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the American Academy of Sleep Medicine”*

New poll on fatigued and drowsy driving reveals serious problem

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Toronto - A new poll by the Traffic Injury Research foundation showed a startling number of people in this province are driving while drowsy and fatigued.

The survey revealed that nearly 1.3 million people fell asleep or nodded off while driving at least once in the past year. Of these drivers, more than 100,000 did so five or more times.

The poll also showed the number of drivers involved in a sleep-related collision may be as high as 167,000.

There was no lack of close calls either; over a half-million fatigued and drowsy driving trips occurred in which the driver had to brake or steer to avoid a collision.

Drivers use many different tactics to overcome drowsiness at the wheel, such as opening windows, changing the radio station, drinking caffeine, eating, singing along to music, and even slapping or pinching themselves.

However, only 14.8 per cent used the most effective tactic - stopping to nap or sleep.