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.

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