

# Managing drowsiness and fatigue

Feeling drowsy is not only a problem for long-distance driving but also for everyday driving. If you're not getting enough sleep or have been awake for a long time you can feel drowsy. If this happens repeatedly and you are not getting enough quality sleep, you can become fatigued.

## Signs that you are tired

- constant yawning
- sore or heavy eyes
- difficulty remembering the last few kilometres
- difficulty keeping in your lane
- variations in driving speed
- daydreaming or zoning out
- not being able to concentrate on driving
- slower reaction times



The two main causes of tiredness include a lack of sleep or driving when you would normally be asleep. At least 1 in 5 fatal crashes involve a fatigued driver.



**SAFETY TIP** - Being tired also impairs your ability to recognise the danger signs.

## Who is most at risk?

- **18 to 25-year olds** - work, study, spontaneous or late-nights can put young people at risk if they're not getting enough sleep.
- **Shift workers** - disrupted sleep patterns can lead to tiredness, night-shift workers are especially at risk.
- **People with sleep disorders** - sleep apnoea can impair driving.
- **People taking medication** - side effects that cause drowsiness.



**SAFETY TIP** - If you don't get enough sleep, you accumulate sleep debt. The only way to repay this debt is to sleep.