Drowsy Driving: More Common Than You Think, More Deadly Than You Know

Governors Highway Safety Association
2017 Annual Meeting
WAKE UP CALL!
Understanding Drowsy Driving and What States Can Do
SLEEP DURATION RECOMMENDATIONS

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Hours of Sleep</th>
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<tbody>
<tr>
<td>NEWBORN (0-3 months)</td>
<td>10-13</td>
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<tr>
<td>INFANT (4-11 months)</td>
<td>9-10</td>
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<tr>
<td>TODDLER (1-2 years)</td>
<td>9-10</td>
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<td>PRE-SCHOOL (3-5 years)</td>
<td>8-9</td>
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<tr>
<td>SCHOOL AGE (6-13 years)</td>
<td>7-8</td>
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<tr>
<td>TEEN (14-17 years)</td>
<td>7-9</td>
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<tr>
<td>YOUNG ADULT (18-25 years)</td>
<td>7-9</td>
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<tr>
<td>ADULT (26-64 years)</td>
<td>7-8</td>
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<tr>
<td>OLDER ADULT (65+)</td>
<td>7-8</td>
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- **Recommended**
- **May be Appropriate**
- **Not Recommended**
>50%

Drowsy driving crashes involving drivers age 25 and younger

Source: GHSA
Helping teens prioritize sleep

- Promote the right view of sleep
- Overcome FOMO
- Determine right amount of sleep
- Recognize drowsy driving danger signs
HOURS OF SLEEP

Get a FULL charge!

High School students need 8 to 10 hours of sleep per night.

7 hours or less = degraded driving performance.

Drowsy driving can be as dangerous as distracted and impaired driving.
Parental education & engagement

- Establish regular lights out, limit computer use
- Monitor extracurricular activities
- Make the bedroom a device free zone
- Keep tabs on caffeine
- Roust teens on weekends
- Seek professional help
- Set clear driving rules
Human Factors in Traffic Crash Reconstruction
(50 Hours)

While many traffic investigator courses focus on the interpretation of physical evidence to determine "how" a collision occurred, this course will examine a variety of human factors to determine "why" a collision occurred.

This course utilizes lectures, demonstrations, in-class demonstrations and outside field exercises to give you an appreciation for the importance of human factors in explaining collision causation. You will gain an understanding of how human evidence is used and why the ability to interpret and analyze physical evidence is critical to the success of any collision investigation.

In addition to the driver-related and roadway characteristics that must be considered in an investigation, this course also addresses the nature of perception and reaction, the factors affecting the investigator's choice of perception/evaluation models as well as eyewitness reliability.

Topics include:
- The nature of the driving task
- Factors affecting driving performance, such as age, alcohol/drug use, fatigue, divided attention, driver distraction, and many others
Pam Shadel Fischer, MLPA, CPST
www.pamfischerconsulting.com
pamfischerconsulting@gmail.com
908-269-5796 (office)
908-619-2786 (cell)