



NATIONAL SLEEP FOUNDATION

Drowsy Driving Prevention Week

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Drive Alert...Arrive Alive

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Drowsy Driving Quiz

Are you at risk for falling asleep behind the wheel? Take this simple quiz and find out. Circle "True" or "False" for each of the following statements and check your answers on the second page.

1. There is no relationship between one's sleep and work schedule and risk of being involved in a drowsy-driving crash. (True or False)
2. Working the night shift does not affect one's chances of being involved in a sleep-related crash. (True or False)
3. The largest at-risk group for sleep-related crashes is commercial drivers. (True or False)
4. Overall, sleep-related crashes have certain characteristics that set them apart from other types of crashes. (True or False)
5. People with a sleep and breathing disorder called sleep apnea have about the same risk as the rest of the general population of being involved in a drowsy-driving crash. (True or False)
6. Eating a big lunch tends to make everyone sleepy. (True or False)
7. People can usually tell when they are going to fall asleep. (True or False)
8. Drivers in drowsy-driving crashes are more likely to report sleep problems. (True or False)
9. Rolling down a window or singing along with the radio while driving can make someone more alert. (True or False)
10. Wandering, disconnected thoughts are a warning sign of driver fatigue. (True or False)
11. You can stockpile sleep on the weekends to avoid being sleepy during the week. (True or False)
12. I'm a safe driver so it doesn't matter if I'm sleepy when I drive. (True or False)

1. FALSE. Studies show that the number of hours a person works and their risk of having a drowsy-driving crash are directly related. People who work more than one job where their primary job involves an afternoon or night schedule are twice as likely to be involved in a sleep-related crash.
2. FALSE. A study found that working the night shift increases a person's risk of being involved in a drowsy-driving crash by nearly six times.
3. FALSE. Sleep-related crashes are most common in young people who tend to stay up late—sleep too little and drive at night.
4. TRUE. Drowsy-driving crashes can take place anywhere at any time, but research shows that many have common characteristics including: the driver is typically alone, no skid marks at the scene, they involve serious injuries or fatalities, and they occur after midnight or in the midafternoon.
5. FALSE. Sleep apnea is a condition in which a person's airway collapses many times a night to halt breathing until the person briefly awakens. Studies indicate that persons with untreated sleep apnea have an increased risk for crashes.
6. FALSE. Things such as heavy meals do not cause sleepiness; they only unmask existing sleep deprivation or accumulated sleep loss (called a sleep debt). Additionally, our biological rhythms make us sleepy at two times during the day, at night and in the midafternoon.
7. FALSE. Sleep is not voluntary. If you're tired, you can fall asleep and not even know it. When you're driving at 60 miles per hour falling asleep for just a few seconds (called a microsleep), you travel up to the length of a football field without any control of your vehicle.
8. TRUE. Studies show that drivers in fatigue-related crashes are more likely to report problems sleeping prior to a crash than drivers in other types of crashes.
9. FALSE. Opening a window or turning up the radio has no lasting effect on a person's alertness. In fact, these things may further mask the person's sleepiness and make them more dangerous.
10. TRUE. If you are driving and your thoughts begin to wander, it is time to pull over and take a short nap, consume some caffeine or stop driving for the day.
11. FALSE. Sleep is not money. You cannot store up sleep to borrow it later. But just as with money, you can go into debt and accumulate sleep loss.
12. FALSE. The only safe driver is an alert driver. Even the safest drivers become confused and use poor judgment when they are sleepy.

Answers



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