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Other Resources:

<http://www.nhtsa.dot.gov>

<http://www.aaafoundation.org/quizzes/index.cfm?button=drowsyquiz>

<http://www.tompkins-co.org/wellness/drowsydriving/index.htm>

http://www.nhtsa.dot.gov/PEOPLE/INJURY/drowsy_driving1/drowsy.html

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RECOGNIZING THE DROWSY DRIVER

Breakin' Nite

A Father's Loss



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Recognizing the Drowsy Driver

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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 wide awake “0” to falling asleep “4”. At the times indicated on the chart, record with a “0, 1, 2, 3 or 4” your level of sleepiness during each day.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Morning (6am-12pm) Time: _____							
Afternoon (12pm-6pm) Time: _____							
Evening (6pm-12am) Time: _____							
Night (12am-6am) Time: _____							

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

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I fought off/ ignored a need to sleep							
I dozed off/fell asleep without meaning to							
I needed caffeine/ other stimulant to stay awake							

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

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hours/minutes spent sleeping last night	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.
Hours/minutes spent napping	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.
Total	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.	__hrs. __min.

Reduce Your Risk of Drowsy Behavior

Lifestyle Habits. Eat Light. Exercise regularly. Get 8 hours of sleep a night, 9 if you are a teen or young adult. Every time you miss sleep, catch up **immediately!**

Plan journeys. Before a trip, get a good night's sleep. Leave early in the morning and stop driving around sunset, or as early as possible, to reduce night-time driving.

Share the responsibility. Drive with a passenger who can alert you to fatigue, talk to you, and share the driving.

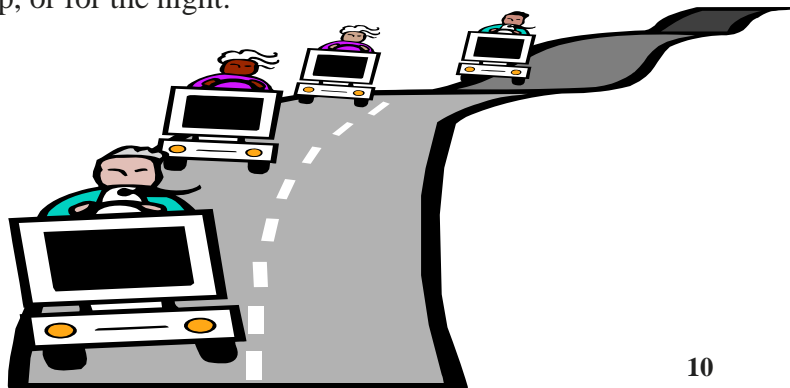
Make stops. Schedule stops every 100 miles or two hours.

Eat, but don't overeat. Hunger can make you angry and turn you into an aggressive driver. Don't eat junk or high-fat foods.

Stock your car. Keep caffeinated, energy drinks and sugar-laden snacks in the car for short-term energy. Two cups of coffee take 20 minutes to enter your bloodstream, then provide short term alertness.

DON'T DRINK ALCOHOL. MEDICATIONS: READ DROWSY SIDE EFFECTS

Direct Intervention. **Recognize, don't ignore FIRST** symptoms of drowsiness. Pull over to a safe rest area; stop for a break, a 20 minute nap, or for the night.



Recognizing the Drowsy Driver

PRESENT THIS NEW PROGRAM
TO STUDENTS, PARENTS AND YOUR COMMUNITY

Every sleepy driver leaves one destination for another. There are people at either end and along the way who can spot warning signs and intervene. Learn the signs to look for and how to help.

Whether you teach driver ed, work with high school students and parents, or advocate public safety, you will learn techniques to teach community awareness.

"Recognizing the Drowsy Driver" program includes: two films, discussion guide and PowerPoint Presentation, PSA's, template press release and flyer to help bring this important lesson to your audience.

"Breakin' Nite" 8:45 minutes, help teens recognize warning signs and make healthy lifestyle choices.

"A Father's Loss" 5:00 minutes, shows parents and friends positive ways to intervene and reduce risks.

Learn how to address the high risk groups for drowsiness, to identify common characteristics of drowsy drivers, proper in-car and lifestyle interventions, how the brain shuts down for sleep and how drowsy driving is as dangerous as DWI.

Learn how to recognize signs of drowsiness:

- In yourself
- As a passenger
- In traffic
- In the pre-drive environment



How Sleepy Are You?

Use this questionnaire to measure your general level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Sleepiness Scale (ESS). Each item describes a routine situation. Use the scale below to rate the likelihood that you would doze off or fall asleep during that activity.

