

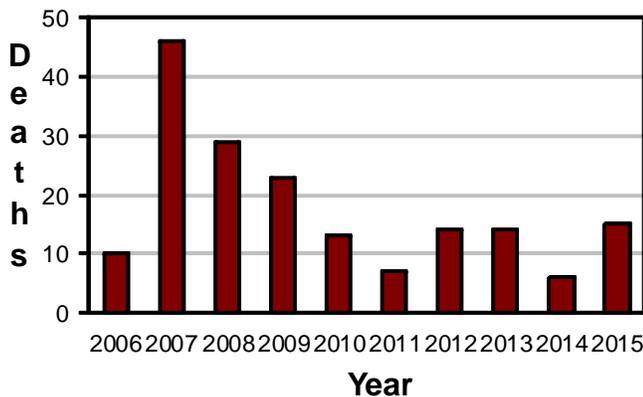
Drowsy Driving



Did you know in 2015:

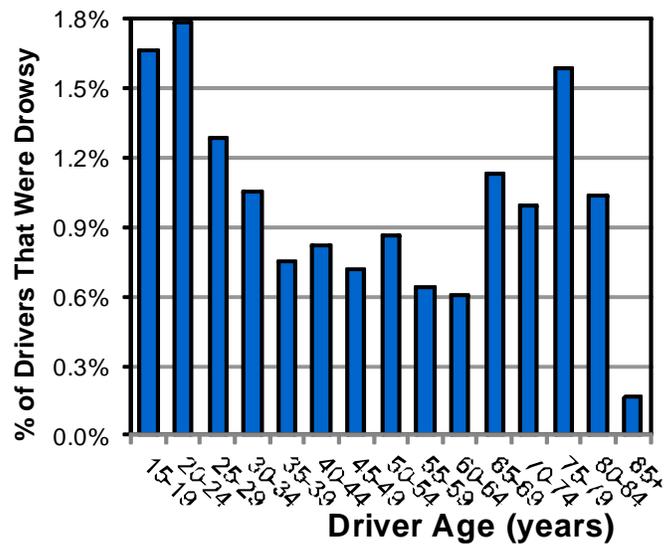
- 1,178 motor vehicle crashes occurred in Utah involving a drowsy driver.
- 177 people have died in Utah over the last ten years in drowsy driver crashes.
- 2.0% of the motor vehicle crashes in Utah involved a drowsy driver.

Drowsy Driver Deaths by Year (Utah 2006-2015)



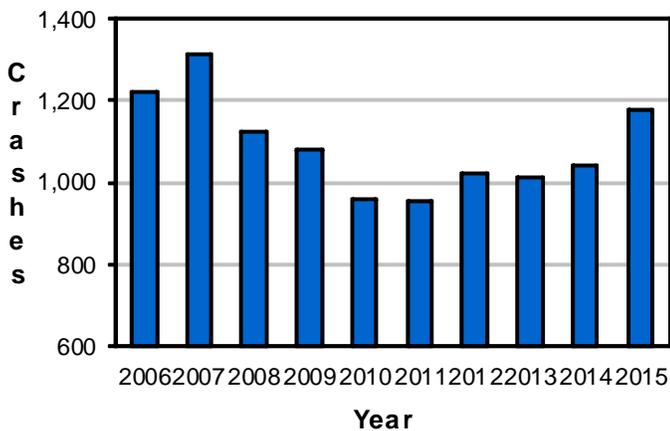
- Over the last ten years, an average of 18 people die each year from drowsy drivers.

Age of Drowsy Drivers in Crashes (Utah 2015)



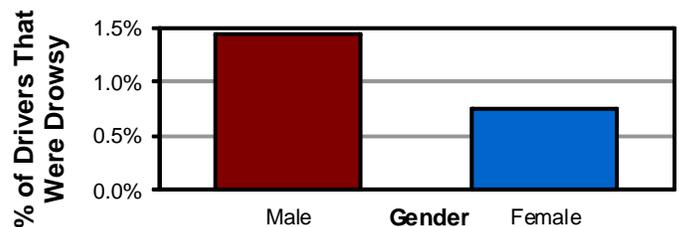
- Drivers aged 15-24 and 75-79 had the highest percent of drivers in crashes that were drowsy.
- Drivers under age 30 years are involved in over half (56%) of drowsy driving crashes.

Drowsy Driver Crashes by Year (Utah 2006-2015)



- Over the last 10 years, an average of 1,091 drowsy driver crashes occur each year.

Gender of Drowsy Drivers in Crashes (Utah 2015)

