

DROWSY DRIVING

According to the National Sleep Foundation, 60% of adult drivers — about 168 million people — say they have driven a vehicle while feeling drowsy in the past year, and more than one-third have actually fallen asleep at the wheel. The National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported crashes are the direct result of driver fatigue each year.



Are you at risk?

Individuals most at risk of suffering the effects of drowsy driving are young people, shift workers, commercial drivers, business travelers, and people with undiagnosed or untreated sleep disorders.

You may be at risk if you:

- Are sleep deprived or fatigued
- Drive long distances
- Drive through the night or mid-afternoon
- Work more than 60 hours per week
- Have more than one job and your primary employment includes shift work
- Drink alcohol
- Drive alone or on long, rural and/or dark roads
- Take sedating medications such as cold tablets, antihistamines or antidepressants
- Experience jet lag

The Epworth Sleepiness Scale

How likely are you to fall asleep in the following situations? For each situation, decide and rate whether or not you would have:

No chance of dozing = 0; Slight chance of dozing = 1

Moderate chance of dozing = 2; High chance of dozing = 3

Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (e.g., a theater or a meeting).....	0	1	2	3
As a passenger in a car for an hour without a break.....	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone.....	0	1	2	3
Sitting quietly after a lunch without alcohol.....	0	1	2	3
In a car, stopped for a few minutes in traffic.....	0	1	2	3

Total score: _____

Analyze your score

0-7: It is unlikely that you are abnormally sleepy

8-9: You have an average amount of daytime sleepiness

10-15: You may be excessively sleepy depending on the situation, and you may want to consider medical attention

16-24: You are excessively sleepy and should consider seeking medical attention

We're here to help

Having difficulty falling asleep, staying asleep at night or staying awake during the day? Does your employer require a sleep apnea screening? The fully accredited MidHudson Regional Sleep Center provides:

- In-facility and at-home diagnostic testing
- Treatment for sleep-related breathing disorders
- Efficacy of treatment testing/validation
- Treatment and therapy compliance intervention
- Interpretations and recommendations made by board-certified sleep specialists

If you believe you may be suffering from a sleep disorder, call the Sleep Center at **845.431.8214**.



**MidHudson
Regional Hospital**

Westchester Medical Center Health Network

Sleep Center

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