



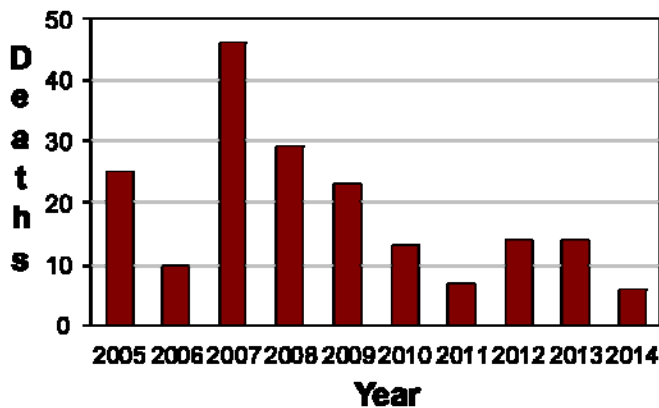
### Did you know in 2014:

- 1,041 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.
- 1.9% of the motor vehicle crashes in Utah involved a drowsy driver.

## Drowsy Driving

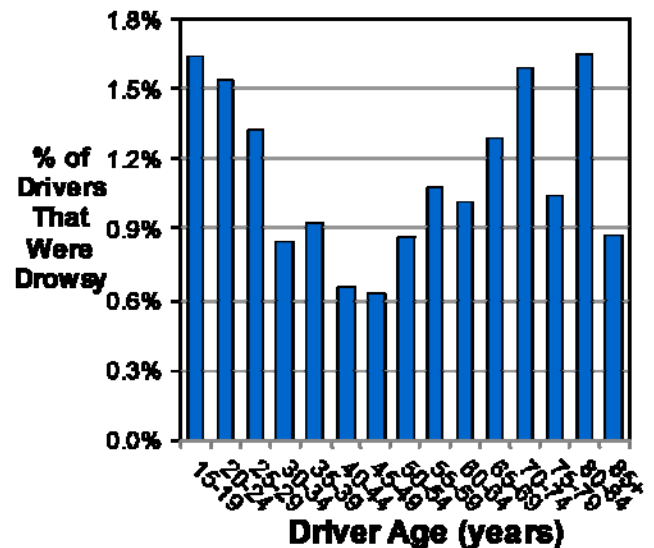


### Drowsy Driver Deaths by Year (Utah 2005-2014)



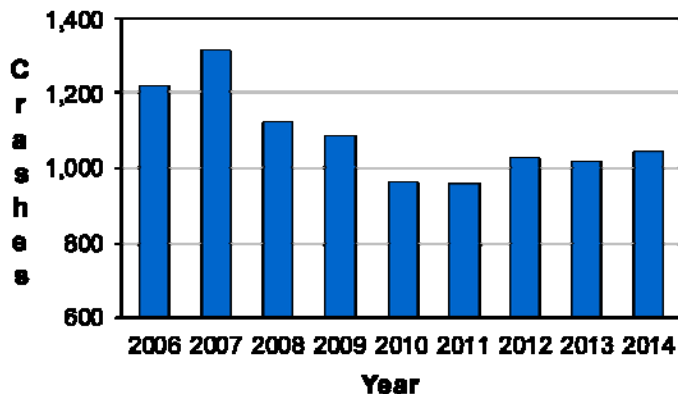
- Over the last ten years, an average of 19 people die each year from drowsy drivers.

### Age of Drowsy Drivers in Crashes (Utah 2014)



- Drivers aged 15-24, 70-74, and 80-84 had the highest percent of drivers in crashes that were drowsy.
- Drivers under age 30 years are involved in over half (52%) of drowsy driving crashes.

### Drowsy Driver Crashes by Year (Utah 2006-2014)



- Over the last nine years, an average of 1,081 crashes occur each year involving a drowsy driver.