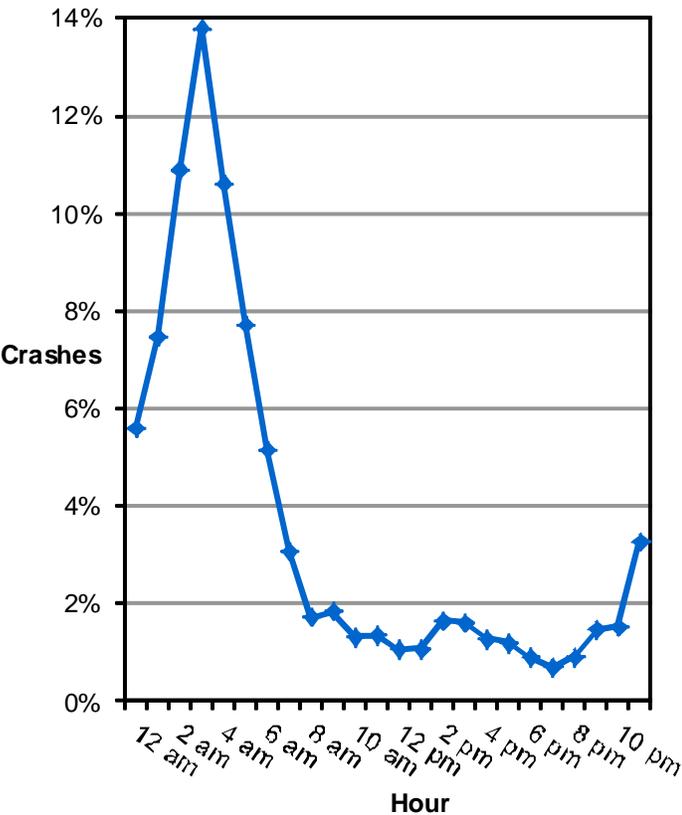


- Males were 1.9 times more likely to be in a drowsy driver crash than females.

Drowsy Driving

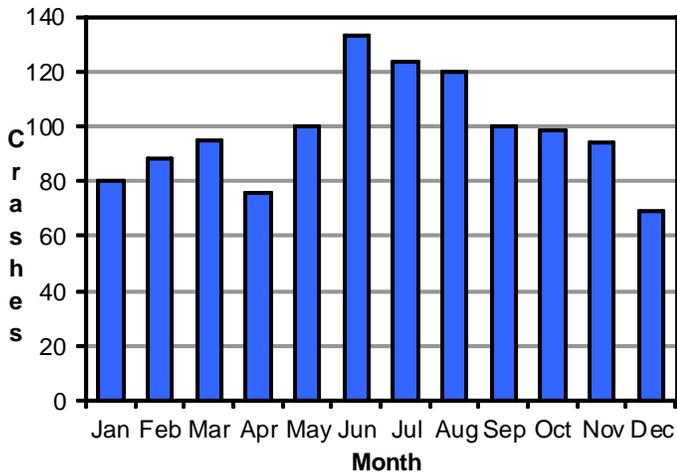


Percent of Total Crashes with a Drowsy Driver by Hour (Utah 2015)



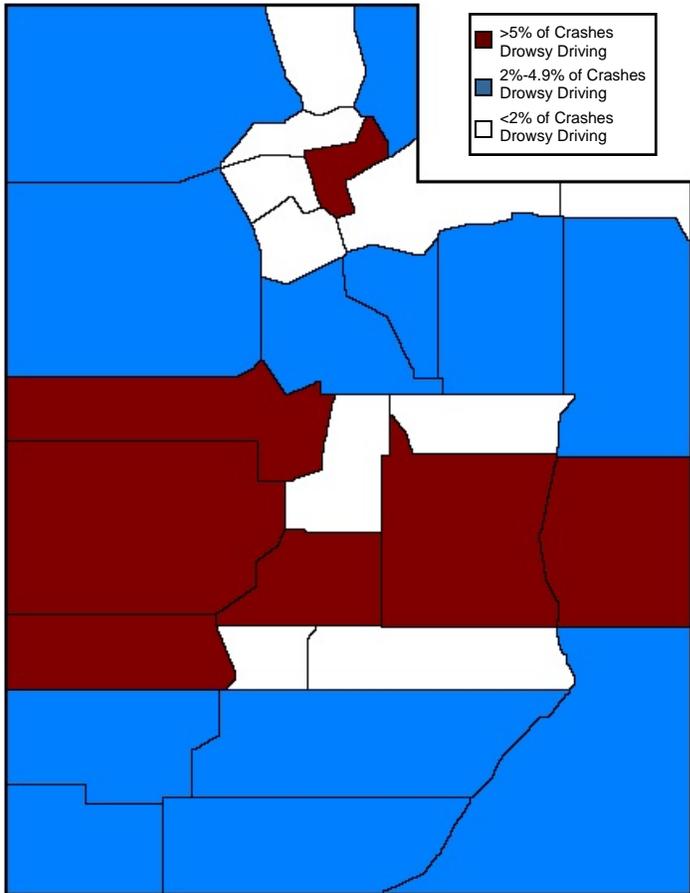
- While 2% of total crashes involved a drowsy driver, 8% of crashes occurring during the hours of midnight-6:59 a.m. involved a drowsy driver.

Drowsy Driver Crashes by Month (Utah 2015)



- June through August had the most drowsy driver crashes.

Percent of Total Crashes with a Drowsy Driver by County (Utah 2015)



- Millard and Grand Counties had the highest percent of crashes involving drowsy drivers.
- Rural crashes were 2.3 times more likely to involve a drowsy driver than urban crashes.

Before driving:

- **Get adequate sleep - most adults need 7-9 hours to maintain proper alertness during the day**
- **Schedule proper breaks - about every 100 miles or 2 hours during long trips**
- **Arrange for a travel companion - someone to talk with and share driving**
- **Avoid alcohol and sedating medications - check your labels or ask your doctor**