Special thanks to M.W. Johns 1990-97 ©

0	1	2	3
Would never doze	slight chance of dozing	moderate chance of dozing	high chance of dozing

Sitting & Reading



___ chance of dozing

Watching Television



___ chance of dozing

Sitting inactive in a public place, for example, a theater or meeting



___ chance of dozing

As a passenger in a car for an hour without a break



___ chance of dozing

Lying down to rest in the afternoon



___ chance of dozing

Sitting & talking to someone



___ chance of dozing

In a car, while stopped in traffic



___ chance of dozing

Sitting quietly after lunch (when you've had no alcohol)



___ chance of dozing

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. *See last page for Sleepiness Diary.

Warning Signs



Your eyelids droop and your head starts to nod. Yawning becomes almost constant and your vision seems blurry. You blink hard, focus your eyes and suddenly realize that you've veered onto the shoulder or into oncoming traffic for a moment and quickly straighten the wheel.

According to the National Sleep Foundation's Sleep in America poll, 60% of Americans have driven while feeling sleepy and 37% admit to actually having fallen asleep at the wheel in the past year. Half of all people cannot tell if they are about to fall asleep. They say to themselves, "I can handle this, I'll be fine." Yet if fatigue hits while driving, you're putting yourself and others in danger. What you really need is a nap or a good night's sleep.

Warning signs: stop and rest

- Difficulty focusing, frequent blinking, or heavy eyelids
- Daydreaming; wandering/disconnected thoughts
- Can't remember the last few miles; missing exits or traffic signs
- Yawning repeatedly or rubbing your eyes
- Trouble keeping your head up
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip
- Feeling restless and irritable



Are You at Risk?

Before you drive, consider whether you are:

- *Sleep-deprived or fatigued (6 hours of sleep or less triples your risk)*
- *Suffering from sleep loss (insomnia), poor quality sleep, or a sleep debt*
- *Driving long distances without proper rest breaks*
- *Driving through the night, mid-afternoon or when you would normally be asleep*
- *Taking sedating medications (antidepressants, cold tablets, antihistamines)*
- *Working more than 60 hours a week (increases your risk by 40%)*
- *Working more than one job, and your main job involves shift work*
- *Drinking even small amounts of alcohol*
- *Driving alone or on a long, rural, dark or boring road*
- *Flying, changing time zone?*

Drowsy Driving

Sleepiness and driving is a dangerous combination. Most people are aware of the dangers of drinking and driving but don't realize that drowsy driving can be just as fatal. Like alcohol, sleepiness slows reaction time, decreases awareness, impairs judgment and increases your risk of crashing.

Unlike alcohol-related crashes, no blood, breath, or other objective test exists to measure sleepiness behind the wheel. This makes it more difficult to identify drowsiness as a crash factor.

Drowsy Driving = Impaired Driving.

Sleepiness or Fatigue:

- Impairs reaction time, judgment and vision.
- Information processing, and short-term memory deficit.
- Decreases performance, vigilance and motivation.
- Increases moodiness and aggressive behaviors.

Specific At-Risk Groups

- *Young people-especially males under age 26.*
- *Shift workers and people with long work hours*— Night shift workers have **6 times** increased risk. Rotating shift workers and people exceeding a 60-hour work week need to be particularly careful.
- *Commercial drivers-especially long-haul drivers* - At least 15% of all heavy truck crashes involve fatigue.
- *People with undiagnosed or untreated sleep disorders* - Untreated obstructive sleep apnea persons have been shown to have up to seven times increased risk of falling asleep at the wheel.
- *Business travelers* - who spend many hours driving, may be jet lagged or change time-zones.

“Breakin’ Nite” 8:45 min.



Breakin’ Nite = When you pull an all nighter and stay awake to see the sun rise.

One night without sleep is equivalent to driving with a .10 BAC level.



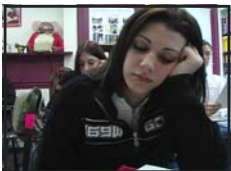
- What are the dangers of “Breakin’ Nite?”
- Have you, or someone you know, been in a drowsy driving crash or close call?



- What in your lifestyle puts you at risk of a fatigue-related crash?
- Name some alternatives you have if you’re tired and must drive.



- How is sleep management like time management? How would you change your day to get more sleep?



- Students study, play sports and work. How do you keep from “pushing it?”
- Discuss ways to get more sleep.

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...Extra...

Struggling to stay awake? Take these precautions:

- Get off the road if you notice ANY signs of fatigue; take a 15 – 20 minute nap.
- Consume caffeine – the equivalent of 2 cups of coffee can increase alertness for a couple of hours; wait 20 minutes for it to take effect; do NOT rely on it for long periods.
- Make sleep a priority; Get at least 8 hours of sleep per night – 9 hours for teens and young adults.

The National Road Safety Foundation encourages you to drive safely. Traffic crashes are the leading cause of death for ages 3-33, killing over 42,000 people annually.

“Recognizing the Drowsy Driver” is NRSF’s new FREE program that teaches signs of fatigue and ways to plan lifestyle and trips to avoid running the risk of a drowsy driving crash. RDD includes films, PowerPoint and Discussion Guide, and is designed for use by teachers, employers, counselors, parents, students, public safety and community advocates. It is an extension of NRSF “Almost Home: Profile on Drowsy Driving” Program.

