

Fatigue

A poll by the National Sleep Foundation (NSF) found that **60%** of adults have driven while they were tired, and another **37%** have fallen asleep at the wheel. Of those, 13% say they fall asleep while driving at least once a month and **4%** say they have caused a crash by falling asleep while driving. Most crashes or near misses happen at the times you'd expect drivers to be tired: **4 AM to 6 AM, midnight to 2 AM, and 2 PM to 4 PM**, according to the NSF. Drowsy driving puts everyone at risk. Losing two hours of sleep has the same effect on driving as having three beers, and tired drivers are three times more likely to be in a car crash if they are fatigued.

The National Sleep Foundation offers this advice:

- Get seven or more hours of sleep a night.
- Don't drive if you've been awake for 16 hours or more.
- Stop every two hours to rest.
- Pull over and take a nap if you are drowsy.
- Travel during times you are normally awake