Drowsy Driving Safety Topic



This section addresses health and safety issues pertaining to operating a motor vehicle while sleep-deprived.

Overview

Operating a motor vehicle while tired or drowsy presents serious health and safety risks. According to the U.S. National Highway Traffic Safety Administration, an estimated 100,000 reported crashes occur as a result of drowsiness. Recent research also reveals that a driver that is awake in excess of 18 hours produces the same effects as a driver that is legally drunk. The U.S. Department of Transportation’s 49 CFR Part 395, Hours of Service regulations, limit commercial motor vehicle (CMV) driver’s hours of…