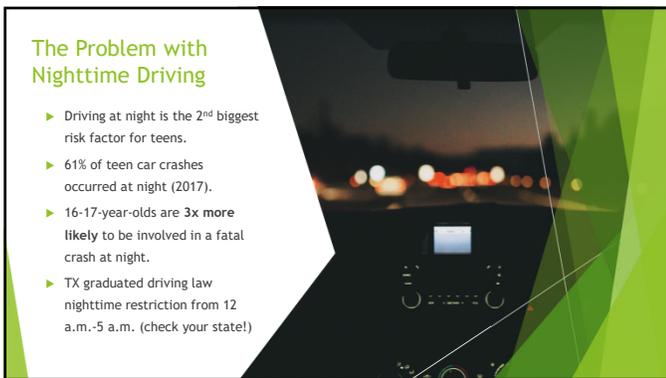




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3

Prevention

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



4

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.

DROWSY DRIVING
SLEEP AT THE WHEEL

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

6

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!

8

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.

TRUE FALSE

9

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

10

Question 2

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

TRUE FALSE

11

Answer 2

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

TRUE FALSE

12

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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