FATIGUE
FACTS AT A GLANCE

70% of serious crashes are caused by symptoms of fatigue

7.5 hours of sleep per night is recommended to avoid fatigued driving

20 minutes power nap can refresh a driver and prevent fatigue-related crashes

EARLY WARNING SIGNS
- Wandering thoughts
- Missing a gear
- Braking late
- Slowing unintentionally

PHYSICAL WARNING SIGNS
- Yawning
- Blinking more
- Forget driving last few kms
- Trouble keeping head up

DANGERS OF MICROsleep

When you’re driving tired, you can drift in and out of sleep without knowing it. Sleep experts call this a micro-sleep and can last three to five seconds. They are the main cause of fatigue-related crashes. A micro-sleep of five seconds at 110km/h is like travelling the length of an Aussie rules football field with your eyes closed.

17–19 hours awake is equivalent to 0.05 BAC (Reaction time)

24 hours awake is equivalent to 0.10 BAC (Reaction time)

*Blood Alcohol Concentration (BAC)