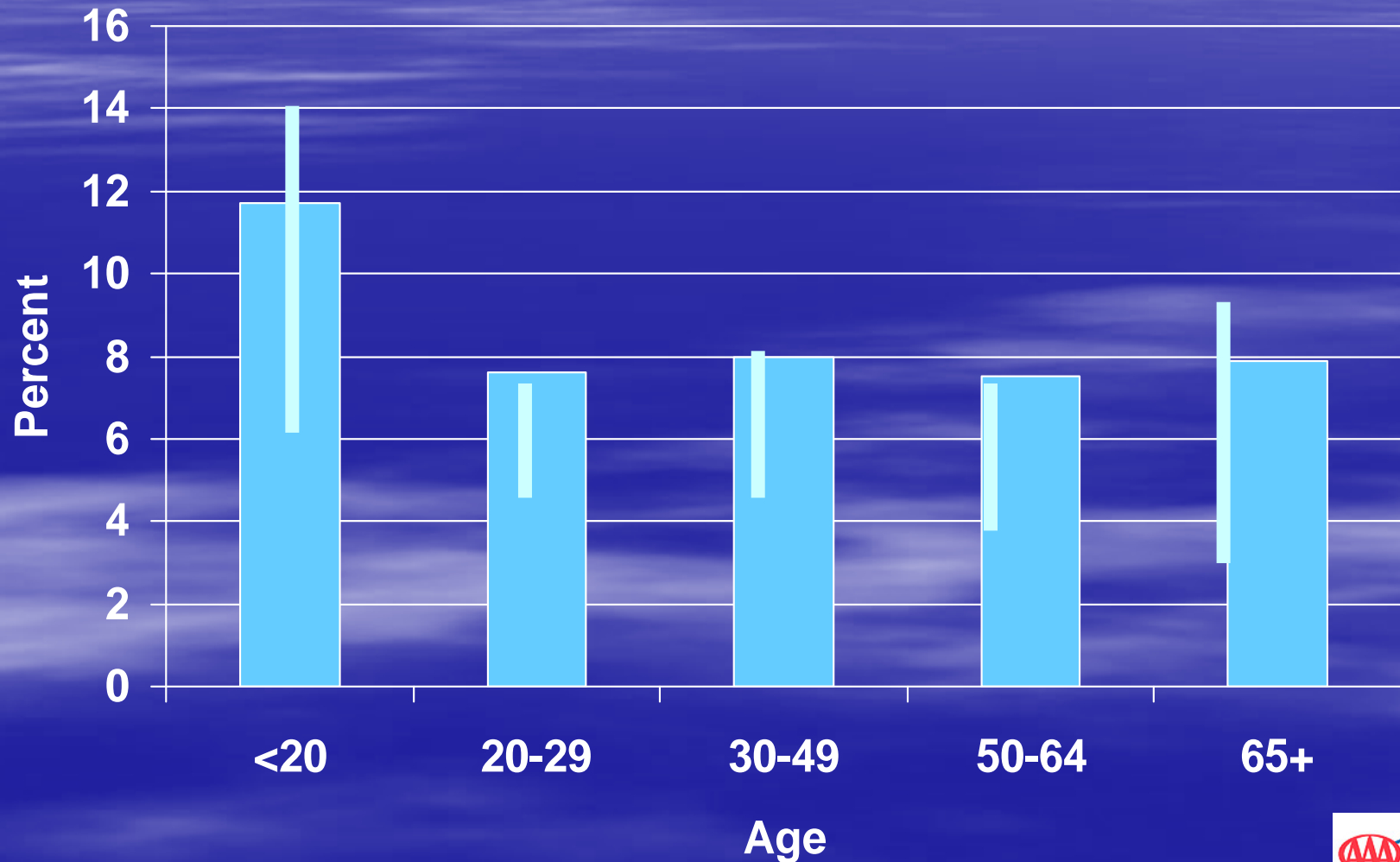
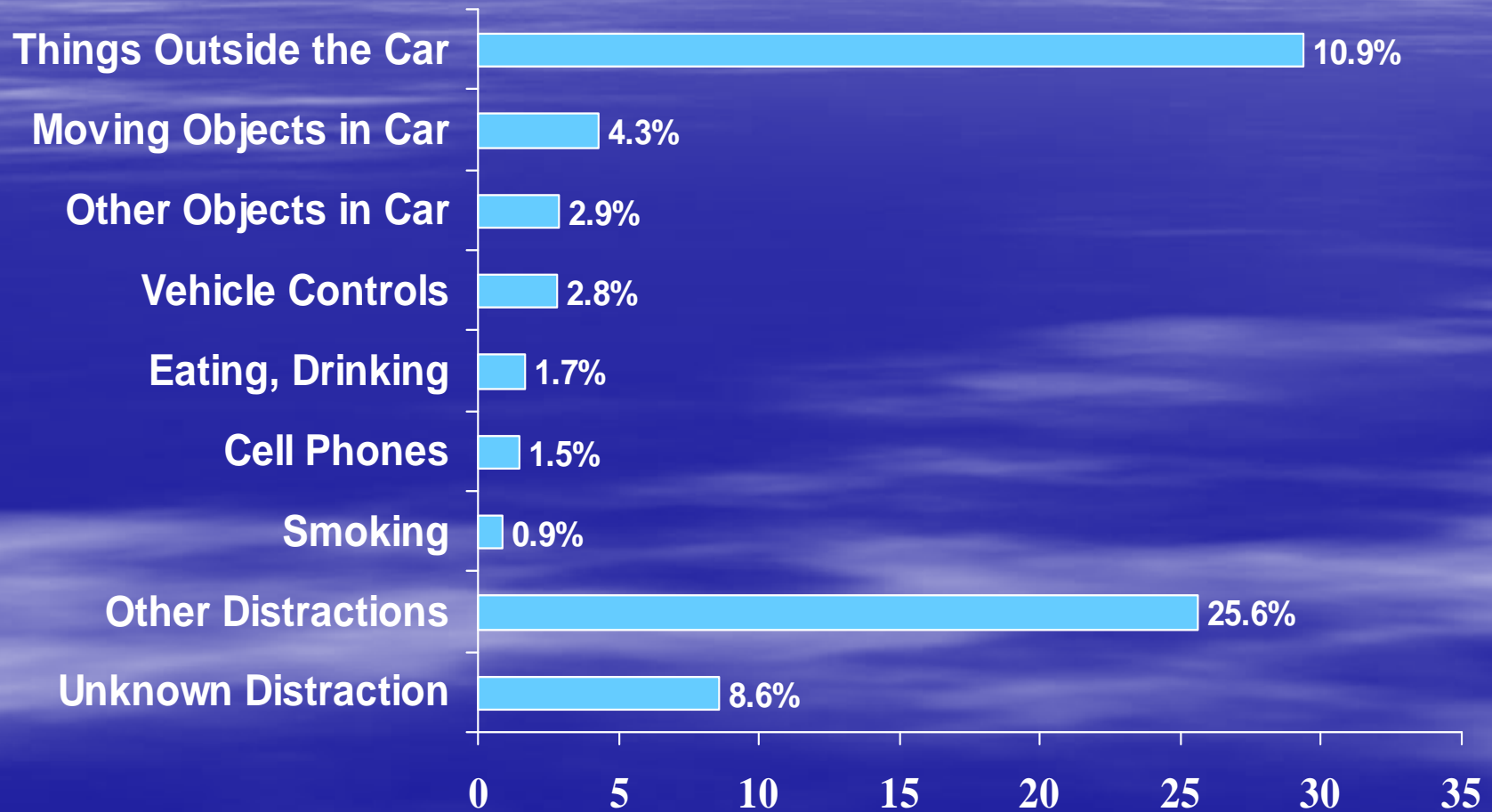


