

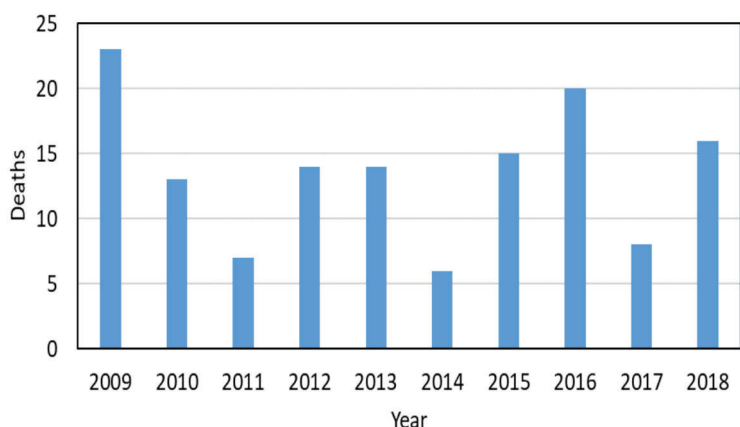
Drowsy Driving



- 1,330 motor vehicle crashes in Utah (2.1% of all crashes) involved a drowsy driver.
- Fatalities from drowsy driver crashes have accounted for 5.4% of all fatalities over the last 10 years.

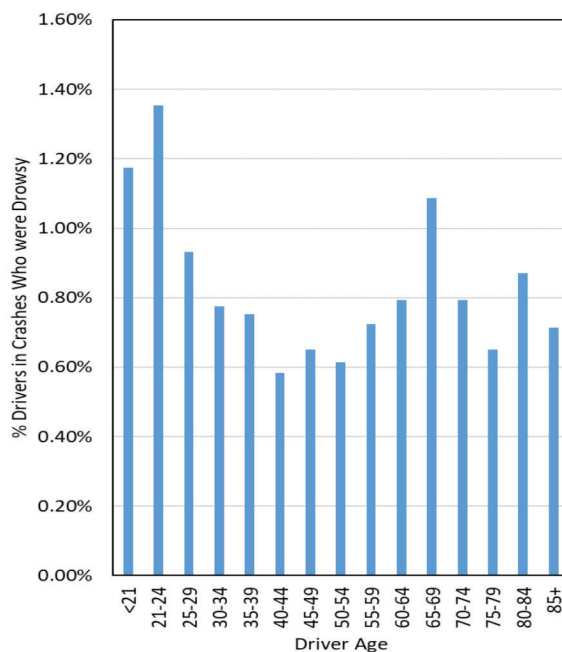
Drowsy driver crashes were 3.2 times more likely to be fatal than other crashes.

Drowsy Driver Deaths by Year (Utah 2009-2018)

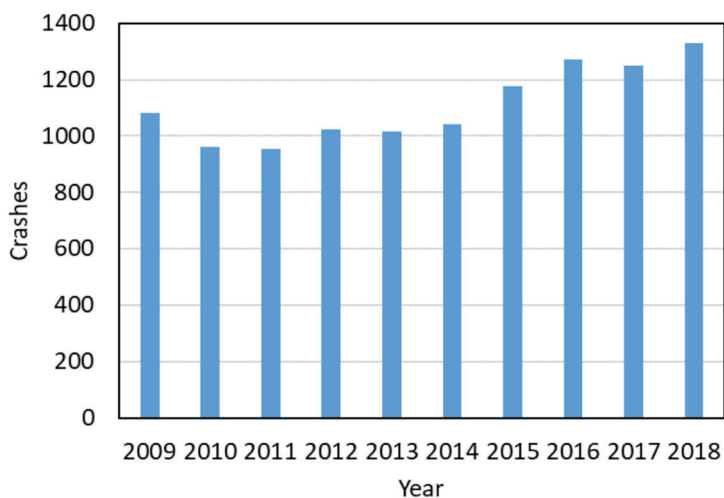


- Fatalities from drowsy driver crashes have remained at relatively steady values in the last ten years.

Age of Drowsy Drivers in Crashes (Utah 2018)

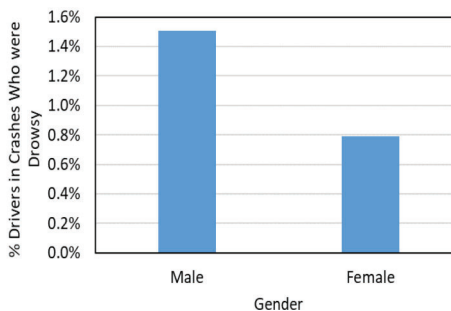


Drowsy Driver Crashes by Year (Utah 2009-2018)



- Younger drivers (aged 24 and under) had the highest percent of crashes with a drowsy driver.

