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Don't
Drive
Drowsy

Brianna's
Wings of Passion
FOUNDATION



Who Drives Drowsy

- 52% of 30-64 year-olds
- 19% 65+
- 71% 18-29 year-olds,
- 51% of adolescents who drive report that they have driven drowsy in the past year
- **16%** of 11th graders and **20%** of 12th graders drive **drowsy** once a week or more

Signs of Drowsy Driving

- Difficulty focusing
- Frequent blinking
- Daydreaming at the wheel
- Drifting from your lane
- Swerving or tailgating
- Can't recall last few miles driven
- Yawning and head snaps
- Missing exits or traffic signs

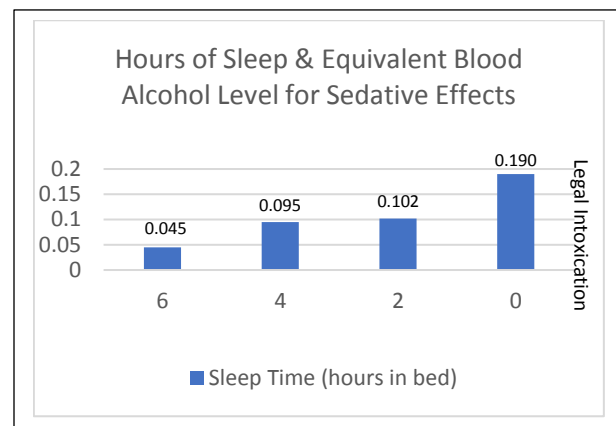
Counter Measures

- Watch for the warning signs of fatigue
- Get sufficient sleep
- If Sleepy, pull over and take a 15-20 min nap

More than 100,000 police reported crashes are the direct result of driver fatigue each year, nationwide. An Estimated 6,400 deaths, 110,000 injuries and \$12.5 billion in monetary losses.

How much sleep should teens get each night?

Although the actual amount of sleep necessary may vary from individual child. The American Academy of Sleep Medicine recommends that the average teen between ages of 13-18 years of age get 9-10 hours of sleep each night. Teens should maintain enough sleep to awaken refreshed on their own. The necessity for a parent or alarm clock to awaken a child indicates that your child has not received enough sleep.



Auto crashes leading cause of death for teens

16 year-olds are involved in more than 5x the fatal crashes per-mile driven than adults

Statewide States

California has experienced an increase in collisions involving sleepy fatigued drivers over the last three years.

- In 2014, 4693 collisions involving sleep drivers
- In 2015, 5810 collisions
- In 2016, 6930 collisions
- Resulted in 44 deaths (2014) 43 (2015) and 47 (2016)

Sleep and Grades

Good sleep

- Prepares brain to take in new information
- Learn new tasks faster
- Retains newly learned info

National Sleep Foundation reported that "A" students on average Sleep

- 15 min more than B students
- 26 min more than C students
- 36 min more than D students
- Roughly one less TV show a night may significantly improve your child's school performance.

ADHD and Sleep

Many research studies suggest that at least **50%** of all people with ADHD actually are not getting enough sleep. Improving their sleep is shown to resolve ADHD without medication.

Sleep Tips

- Make sleep a PRIORITY!!
- Establish a consistent bedtime habit
- 7-8 hours of sleep for adults; 8-9 hours for teenagers
- Avoid excitement or physical activity 60 minutes before bedtime
- Computers, TVs, video games and cell phones all disturb sleep
- Avoid caffeine, if possible, but especially after noon.

Possible Sleep Disorder

Sometimes getting a full night sleep is not enough. At least 20% of all children suffer from some form of sleep problem and as high as 1/3rd of elementary aged kids have a sleep condition.

Sleep Apnea-

Snoring may indicate that your child's breathing is interrupted during their sleep leading to disturbed sleep.

Restless Legs/Periodic Limb Movements-

A creepy, crawling, irritable feeling in legs or jerking legs and/or arms during sleep.

Sleep Walking/Talking-

Unusual behaviors during sleep like sleep walking, talking or bed wetting often are indicators of disrupted sleep.