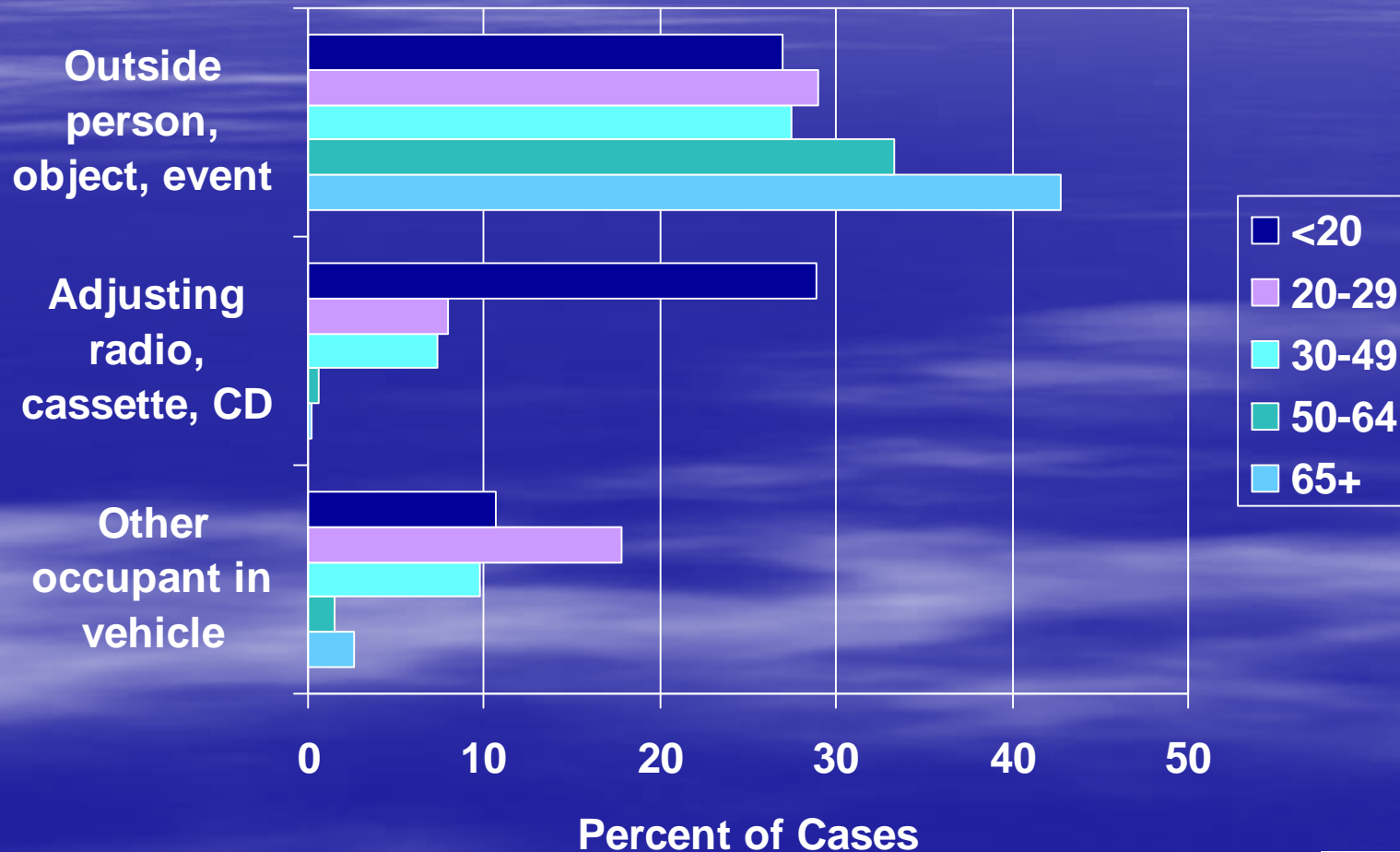
Percent of Drivers in Crashes Who are Distracted



