*Safety Committee's Monthly Tip*

NATIONAL SLEEP FOUNDATION®

DROWSY DRIVING PREVENTION WEEK®

NOVEMBER 1-7, 2026

# Sleep First. Drive Alert.®

**Drowsy driving remains a widespread, preventable, and underrecognized form of impaired driving. Tens of millions of adults are estimated to continue to drive drowsy, and roughly four in ten still don't recognize the most basic signs of dangerous sleepiness behind the wheel.**

## Drowsy driving is *really risky.*

When you drive without adequate sleep, your motor skills are seriously impaired. In fact, we'll go as far as saying that drivers who've only slept 3 to 5 hours in the last 24 hours are unfit to drive. Most people understand it's risky, but they don't think about the consequences.

**~40% of adult drivers don't recognize the basic warning signs of drowsy driving: blinking, head-nodding, and lane drift.**

## Drowsy driving is *more likely to cause a crash.*

Just like drunk, drugged, and distracted driving, drowsy driving is a real public health issue, causing thousands of car crashes each year and killing an estimated 6,400 people in the U.S. alone according to the AAA Foundation for Traffic Safety. 95% of Americans recognize that drowsy driving is dangerous yet nearly two-thirds of Americans report that they have driven while drowsy.

## Drowsy driving is *dangerously common.*

Young drivers (aged 16-25 years) and shift workers are at greatest risk of falling asleep behind the wheel, but most drivers can relate to a time when they have nodded off while driving. **Importantly, drowsy driving is preventable.**

**About 145M+ adult U.S. Drivers (61%) have driven while drowsy at least once — and nearly 35M do it at least monthly.**