### Gender of Drowsy Drivers in Crashes (Utah 2014)

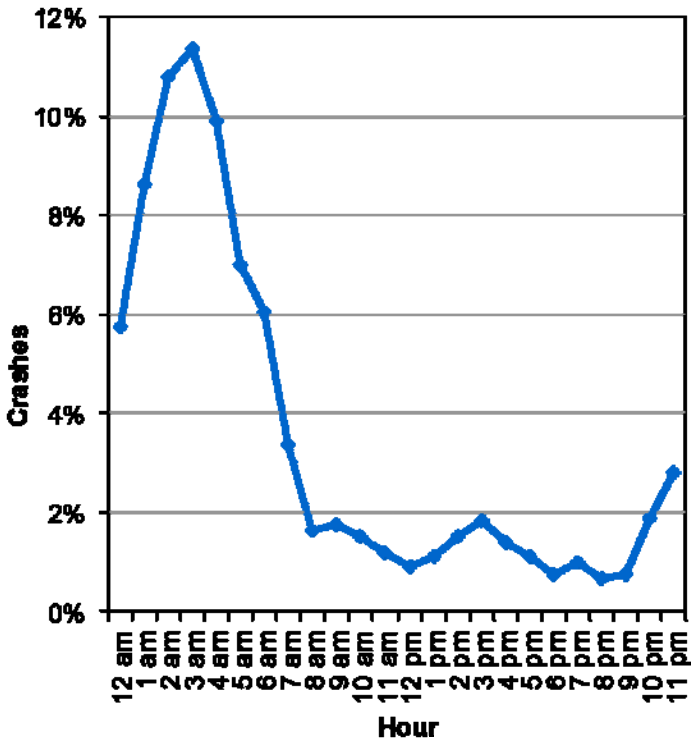


- Males were 1.8 times more likely to be in a drowsy driver crash than females.

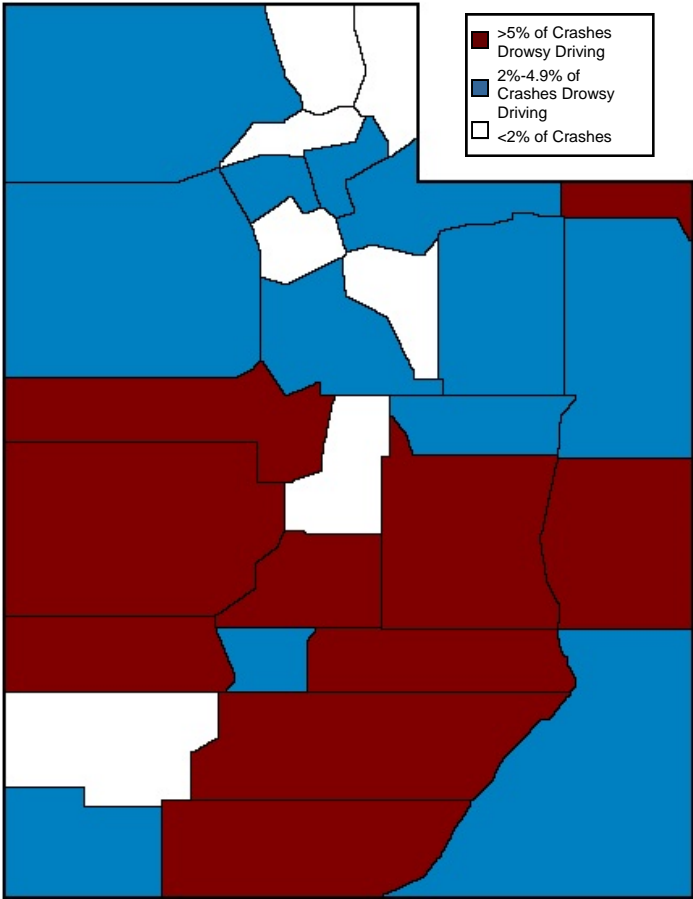
# Drowsy Driving



**Percent of Total Crashes with a Drowsy Driver by Hour (Utah 2014)**

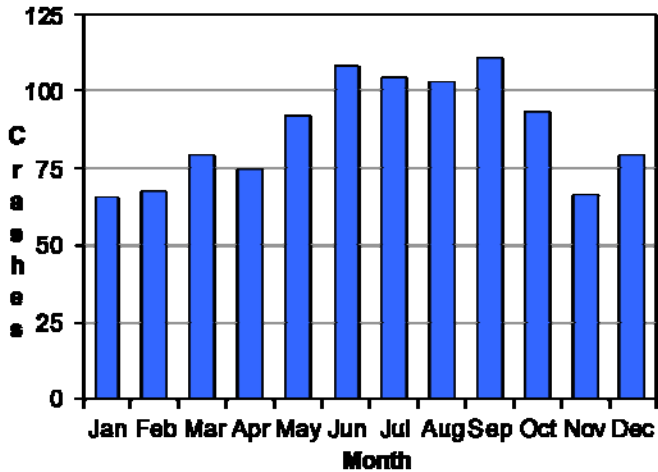


**Percent of Total Crashes with a Drowsy Driver by County (Utah 2014)**



- While 2% of total crashes involved a drowsy driver, 8% of crashes occurring during the hours of midnight-6:59 a.m. involved a drowsy driver.
- The highest number of drowsy driver crashes occurred during the hours of 6:00-7:59 a.m. and 3:00-5:59 p.m.

**Drowsy Driver Crashes by Month (Utah 2014)**



- Grand and Juab Counties had the highest percent of crashes involving drowsy drivers.
- Rural crashes were 2.6 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 through September had the most drowsy driver crashes.