



## **A MINUTE OF HEALTH WITH CDC**

### *Stay Awake Behind the Wheel*

*Drowsy Driving Prevention Week — November 6–12, 2011*

Recorded: November 15, 2011; posted: November 17, 2011

*This program is presented by the Centers for Disease Control and Prevention.*

Driving while drunk results in thousands of injuries and deaths, but operating a motor vehicle without adequate sleep can be just as dangerous. From 1999 to 2008, nearly two in 10 fatal crashes resulted from a drowsy driver, and in a recent survey, 28 percent of people said they had dozed off while driving in the past year. Americans need more sleep.

To ensure that you're well-rested and ready to drive, establish healthy sleep practices. Maintain a regular sleep schedule; create an environment that's dark, quiet, and comfortable; and avoid strenuous activity before bedtime.

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

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