

Risk Factor Crash Course Fact Sheet: Drowsy Driving

Key Facts

Driving while drowsy causes slower reaction times along with impaired attention, mental processing, judgment, and decision-making.¹

Driving drowsy causes over 100,000 crashes, 40,000 injuries, and 1,550 deaths each year.¹

Just one night of sleep loss increases the risk of drowsy driving.¹

Crashes are more likely at night, early in the morning, and at high speeds.¹

Consumption of alcohol interacts with sleepiness and can increase drowsiness.¹



Resources

[Centers for Disease Control and Prevention](#)

[National Highway Traffic Safety Administration](#)

[National Sleep Foundation](#)

[World Health Organization](#)

¹ “Research on Drowsy Driving | National Highway Traffic Safety Administration (NHTSA),” accessed September 26, 2016, <http://www.nhtsa.gov/Driving+Safety/Drowsy+Driving/crashes-and-fatalities>.