



## FATIGUED AND DROWSY DRIVING

### WHAT IS FATIGUED OR DROWSY DRIVING ?

Fatigue and drowsiness differ slightly in meaning; however, they have similar effects—both impair driving. If you have not had adequate sleep; have consumed alcohol or ingested medication; have been driving for a long time; or, feel sleepy behind the wheel of the car, you are most likely driving while drowsy or fatigued.

Sleep deprivation is comparable to drunk driving. A full day without sleep is equivalent to a BAC of 0.10, which is legally drunk.

### HOW DOES FATIGUED DRIVING AFFECT THE BENEFITS OF VEHICLE SAFETY FEATURES?

The majority of safety features are activated based upon your responses to a situation. If you are asleep or your eyes are shut, you are not able to detect or respond to potential dangers.

For instance, features like ABS, electronic stability control (ESC), brake assist or brake override will not activate until you hit the brakes. Adaptive headlights and electronic brake-force distribution (EBFD) will not respond until you move the steering wheel.

Most safety features cannot “watch the road” and respond if you are not paying attention. They require you to be alert, working with your foot and steering commands as you respond to the situation.

**Your brain is your vehicle's most important safety feature.**



Even if you are able to stay awake, fatigue still can undermine your car's safety features.

Like drunk driving, fatigue slows down your reaction time, impedes your ability to think quickly or make decisions, impairs your vision and reduces your alertness.

Delays in hitting the brake pedal prevent EBF and brake assist from doing the intended job—stopping the vehicle sooner. Swerving too hard can overload ESC or EBF and prevent them from compensating for oversteering.

Lastly, fatigue still may impede your response and reaction time when a vehicle alarm goes off, again reducing the effectiveness of safety features.

Learn more about fatigued and drowsy driving at [www.brainonboard.ca](http://www.brainonboard.ca) or <http://tirf.ca>.

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