

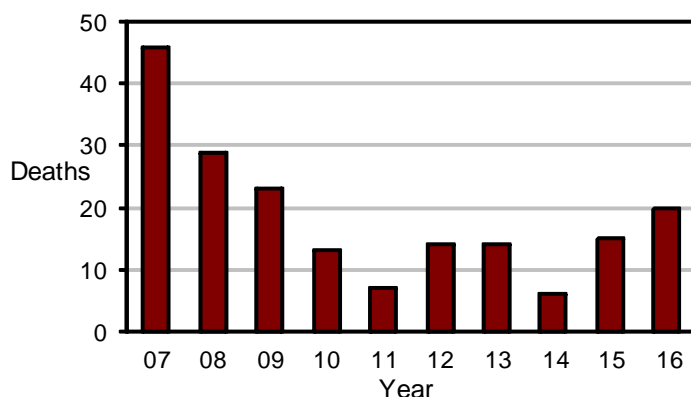
### Did you know in 2016:

- 1,271 motor vehicle crashes occurred in Utah involving a drowsy driver.
- 187 people have died in Utah over the last ten years in drowsy driver crashes.
- 2% of the motor vehicle crashes in Utah involved a drowsy driver.

## Drowsy Driving

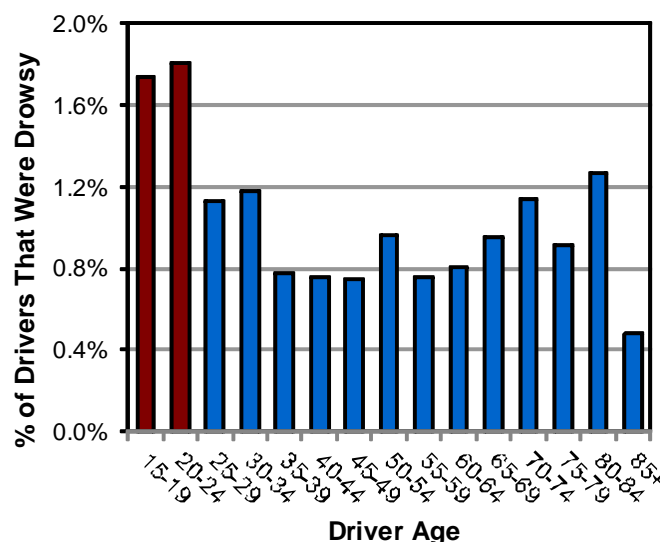


### Drowsy Driver Deaths by Year (Utah 2007-2016)



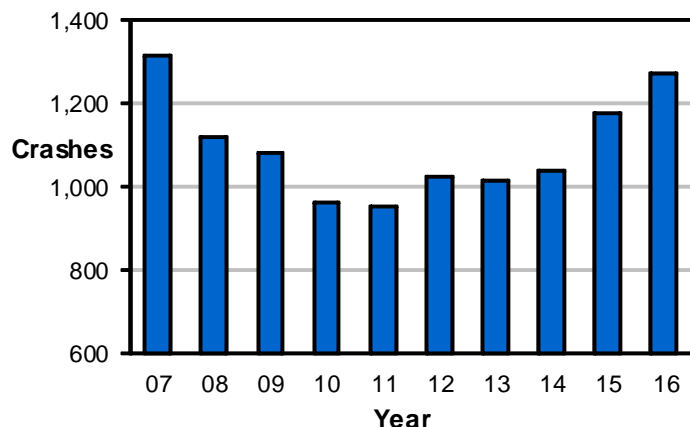
- Over the last ten years, an average of 19 people die each year from drowsy drivers.

### Age of Drowsy Drivers in Crashes (Utah 2016)



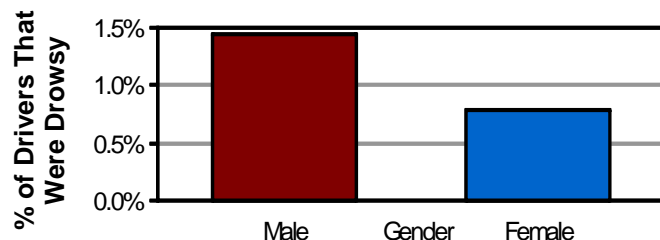
- Drivers aged 15-24 had the highest percent of drivers in crashes that were drowsy.
- Drivers under age 30 years are involved in over half (55%) of drowsy driving crashes.

### Drowsy Driver Crashes by Year (Utah 2007-2016)



- Over the last 10 years, an average of 1,096 drowsy driver crashes occur each year.

