



Drowsy Driving



A DANGEROUS GAME TO PLAY

Drowsy Driving Overview

Everyone has been there. Your body is desperately telling you to nod off to sleep... but you're no where near home - with a long drive ahead of you. So, you get in your car and fight the urge to sleep, not realizing that driving in such a state is just as dangerous as driving while intoxicated.

Most of us drive every day – getting to and from work or dropping off the kids at daycare – and we don't think it requires much attention. However, those with undiagnosed sleep disorders and daytime fatigue are putting themselves, their children and others on the road around them in extreme danger.



You wouldn't drive drunk.

So why would you get behind the wheel when you're drowsy? Your body probably doesn't know the difference.

How is driving drowsy like being intoxicated?

Driving while drowsy is just as fatal as being intoxicated, causing thousands of crashes and over 70,000 injuries each and every year. It is so dangerous, in fact, that several states are considering legislation allowing criminal negligence charges if a person causes injury or death to someone while driving with inadequate sleep. Drowsy driving, like alcohol-impaired driving, leads to slower reaction time, decreased awareness, impaired judgment - all which increase your risk of crashing. Because most of us drive every day, it is so important to ensure the sleep that you get is adequate.

Who is at risk?

The truth is, everyone is at risk. Whether you didn't sleep well last night or you haven't slept well for days or weeks, the amount and type of sleep you get is very important...for the drowsy driver and others around them.

Are you a good candidate for a sleep study? Log on to find out.

www.sleepcenterotr.com/survey

The National Sleep Foundation's survey "Sleep in America" found:



62% reported driving drowsy in past year



27% actually dozed off at the wheel



23% knew someone who had a fall-asleep crash sometime in their life

When to see the SleepCenter of the Rockies

If you regularly experience daytime fatigue, you may actually be suffering from a sleep disorder. Not only can both of these result in impaired driving, they also have serious health consequences. If you have ever fallen asleep at the wheel – or before it becomes that serious – contact the **SleepCenter** for a consultation.



A state-of-the-art lab and facility designed in 2007, the **Colorado SleepCenter of the Rockies** specializes in the diagnosis and treatment of sleep disorders.

If you are having trouble sleeping, don't wait.

Contact the **SleepCenter of the Rockies™**
toll-free at **866.MY SLEEP**
or locally at 970.619.6000.

www.sleepcenterotr.com

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