

THE PROBLEM WITH DRIVER FATIGUE QUICK FACTS

What causes driver fatigue?



Not enough sleep



Broken or **poor quality** sleep



Disruption of the daily routine, e.g. driving when you would normally be asleep



Sustained concentration or physical effort, **long hours** of work



Stresses from the environment, such as heat, noise, vibration, or bright light



Medical conditions such as sleep disorders, diabetes or serious pain may contribute to fatigue

Why is driver fatigue a problem?



Our alertness is reduced



We are less able to detect things going wrong with our driving



We are less able to work out what needs to be done



In extreme cases, we may actually fall asleep at the wheel with total loss of awareness and control

Tips:



The only remedy to drowsiness and fatigue is **sleep**



Take a **15 minute power nap**



Only drive for **2 hours** at a time



Limit driving to **less than eight hours per day**



Avoid direct **sun light** – use shading



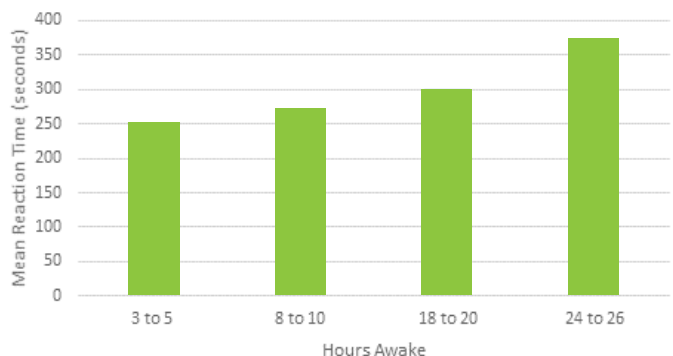
Beware of the effects of **monotony**

Source: [Fatigue Campaign T&C \(2017\)](#)

Increasing reaction time

As the number of hours you are awake for increases, so does your mean reaction time.

Mean Reaction Time



Source: [Managing Driver Fatigue, ATSR \(2006\)](#)