### Gender of Drowsy Drivers in Crashes (Utah 2016)

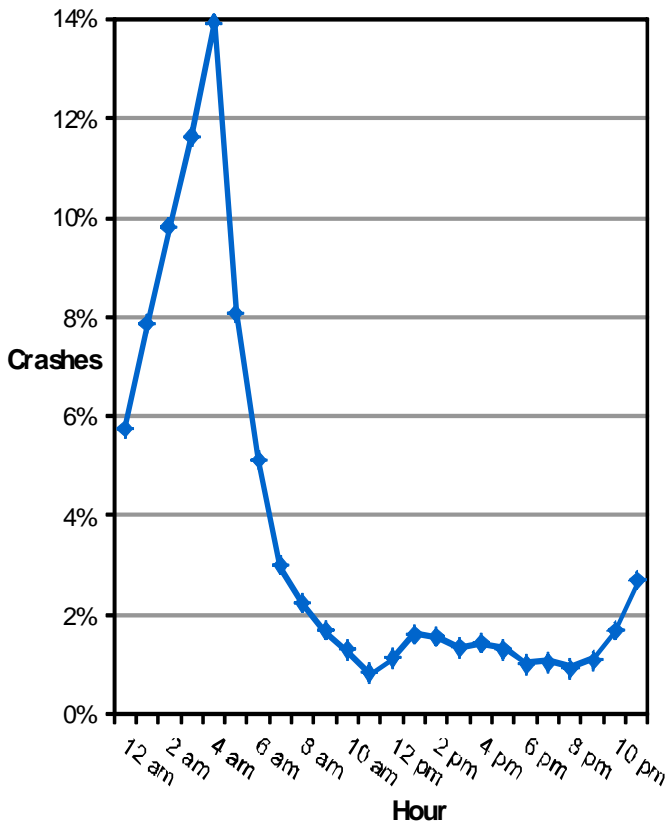


- Males were 1.8 times more likely to be in a drowsy driver crash than females.

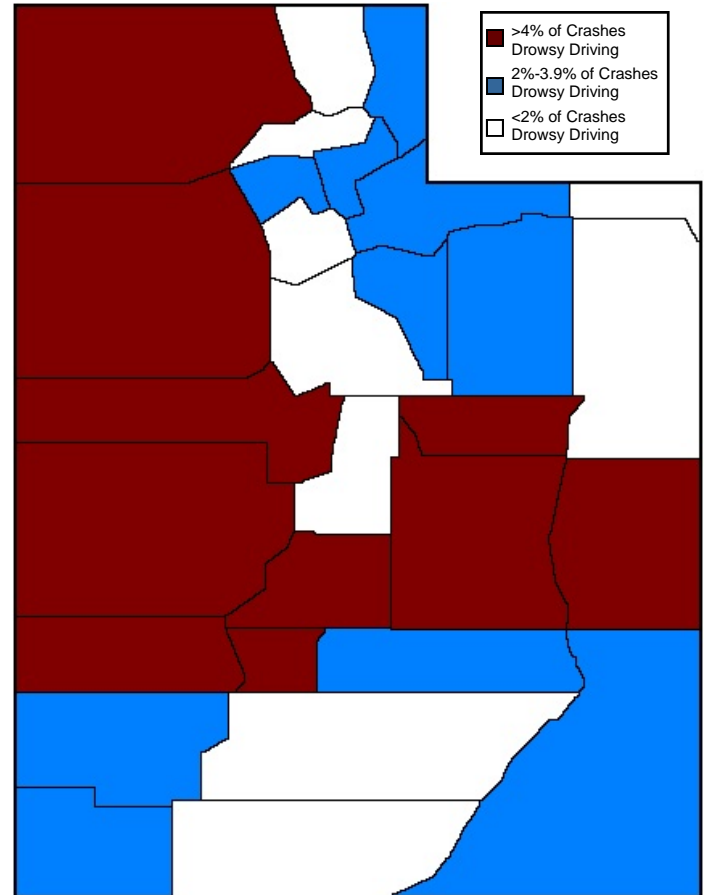
## Drowsy Driving



**Percent of Total Crashes with a Drowsy Driver by Hour (Utah 2016)**

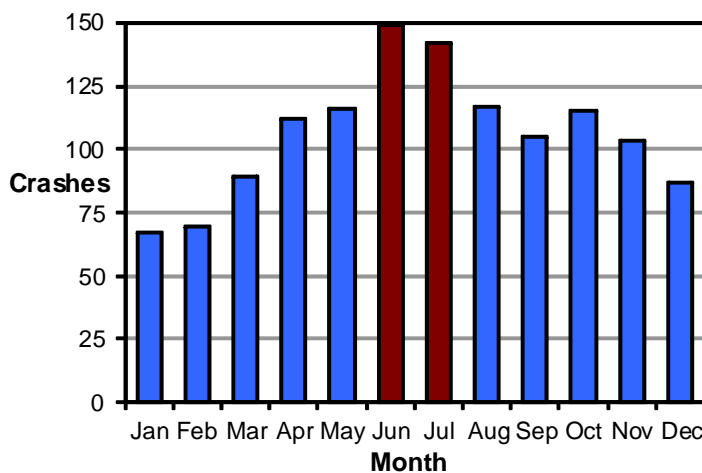


**Percent of Total Crashes with a Drowsy Driver by County (Utah 2016)**



- While 2% of total crashes involved a drowsy driver, 9% of crashes occurring during the hours of midnight-5:59 a.m. involved a drowsy driver.

**Drowsy Driver Crashes by Month (Utah 2016)**



- Juab and Emery Counties had the highest percent of crashes involving drowsy drivers.
- Rural crashes were 2.3 times more likely to involve a drowsy driver than urban crashes.

### Before driving:

- Get adequate sleep - most adults need 7-9 hours to maintain proper alertness during the day
- Schedule proper breaks - about every 100 miles or 2 hours during long trips
- Arrange for a travel companion - someone to talk with and share driving
- Avoid alcohol and sedating medications - check your labels or ask your doctor

- June and July had the most drowsy driver crashes.