



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

How Sleepy Are You? (Take our drowsy driving quiz.)



You can't control your own sleep - ask anyone who's ever had insomnia. If you're tired you can fall asleep at any time and if you are behind the wheel the consequences can be deadly. If you're about to fall asleep, you will experience some or all of the following:

- You have trouble keeping your eyes open and focused.
- You nod and can't keep your head up.
- You daydream or have wandering, disconnected thoughts.
- You yawn a lot or need to rub your eyes.
- You find yourself drifting out of your lane or tailgating.
- You miss road signs or drive past your turn.
- You feel irritable, restless, and impatient.
- On the Interstate, you drift off the road and hit the rumble strips.

If you have even one of these symptoms you could be sleepier than you think. Pull off the road and get some sleep. It's dangerous to drive with your eyes closed.

AAA Foundation research identified some of the risk factors implicated in drowsy driving crashes. Ask yourself these questions:

- Have you been awake for 20 hours or more?
- Have you had six hours sleep or less in the last 24 hours?
- Do you often drive between midnight and 6 a.m.?
- Do you frequently feel drowsy while you're driving?
- Do you work the night shift?
- Do you work more than one job?
- If you have any of these indicators you are at a much higher risk of having a drowsy-driving crash, even if you don't feel sleepy. Half the drivers who had drowsy-driving crashes said they felt "only slightly sleepy" or "not at all sleepy" right before the crash.