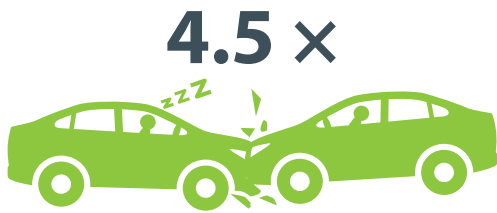


# TIRED? WHAT'S YOUR CRASH RISK?

## QUICK FACTS

### What risk does insufficient sleep pose?



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 seven hours or more



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

Source: *Acute Sleep Deprivation and Risk of Motor Vehicle Crash Involvement*, AAA Foundation (2016)

### On the road...



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

Source: *Fatigue Statistics*, TAC (2018)

### Equivalence to Alcohol Consumption



After **17 hours** awake, the reduction in driving performance is equivalent to a **BAC of 0.05**



After **21 hours** awake, the reduction in driving performance is equivalent to a **BAC of 0.15**

### Crash Statistics



A MUARC study found that in the years 2000 — 2011, drivers falling asleep resulted in **11.8 per cent of serious crashes**

Source: *Chronic sleep deprivation and its connection with distraction*, NRSPP & Harrington, C. (2018)