

Drowsy Driving | Steer Clear

(Image)

An animated car drives down the road.

(Text on Screen)

Drowsy Driving

(Image)

Numerous Zs appear in the sky as the car is driving down the road. Various icons representing reasons for drowsy driving appear in the sky: a bed, medication, alcohol cup, and a clock.

(Speaker: Male Announcer)

Have you ever driven when you're exhausted? Drowsy driving is the dangerous combination of driving and sleepiness or fatigue. This usually happens when a driver hasn't had enough sleep, but can also happen with untreated sleep disorders, medications, drinking alcohol, or shift work. No one knows the exact moment when sleep takes over their body.

(Image)

Scene switches to the dashboard view of the car driving down the road. Car encounters a stop light and a truck passing through an intersection, all while the scene opens and closes representing someone struggling to keep his or her eyes open.

(Speaker: Male Announcer)

Falling asleep at the wheel is clearly dangerous, but being sleepy also affects your ability to drive safely, even if you don't fall asleep. Drowsiness makes drivers less able to pay attention to the road, slows reaction time when braking or steering suddenly, affects the driver's ability to make good decisions.

(Image)

Icons of food, music, rocket ships and stars appear on screen representing distractions the drowsy drivers struggle with. Mile markers, an exit sign, and a stop sign appear on the side of the road. Image switches to the car swerving on the road, following another car too closely, and a car with a speech bubble (#@&%) above is shown, indicating frustration.

(Text on Screen)

Trouble remembering the last few miles driven.

Missing exits or traffic signs

Yawning Trouble keeping in your lane

Tailgating

Hitting rumble strips

(Speaker: Male Announcer)

Signs that should tell the driver to pull over at the next available spot for rest: difficulty focusing, frequent blinking, or heavy eyelids. Daydreaming, wandering, or disconnected thoughts, trouble remembering the last few miles driven, missing exits or traffic signs, yawning repeatedly, or rubbing your eyes. Trouble keeping your head up, drifting from your lane, tailgating, or hitting a shoulder rumble strip, feeling restless and irritable.