

83.6 MILLION
PEOPLE DRIVE WHILE
SLEEP-DEPRIVED EVERY DAY

THE DANGER
ZONE



2pm-6pm



Midnight-6am

THE MOST
DANGEROUS
TIMES
OF DAY

TAKE A BREAK
DRIVE AWAKE

DROWSY DRIVING KILLS BETWEEN

5000 &
8000

PEOPLE EVERY YEAR, TWICE AS
MANY AS DISTRACTED DRIVING



IF YOU FEEL
DROWSY,
PULL OVER AND
TAKE A NAP

8 **7 IS GOOD**
IS GREAT!

DRIVERS NEED **AT LEAST 7 HOURS OF**
SLEEP TO ENSURE SAFE DRIVING ABILITIES



1.2 MILLION COLLISIONS
ARE CAUSED BY DROWSY DRIVING EACH YEAR