



Drowsy Driving is Impaired Driving

Did you know...?



30% of people report dozing off behind the wheel

Driving on **4-5 hours** of sleep means you are four times more likely to crash



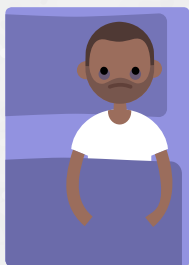
6,400 people die from drowsy driving crashes each year



Losing two hours of sleep is similar to having **3 beers**



Protect Yourself from Drowsy Driving:



Get at least seven hours of sleep before getting behind the wheel



Stop to rest every two hours of driving



Loud music and rolling the windows down will **NOT** protect you from drowsy driving

Visit nsc.org/fatigue to learn more

