Dangers of Drowsy Driving

ON THE ROAD

Losing 2 hours* of sleep is like having 3 beers

More than 1 out of 3 working Americans are sleep deprived

Crashes are the leading cause of workplace deaths

21% of all fatal crashes may involve a drowsy driver

You are 3x more likely to be in a car crash if you are fatigued

For more information, visit www.nsc.org/fatigue

*from a normal 8-hour sleep schedule