Drowsy Impaired Driving

Drowsy driving attributed to 795 fatalities in 2017.[1] Fatigue has costly effects on the safety, health and quality of life of the American public. Some of the effects are impaired cognition and performance, motor vehicle crashes, workplace accidents and health consequences.

Drowsy driving crashes:

- Occur most frequently between midnight and 6 a.m., or in the late afternoon. At both times of the day, people experience dips in their circadian rhythm—the human body's internal clock that regulates sleep.
- Often involve only a single driver (and no passengers) running off the road at a high rate of speed with no evidence of braking.
- Frequently occur on rural roads and highways.

[1]National Highway Traffic Safety Administration (NHTSA)

A message from the Iowa Department of Public Safety and the Governor's Traffic Safety Bureau.