What Distracts Drivers?



Nature of Distraction By Age of Driver



Teenagers and Sleep

(or lack thereof)

- Only 20% of adolescents get the recommended nine hours of sleep on school nights, and nearly one-half (45%) sleep less than eight hours on school nights. (NSF's 2006 *Sleep in America* poll)
- At least once a week, more than one quarter (28%) of high school students fall asleep in school, 22% fall asleep doing homework, and 14% arrive late or miss school because they oversleep. (NSF's 2006 *Sleep in America* poll)
- As children reach adolescence, their circadian rhythms—or internal clocks—tend to shift, causing teens to naturally feel more alert late at night and wake up later in the morning. This phase delay can make it difficult for them to fall asleep before 11 pm.
- According to an NSF poll, more than one half (54%) of high school seniors go to bed at 11 pm or later on school nights. However, the survey showed that on a typical school day, adolescents wake up around 6:30 a.m. in order to go to school. (NSF's 2006 *Sleep in America* poll)

Teenagers and Sleep

(or lack thereof)

- Traffic crashes are the leading cause of death of young people in the U.S, taking the lives of at least 5,600 teens each year. Simply put, traffic crashes are the number one killer of U.S. teens. (NHTSA)
- Drowsy driving among teens is common. More than half of teens (51%) admit to having driven drowsy in the past year, and 15% at least once per week. This proportion increases as teens get older: among drivers, 62% of 11th graders and 68% of 12th graders reported driving while drowsy within the last year. (NSF's 2006 *Sleep in America* poll)
- 17 hours of sustained wakefulness produces performance impairment equal to 0.05% BAC; after 24 hours, impairment is equal to 0.10% BAC. A BAC of 0.08% is considered legally drunk in every state. (Dawson and Reid, 1997; Williamson and Feyer, 2000)

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