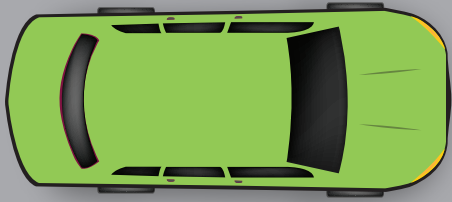


The only remedy for fatigue is sleep

Dangers of fatigue

If a driver falls asleep for just **4 seconds** while travelling at a speed of **100 km/h the car will have gone 111 metres** without a driver in control.

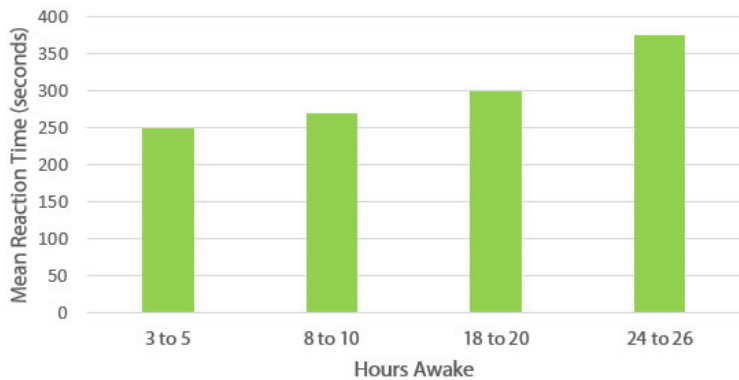


111 metres

Source: <http://www.tac.vic.gov.au/road-safety/statistics/summaries/fatigue-statistics>

Reaction time

As the number of hours you are awake for increases, so does your mean reaction time.



Drowsiness affects drivers safety by **increasing** their reaction time, **decreasing** their ability to concentrate and creates the very real risk of falling asleep at the wheel

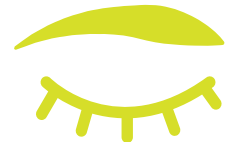
Sources: https://infrastructure.gov.au/roads/safety/publications/2006/pdf/grant_200601.pdf
<http://www.tac.vic.gov.au/road-safety/tac-campaigns/fatigue>

Relative crash rate

Drivers who have slept for **4-5 hours** in the past 24 hours are **4.5 times** more likely to crash than drivers who have slept **7 hours or more**



Drivers who have slept **4 hours** in the past 24 hours are **11.5 times** more likely to crash than drivers who have slept **7 or more**



Source: <https://www.aaafoundation.org/sites/default/files/AcuteSleepDeprivationCrashRisk.pdf>

Tips



The only remedy to drowsiness and fatigue is **sleep**



Take a **15 minute power nap**



Only drive for **2 hours** at a time



Limit driving to less than **8 hours per day**



Avoid direct **sun** on the body (use shading)



Beware of the effects of **monotony**

Source: <http://www.tac.vic.gov.au/road-safety/tac-campaigns/fatigue>