



## Nighttime & Drowsy Driving

By Teens in the Driver Seat



t-driver.com SEAT

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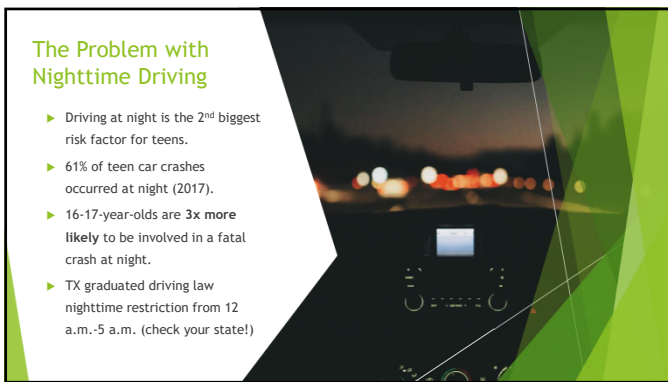
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## The Problem with Nighttime Driving

- ▶ Driving at night is the 2<sup>nd</sup> biggest risk factor for teens.
- ▶ 61% of teen car crashes occurred at night (2017).
- ▶ 16-17-year-olds are 3x more likely to be involved in a fatal crash at night.
- ▶ TX graduated driving law nighttime restriction from 12 a.m.-5 a.m. (check your state!)

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## The Why

- ▶ Field of Vision Changes
- ▶ Glare and Glare Recovery
- ▶ Difficult to judge speed
- ▶ Difficult to judge distance

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### Prevention

- ▶ Practice driving at night with an adult
- ▶ Limit nighttime driving to hours before 9 p.m.
- ▶ Plan nighttime trips/routes in advance



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### The Problem with Drowsy Driving

- ▶ Young drivers have a high risk of falling asleep at the wheel
- ▶ Men are more likely to be in drowsy-driving car crashes
- ▶ Fatigued Driving is Impaired Driving, notice the signs:
  - ▶ Yawning, nodding off
  - ▶ Inability to keep eyes open
  - ▶ Missing road signs
  - ▶ Drifting



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### The Why

- ▶ Risk Factors: Sleep disorders, shift work, and medications
- ▶ Sleep Deprivation
  - ▶ Required amount of sleep vs actual amount of sleep
  - ▶ Irregular Sleep Patterns
- ▶ Busy Lifestyle
  - ▶ School, work, chores, sports, activities, and more.

DRIVE ALERT AND STAY UNIMPAIRED  
risks of drowsy driving and how to

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### Prevention

- ▶ Get a full night's sleep, **8-10 hours for teens**
- ▶ Avoid driving late at night
- ▶ Avoid driving alone
- ▶ Pull over at a rest stop and nap
- ▶ Use caffeine for a short-term boost
- ▶ Arrange for a safe ride



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## Quiz Time

See what you know!

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### Question 1

True or False: There is no relationship between one's sleep and work schedule and risk of being involved in a drowsy-driving crash.

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Answer 1

True or False: There is no relationship between one's sleep and work schedule and risk of being involved in a drowsy-driving crash.

TRUE  FALSE

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Question 2

True or False: Drifting on the road or heavy eyelids are a warning sign of driver fatigue.

TRUE  FALSE

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Answer 2

True or False: Drifting on the road or heavy eyelids are a warning sign of driver fatigue.

TRUE  FALSE

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**Question 3**

True or False: The average person's field of vision is smaller without the aid of light, and glare from oncoming headlights can further limit the ability to see clearly.

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**Answer 3**

True or False: The average person's field of vision is smaller without the aid of light, and glare from oncoming headlights can further limit the ability to see clearly.

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Thank you!

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