



Driver Fatigue

What's the Problem?

According to the Department of Transport's THINK! campaign, nearly a fifth of accidents on major roads are sleep-related. Crashes caused by drivers falling asleep typically involve vehicles running off the road or into the back of another vehicle. Crashes involving drivers falling asleep tend to be high-speed crashes, as drivers don't brake before crashing, resulting in a high risk of death or serious injury. But it's not just falling asleep at the wheel that's a risk. Drowsy driving can be as dangerous as drink driving as motorists share many of the same impairments, such as difficulty focusing and slowed reaction time.

Medication

If you begin new medication you should ask your doctor or pharmacist if it can make you feel drowsy. If your doctor informs you that you cannot drive when taking your medication then you must heed this warning.

Planning

You should plan your journey before you set off to allow enough time to take breaks of at least 15 minutes every two hours or as soon as you start to feel tired or lose concentration.

Care and share

If possible, share the driving on a long journey. This gives each driver time to relax and recoup after their driving stint.

The day after the night before

We all know that drinking and driving is a no go. Depending on the amount of alcohol consumed, it may be sensible to avoid driving for at least 12 hours after your last drink.

Stop

Find a safe place to stop if you start to feel tired on your drive. Research has found that having a 15-minute nap is more effective at reducing driver fatigue than getting out and stretching your legs.

Caffeine

For a short-term solution, have a caffeinated drink. Allow the caffeine time to kick in by drinking it before taking a 15-minute nap.

Modern Life

Modern vehicles are usually quiet and comfortable for the driver, meaning a more relaxed drive. This can lull drivers, particularly in vehicles fitted with comfort-enhancing features such as cruise control, into sleep.

Rest

Make sure you have plenty of rest before you set off, especially if you're driving early in the morning. It is recommended drivers have at least seven to eight hours of sleep.

Timing

Remember the time of day can increase your risk of driving tired as your body clock reaches a natural

Facts

- A micro sleep of six seconds is enough time to veer across three lanes of traffic or into the central reservation. You'd cover approximately 200 metres
- Motorways and dual carriageways are the most common roads for sleep-related crashes, due to the lack of driver stimulation
- The most common time to fall asleep behind the wheel is between 2:00am–6:00am
- The body clock also dips between 2:00pm–4:00pm making you feel tired

Stay Alert, Stay Safe

[Find out more on Yammer or the Fatigue Reduction site](#)