How to order:

Download all NRSF films, PSA’s and programs FREE at:
www.nationalroadsafety.org

Other programs include: “Speed and Aggression Tool Kit,” featuring award-winning educational films including: “One Second in Time” and “LOV2XLR8,” and are available in Espanol.

NRSF promotes traffic safety through driver awareness, and encourages states and the U.S. Federal Government to adopt improved, universal driver training curriculum standards and monitoring practices as an integral part of GDL (graduated licensing laws) provisions.



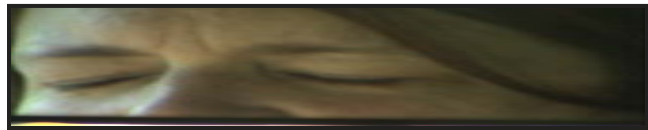
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DROWSY DRIVING KILLS!



Each year, we fall back and lose an hour of daylight: that means more time driving in the dark -- a good time to guard against drowsy driving. Most of us have driven while tired. A 2006 study* showed, in fact, that an alarming 37% of drivers admit to actually falling asleep at the wheel.

Let your eyes shut for just 3 or 4 seconds and, at highway speeds, you've traveled the length of a football field, enough time to veer out of your lane into oncoming traffic or off the road and into a tree.

Police and traffic safety experts are acknowledging drowsiness as a factor in a significant number of crashes.

Drowsy driving is dangerous driving

You're a drowsy driver if you:

- Have difficulty focusing, yawn, rub your eyes, blink repeatedly.
- Daydream, can't recall the last few miles, become irritable.
- Have head snaps and nod.

- Catch yourself tailgating, drifting out of lane, hitting rumble strips.

Drowsy Driving = Drunk Driving

Tired drivers are impaired drivers. Whether you pull an all-nighter, or miss hours cumulatively, your brain shuts down and puts you at the same risk as driving with a .10 BAC.

Plan ahead

Before hitting the road you should:

- Get enough sleep. Most adults need 7-9 hours to maintain proper alertness. Teens and young adults need 9 hours.
- Schedule breaks along the way – about every 100 miles or every 2 hours on long trips.
- Arrange for a travel companion to talk to and share the driving.
- Avoid alcohol and sedating medications.

*2006 study by National Sleep Foundation



- Who could have helped Warren?
- What were some of the warning signs his friends and family missed?
- How could Warren's family and friends have changed his destiny?
- How could Warren's girlfriend have protected him?
- Discuss other alternatives and choices you can make.

RDD Press Announcement template

Contact:

Your Name

Your Phone #

Your email

Your PR Contact Name

Your PR Contact's Phone #

Your PR, Contact's email

**Drowsy Driving - a major factor in traffic crashes, especially among teens;
New teaching program familiarizes educators with the issue
and teaches specific interventions to keep drowsy drivers off the road**

NEW YORK, _____, 200() -- The National Road Safety Foundation, Inc., a non-profit organization that promotes traffic safety through driver education initiatives, is donating its newest teaching program on drowsy driving to Your Organization. Copies of the program are being distributed, free of charge, for use in the Name of your program/event/conference program in/by _____. (*schools/distribution/web-site/broadcast/partnership/campaign*).

"Drowsy driving is a seriously under-reported factor in many crashes, and is as preventable as DWI," said (Your Spokesperson). Teenage drivers are at high risk to be involved in drowsy driving crashes, which are 100% preventable. "We are pleased to donate our free program to (Your Organization's name) to help teen drivers and their parents recognize signs of fatigue and offers in-car and lifestyle tips for staying safe," said Adele Kristiansson, Director of Marketing and Legislative Affairs for the National Road Safety Foundation (NRSF).

The new "Recognizing the Drowsy Driver" program features two short films and supporting lesson plans and workshop materials. "Breakin' Nite" shows, lifestyle choices teens can make to avoid risks of fatigue and prevent drowsy driving. The second film, "A Father's Loss," illustrates what parents can do to protect their children from fatigue risks.

"Recognizing the Drowsy Driver" is an extension of NRSF's previous program "Almost Home: Profile on Drowsy Driving," which features four real-life stories of drowsy drivers, with films, curriculum with discussion topics and associated teaching materials. The program has received widespread use by driver education instructors, regional safety councils and other groups nationwide.

The National Road Safety Foundation, a 501 (c)(3) non-profit, was founded in 1962 by Fraydun Manocherian who, as a teen, lost two friends to a drunk driver. Since then, he has dedicated his life to reducing carnage on our roads. Manocherian and the NRSF are calling for a national driver education curriculum and wider adoption by states of a graduated driver's licensing system for young drivers.

Log onto www.nationalroadsafety.org to download or order FREE NRSF programs.
