

# Driver fatigue/sleepiness



Fatigue/sleepiness is a **significant** crash risk factor

1 Australian dies every day

from incidents due to lack of sleep



When we feel sleepy, and it takes some effort to stay awake, the risk of having a

sleep-related crash increases

**6.6** times

A substantial amount of sleep-related crashes also occur in urban areas too -

sleepiness impairs attention, thinking and reasoning,

as well as driving skills

**No-one is immune** to the effects of fatigue/sleepiness

We all have to sleep and potentially we are all at risk

