



A MINUTE OF HEALTH WITH CDC

Don't Sleep while Driving

Drowsy Driving Prevention Week — November 8–14, 2010

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Driving while not fully alert is more dangerous than you might think. A recent study found that driving while drowsy causes about one hundred thousand motor-vehicle crashes and more than fifteen hundred deaths each year. The groups at highest risk for sleep-related crashes include commercial bus and truck drivers, people who work irregular hours, and those with sleep disorders. The warning signs that tell you 'it's time to get off the road' are having trouble keeping your eyes open, yawning, drifting from your lane, or hitting rumble strips. Pull off the road and take a short nap or get some coffee. Driving while drowsy is a disaster waiting to happen.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.