

Drowsy Driving is a Family Sleep Health Issue



Sleep is a Top Priority for Family Health and Safety

- Parents rank getting enough sleep to drive alert as the most important thing to keep their families healthy and safe—higher than a healthy diet, physical activity, and limiting TV time.



Most People Drive Drowsy, Especially Parents and Teenagers

- Parents are more likely to have driven drowsy compared to people who are not parents.
- An estimated 1.7 million teens nationwide report having driven drowsy.



Families With the Youngest and Oldest Children Drive Drowsy Most Often

- From frequent nighttime awakenings to early school drop-offs and multiple competing demands, families face many sleep challenges.



Families Can Contribute to and Prevent Drowsy Driving

- Over 1/3 of adults and more than 20% of teens said family obligations get in the way of getting the sleep they need to drive alert.
- More than 7 in 10 adults have urged someone not to drive when too tired, with many people asking family members to make safe driving choices.

Keep your family and others safe on the road.
The best way to avoid drowsy driving is to
Sleep First. Drive Alert.®



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