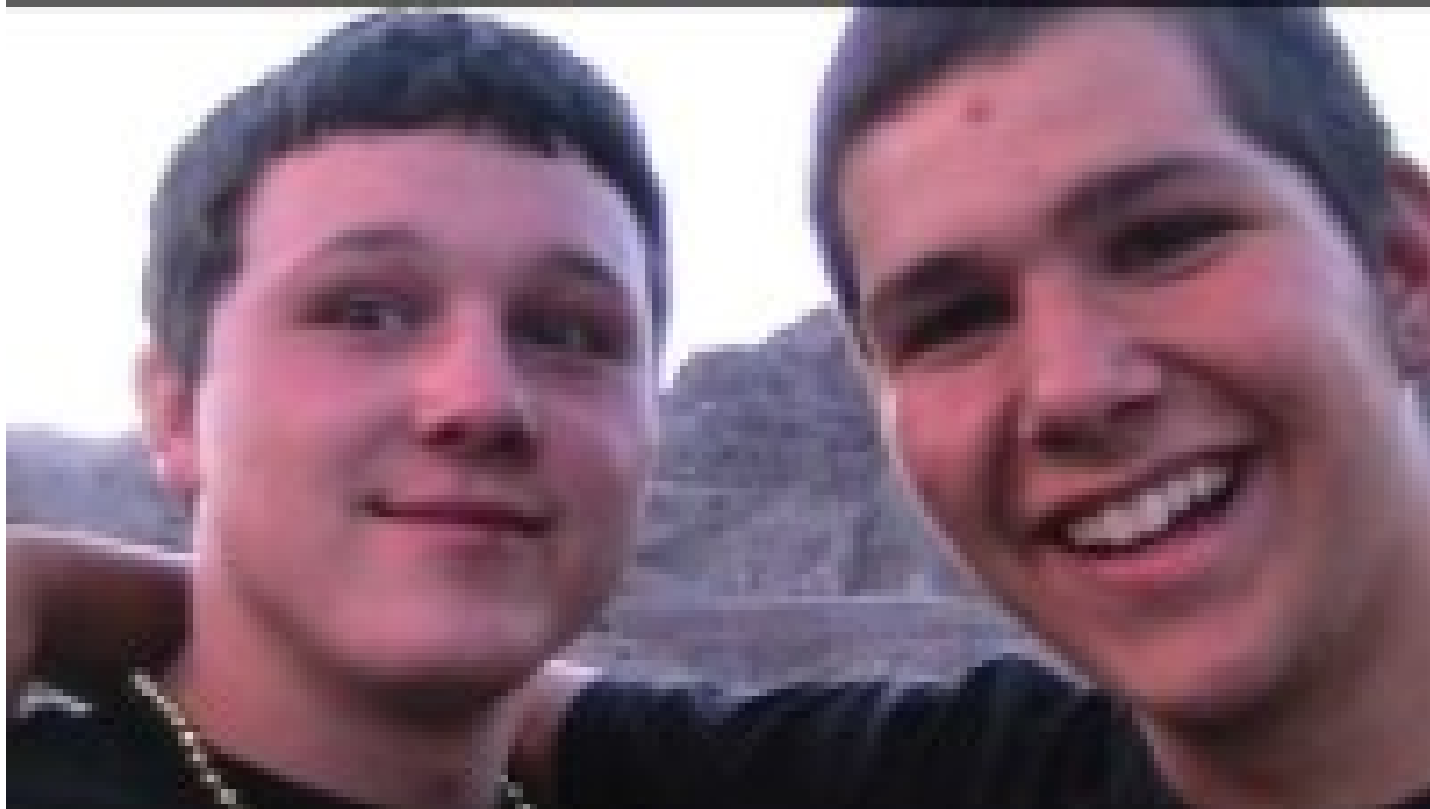
# Prevent Drowsy Driving

There is no substitute for proper sleep

- Sleep at least eight and a half to nine hours every night
- Caffeine and energy drinks may give a quick burst of energy, but most take at least 30 minutes to feel the effects and do not last very long
- The only thing that really works is good, consistent sleep
- Driving with the window open or music turned up is not effective



# Zero Fatalities: Don't Drive Drowsy - Tyler Blais's Story



Tyler Blais and his best friend Darrin were on a road trip when Darrin fell asleep at the wheel and veered off the road hitting the guard rail, killing himself and Tyler

[Source: Zero Fatalities](#)

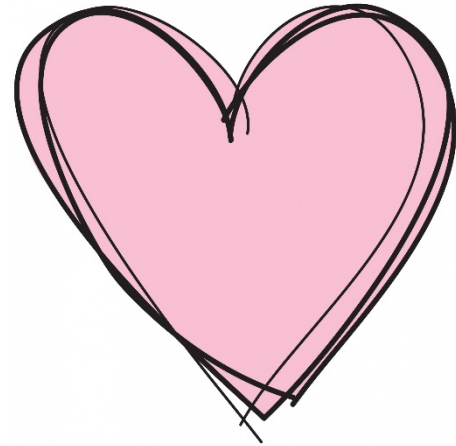


## DRIVE SMART!!

Please keep the consequences of dangerous driving in your minds as you get behind the wheel.

Stay focused and alert on the roads.

Arrive alive to your destination.





# THANK YOU!

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