Gender of Drowsy Drivers in Crashes (Utah 2018)

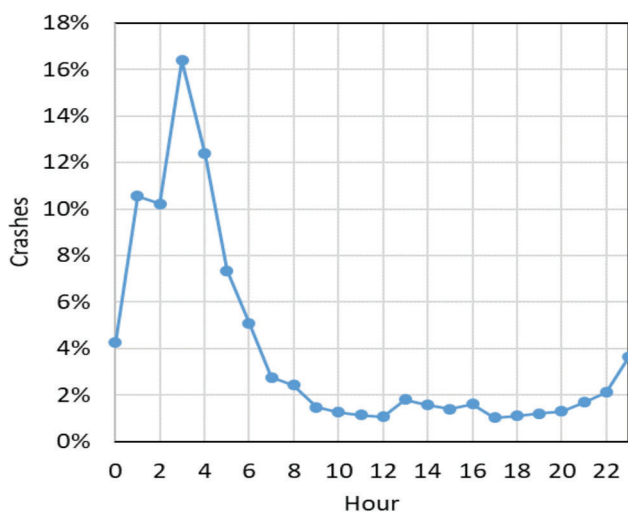


- Male drivers in crashes were 1.9 times more likely to be driving drowsy than female drivers in crashes.

Drowsy Driving

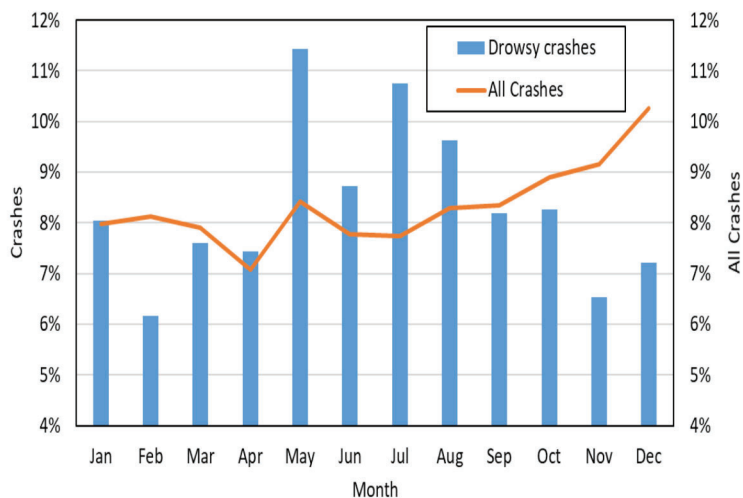


Percent of Total Crashes with a Drowsy Driver by Hour (Utah 2018)



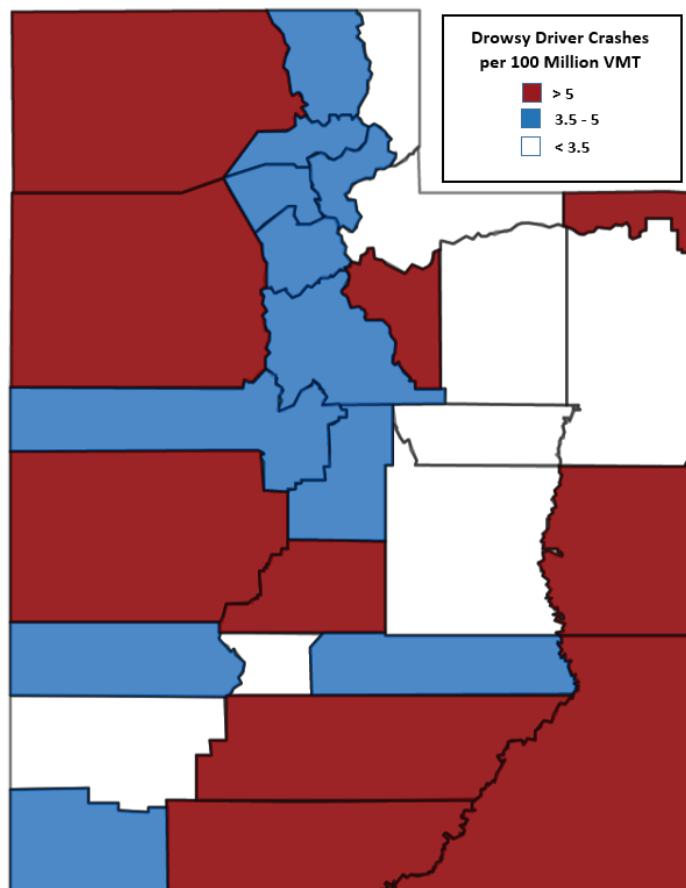
- While 2.1% of total crashes involved a drowsy driver, 8.7% of crashes occurring between midnight and 6 a.m. involved a drowsy driver.

Drowsy Driver Crashes by Month (Utah 2018)



- May, July, and August had the highest proportion of drowsy crashes with respect to all crashes.

Drowsy Driver Crashes by County (Utah 2018)



- Garfield, Wasatch, Millard, and Daggett counties (in that order) had the highest drowsy driver crash rates per miles traveled.

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.