



## **Drowsy Driving Affects Us All**

According to the [National Sleep Foundation](#), there are five target groups that are most susceptible to driving drowsy on the road. Are you in one of these groups?

**Young drivers — especially males under 25 years old.**

**Shift workers and people with long work hours — working the night shift can increase your risk of drowsy driving by nearly six times. Rotating-shift workers and people working more than 60 hours a week need to be particularly careful.**

**Commercial drivers — especially long-haul drivers. At least 15% of all heavy truck crashes involve fatigue and sleep-deprived driving.**

**People with undiagnosed or untreated disorders — People with untreated obstructive sleep apnea have up to seven times the risk of falling asleep at the wheel.**

**Business travelers — who spend long hours driving or may be jet-lagged from a previous trip.**