Driving is based on 90% visual cues, 13 years, thereafter, your illumination acuity, according to the National Safety Council.

Driver Fatigue - Warning Signs

- Can’t remember the last few miles
- Yawn repeatedly
- Tailgating or missing signs
- Have difficulty focusing or keeping eyes open
- Have trouble keeping head up
- Drift from lane or jerking car back into lane
- Experience wandering or disconnected thoughts

Micro-Sleeps - in 10 seconds a truck, passenger car or school bus can travel 880 feet, the length of three football fields. A micro-sleep is an involuntary reaction by the brain to lack of sleep. The eyes may be open, but the brain is not processing information. Micro-sleeps can last up to 10 seconds. When they occur, no one is driving.

As one becomes fatigued, their performance declines because the brain becomes tired. Decision-making takes longer when fatigued. A tired brain does not function well.

Population Groups at Highest Risk for Driving Fatigue

Although no driver is immune, some broad population groups are at highest risk. These are:

- Younger people (ages 16-29), especially males.
- Shift workers whose sleep is disrupted by working at night or working in rotational shifts.
- People who work long or irregular hours and/or non-traditional work schedules.
- People with untreated sleep apnoea syndrome (SAS) and narcolepsy.
- Commercial drivers, especially those driving at night.
- Persons who have been drinking or have taken certain medications.
- All drivers are at risk in certain situations, for example, when driving long distances without rest breaks.

Ways to reduce driver fatigue:

- Get enough sleep.
- Try to avoid driving between midnight and 6 a.m.
- Schedule rest stops at least every two hours.
- Know your limitations.

Remember, safe driving demands your full and undivided attention!