



Fatigue can be as dangerous as drinking.

Driving after going more than **20 hours without sleep** is the equivalent of driving drunk/impaired.

Driver fatigue contributes to ~20% of road crashes*. And **62% of fatigue crashes or near-misses occur within a 2-hour drive, often on everyday trips from home.**

* Source: Virginia Tech Transportation Institute



Main causes of fatigue are sleep debt and driving during normal sleep times.

Contributing Factors

- Poor quality sleep
- Insufficient sleep < 7-9 hours of continuous sleep
- Time of day Especially 12-6 am and 2-4 pm
- Shift work Nights, rotating/irregular shifts
- Medical conditions Sleep apnoea, chronic fatigue
- Lifestyle Poor diet, low exercise

The Danger Signs

- Constant yawning/getting the 'nods'
- Drifting in the lane
- Sore or heavy eyes
- Trouble keeping your head up
- Delayed reactions
- Daydreaming
- Difficulty remembering the last few miles/kilometres driven
- Variations in driving speed
- Irritability

Worst Times to Drive



Early morning 12-6 am
When you would normally be sleeping

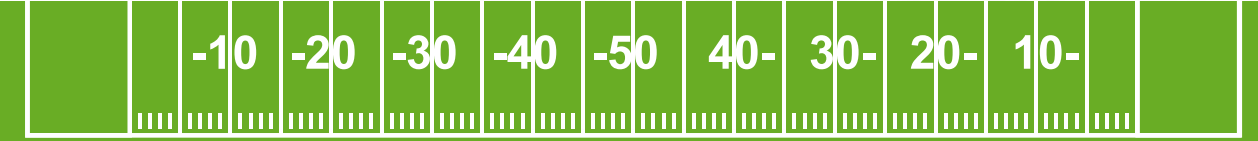


Afternoon lull 2-4 pm
When your 'biological clock' makes you feel sleepy

How much sleep do I need?

- Healthy adults should aim to get 7-9 hours of sleep per night.
- About one-half of adult drivers (about 100 million people) say they've driven a vehicle in the past year while feeling drowsy. Almost 32 million people have actually fallen asleep at the wheel.
- Young adults DO NOT need less sleep.

Source: National Sleep Foundation



Beware of micro-sleep.

Some people may also experience micro-sleep – short, involuntary periods of inattention. In the 4 or 5 seconds a driver experiences micro-sleep, at highway speed, the vehicle will travel the length of a football field.

Source: National Safety Council



Warning

Sleep-related crashes tend to be more severe, resulting in death or serious injury, because the crashes tend to occur at high speeds, with the driver being unable to take any crash avoidance action, such as braking, before the collision.



Speeding

+



Distraction

+



Fatigue

=

THE TRIPLE THREAT

The only cure for fatigue is sleep.

The following are **NOT** reliable methods for helping you stay awake:

- Consuming coffee or energy drinks/bars
- Opening a window for fresh air
- Playing loud music or listening to podcasts
- Talking on phone
- Taking a short break



What to do if you start to feel tired while driving

If you start to feel tired, take a 'power nap' of at least 10 minutes, which can significantly lower the risk of a fatigue-related crash in the immediate short term. Do so only in a safe, legal place to park with doors and windows locked and valuables secured.

Avoiding Fatigue

Fatigue management requires you to balance the following four factors in your life: **SLEEP, WORK, HEALTH**, and what your **BODY CLOCK** is telling you.



- Make sure you regularly get enough sleep - a **SLEEP** factor.
- Plan your trips diligently - a **WORK** factor.
- Avoid travel between midnight and 6 am - a **BODY CLOCK** factor.
- Refrain from starting a big trip after a long day's work - a **WORK** factor.
- Take regular rest breaks to help avoid the onset of fatigue - a **BODY CLOCK** factor.
- Eat well-balanced meals at your normal mealtimes - a **HEALTH** factor.

- F** Frequent blinking and yawning are signs of tiredness.
- A** Avoid driving during 'tired' hours.
- T** Take regular breaks - 15 minutes for every 2 hours of driving.
- I** Impairment through drugs, alcohol or prescription medicine will worsen fatigue.
- G** Get enough sleep - 7-9 continuous hours each night.
- U** Using coffee or energy drinks as a quick fix does not prevent fatigue.
- E** Examine lifestyle factors which could be causing fatigue.



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