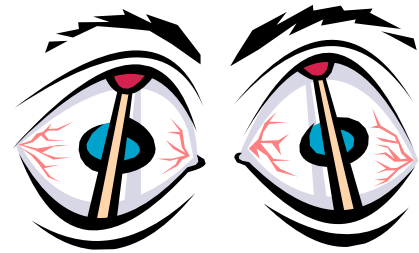


Driver Letter

A MONTHLY MESSAGE FOR DRIVERS
FROM THE [LOSS CONTROL DEPARTMENT OF THE HARTFORD](#)

November 2008

Drowsy Driving



Dear Driver:

The week of November 10-16 is designated as Drowsy Driving Prevention Week by the National Sleep Foundation. This annual campaign aims to educate drivers about the hazards of drowsy driving and driver fatigue.

The National Highway Safety Administration estimates that at least 100,000 police reported crashes each year are a direct result of driver fatigue. NHTSA also reports that drowsy driving each year results in 1,550 deaths and 71,000 injuries.

Warning signs of being drowsy, sleepiness or fatigue:

- Turning up the radio or rolling down the window
- Impaired reaction time and judgment
- Decreased performance, vigilance and motivation
- Trouble focusing, keeping your eyes open and your head up
- Daydreaming and wandering thoughts
- Yawning or rubbing your eyes repeatedly
- Drifting from your lane, tailgating and missing signs or exits
- Feeling restless, irritable or aggressive

Characteristics of drowsy driving crashes:

- Most drowsy driving crashes occur between midnight and 6:00 AM and in the mid-afternoon.
- The driver is alone and more likely to be a male.

Before a trip, consider the following to reduce your risk of drowsy driving:

- Get enough sleep – most adults need 7-9 hours to maintain alertness during the day.
- Schedule proper breaks, about every 100 miles or 2 hours during long trips.
- If possible have someone ride with you – someone to talk to and share the driving.
- Avoid alcohol and sedating medications – check the labels and ask your doctor.



Take the following countermeasures to prevent drowsy driving and falling asleep when driving:

- Watch for the signs of fatigue.
- Stop driving – pull off at the next exit or rest area.
- Take a nap – find a safe place to take a 15-20 minute nap.

- Consume caffeine – the equivalent of two cups of coffee can increase alertness for several hours, and usually takes 30 minutes to enter the blood stream.
- Try consuming caffeine before taking a short nap to get the benefits of both.
- Let a passenger take over the driving.

A drowsy driver is an unsafe driver!!!

Resources

National Sleep Foundation – www.drowsydriving.org

National Highway Traffic Safety Administration – www.nhtsa.dot.gov

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