Drowsy Driving:
More Common than you Think,
More Deadly than you Know!

Tuesday, September 19\(^{th}\), 2017
Michelle Anderson, The National Road Safety Foundation
Celebrating 50 YEARS
Who We Are

NRSF Resources

Grants for SHSO’s
It began in 1940...

Formerly the Manocherian Foundation


“The Aftermath”
Free Resources
Films, PSA’s, Power Points & Literature
Drowsy Driving
“Almost Home” ©2003 (rt 18:12)

Special Thanks

“I was just 90-seconds away from home…” rt 3:49

“There is no law against Drowsy Driving…” rt 4:29

“It’s that belief that you're gonna’ get through it that kills…” rt 4:08

“The mistake was not recognizing she was tired and she was impaired…” rt 4:34
Maggie’s Law
“Recognizing the Drowsy Driver” (rt 13:45) ©2008

special thanks

Breakin’ Nite
rt 8:45

A Father’s Loss
rt 5:00

Epworth Sleepiness Scale

Monitor Your Sleep Patterns

This Sleepiness Diary will help you monitor your sleep patterns. You can also visit www.sleepfoundation.org to download the actual Sleepiness Diary in its entirety.

The scale below represents different levels of sleepiness: being awake 0° to falling asleep 4°.

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The 3 statements on the left in the table below represent difficulties staying awake. For each day, record how frequently during the day you experience this level of sleepiness:

0° Not at all 1° Occasionally 2° Some of the time 3° Most of the time 4° All of the time

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For each day, record how many hours and minutes you slept the previous night, or spent napping during your day. Enter total sleep time below:

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If your total is 10 or higher, consider discussing these results with your physician or other health care provider. Keeping a sleep diary for two weeks or longer can help you identify behaviors that might contribute to your fatigue.
The Facts & Figures

328,000
Avg. annual # of drowsy driving crashes on U.S. roadways

109,000
Avg. annual # of injury-related drowsy driving crashes on U.S. roadways

6,400
Avg. annual # of fatal drowsy driving crashes on U.S. roadways

Source: GHSA
SHSO Grants
THE NATIONAL ROAD SAFETY FOUNDATION

Youth & Truckers
Night/Shift Workers
Enforcement
Messaging around City & Rest stops
Website & Social Media

NEVADA
MARYLAND
NEW YORK
TENNESSEE

THE NATIONAL ROAD SAFETY FOUNDATION
How States Can Apply

✔ Visit GHSA.org or NRSF.org
✔ Fill out Online Form
   (No later than 11:59 p.m. EST on 3/9/18)

What’s Needed:

- Problem Statement
- Program Description *(can other states easily adopt)*
- Detailed Budget *(clear, itemized)*
- Monthly Updates

*Preference given to programs utilizing NRSF’s Drowsy Driving materials and GHSA’s 2016 report, “Wake Up Call”*
THE NATIONAL ROAD SAFETY FOUNDATION

Dates to Remember

Week of January 22nd, 2018
Applications Open

March 9th, 2018
Applications Due

Week of April 30th, 2018
Award recipients are notified
200+ TV stations
1,000 locations in
175 countries
worldwide
Thank You!

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