

WARNING SIGNS OF SLEEPINESS INCLUDE BUT ARE NOT LIMITED TO:

Warning signs include:

- Yawning frequently
- Frequent blinking or rubbing your eyes repeatedly
- The inability to keep your head up;
- Heavy eyelids or inability to keep eyes open
- Nodding off / Reading signboards or trouble keeping your head up
- Difficulty remembering the past few kilometers or missing your exit
- Drifting from your lane or hitting a rumble strip on the side of the road
- Ending up too close to nearby cars or tailgating
- Daydreaming, difficulty focusing or wondering and disconnected thoughts
- If you experience these signs, pull over to rest or change drivers. It's not enough to just roll down the windows or turn up the radio.

INJURY PREVENTION

There are many ways to prevent drowsy driving and to remain alert and avoid drowsiness safedrive Africa Foundation suggests:

- Get enough sleep: At least seven hours is the recommended amount of sleep for the average adult. Develop good sleeping habits: Go to bed and get up at the same time every day and make sure your bedroom is dark, quiet, relaxing and at a comfortable temperature. Remove electronic devices from your room, avoid large meals, caffeine and alcohol before bed and get some exercise.
- Talk to your physician about treatment options if you have a sleep disorder: Pay attention to potential symptoms, such as snoring or regularly feeling sleepy during the day. Many people with obstructive sleep apnea and narcolepsy go untreated.
- Avoid drinking alcohol or taking medications that make you sleepy: Check the label on medications or talk to your pharmacist. Common sedating medications include antidepressants, cold tablets and antihistamines.
- Avoid driving late at night or alone: Share driving with other passengers on long trips, pull over at rest stops and take a short nap or arrange for someone to give you a ride home after working a late shift. On long trips, schedule breaks or switch drivers every 300 Kilometer or 2 hours.
- Drink a caffeinated beverage. Since it takes about 30 minutes for caffeine to enter the bloodstream, find a safe place to take a 20-30-minute nap while you're waiting for the caffeine to take effect;
- Avoid sleepy times of day. Take a mid-afternoon nap and find a place to sleep between midnight and 6 a.m.; and
- Traveling with an awake passenger.



As a driver, your number one responsibility is to get yourself and your passengers to your destination safely. When behind the wheel you always need to be alert and focused at the job at hand- driving. At 90 Kph, a vehicle travels the length of a football field in 3.7 seconds. This is no time for a "mini" snooze. On the "roads more traveled" being an attentive driver and looking out for the one who isn't, is increasingly important. Stay focused on the road with two hands on the steering wheel, drive safely behind the wheel, stay safe and arrive safely.



SDAF
SAFEDRIVE AFRICA FOUNDATION
the road safety concern

DROWSY & FATIGUE DRIVING



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OUR KEY FINDINGS AND CRASH ANALYSIS:

- An estimated 16.5 percent (one in six) of fatal crashes, 13.1 percent (one in eight) of crashes resulting in hospitalization, and 7 percent (one in fourteen) of all crashes in which a passenger vehicle is towed involve a drowsy driver.
- Younger drivers age 18-24 were nearly twice as likely to be involved in a drowsy driving crash as drivers age 40-60.
- Two out of three drivers involved in a drowsy driving crash were men.
- Vehicles in which the driver was accompanied by a passenger were nearly 50 percent less likely to be involved in a drowsy driving related crash.
- About 45 percent of drowsy driving crashes involved the driver drifting into other lanes or even off the road.



SURVEY RESULTS:

- Two out of five drivers (41%) reported having “fallen asleep or nodded off” while driving at least once in their lifetime; one in ten (11%) reported having done so within the past year, and 4% said they did so in the past month.
- Seven out of ten (60%) drivers view people driving when they are sleepy as a very serious threat to their safety and nearly all drivers said it was unacceptable (95%) or completely unacceptable (80%) for someone to drive when they were having trouble keeping their eyes open.
- More than one in four drivers (27%) admitted they had driven while they were “so sleepy that [they] had a hard time keeping [their] eyes open” within the past month.

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- More than half (52%) of those drivers who reported having fallen asleep while driving in the past year said that it occurred on a high-speed divided highway.
- More than half (56%) of those drivers who reported having fallen asleep while driving in the past year said they had been driving for less than an hour before falling asleep; only one in five reported they had been driving for three hours or longer.
- Men (48%) were much more likely than women (30%) to report having ever fallen asleep while driving; men (14%) were also more likely than women (8%) to admit having done so in the past year.
- More than one in four drivers (22%) who reported having fallen asleep while driving in the past year reported that it had occurred between noon and 5 p.m.
- Drivers age 24 and younger were most likely to report having fallen asleep in the past year, but they were least likely to report having ever fallen asleep. This is consistent with other studies that have found younger drivers to have a higher risk of falling asleep at the wheel.



INTRODUCTION

Safedrive Africa Foundation (SDAF) is a Non-Governmental Organization that advocates for Road safety, human Rights, Climate resilience and Air pollutions. With a focus on policies for sustainable transportation, road safety, clean fuels and vehicles, and equitable urban development in Kenya since there 2012.

THE DANGERS OF DROWSY DRIVING

Have you ever been driving home late at night and had to fight to keep your eyes open?
Or maybe you’ve felt your attention drift while driving to work in the morning?

It might seem commonplace but driving in these situations can be dangerous. Even if you’re not falling asleep at the wheel, drowsy driving poses a risk to your life and others. Driving while drowsy can cause drivers to pay less attention to the road, slows their reaction time and affects the ability to make good decisions. It also impairs information processing and short-term memory and decreases performance, vigilance and motivation.

Accidents caused by drowsy driving are most common late at night and early in the morning, with early afternoon also being a peak time for drowsiness. Most crashes result from failure to brake or avoid an accident. It’s also common for drivers to veer off the road.

THE UNDERLYING CAUSES

Drowsy driving occurs when a driver is sleepy or fatigued. Excessive drowsiness is usually caused by sleep loss from restriction or too little sleep. This can result from interrupted or fragmented sleep or chronic sleep debt. Other factors include undiagnosed or untreated sleep disorders, the use of sedating medication and consumption of alcohol when already tired. These factors can compound on one another, and any combination of them increases the chances of causing a motor vehicle accident.

According to the Safedrive Africa Foundation survey, people who sleep six hours a night are twice as likely to be involved in a drowsy driving crash than those sleeping eight hours or more, and people sleeping less than five hours increase the risk to four or five times. Commercial drivers who operate vehicles such as trucks, tractor-trailers and buses have increased risk of drowsiness. Workers with long, rotating or night shifts, such as doctors, nurses, Matatu, Taxi drivers and police officers, have a higher risk of drowsy driving, especially when driving home.