

Are you sabotaging your sleep?

Common and seemingly harmless behaviors can prevent you from getting the sleep you need.



Late night dining won't leave enough time to digest your food and you could be kept awake by heartburn, gas or sugar or caffeine-fueled energy surge. It's best to finish dinner at least two hours before bed.

alternate sleeping arrangements for your pet during high allergy season, if not all nights.

Snuggling up with phones, laptops, and other gadgets in the hour leading up to bed-time exposes you to blue-and-white light that studies show



prevents our brains from releasing melatonin, a hormone that tells our bodies it's night time.



Sleeping with a furry friend improves sleep for some but inhibits it for others. Something to keep in mind if you are a seasonal allergy sufferer is to bathe your pets often during the months when they bring in more contaminants (like pollen) from outside. As hard as it can be, you may want to consider



Sleep is Crucial for Well-Being



WHAT'S REALLY CONTRIBUTING TO CRASHES?

Keep in mind, it's often a combination of behaviors...

DROWSY DRIVING

A factor in more than 328,000 traffic crashes each year, resulting in more than 109,000 injuries and 6,400 deaths.²

21% OF CRASHES IN WHICH A PERSON WAS KILLED INVOLVED A DROWSY DRIVER

DISTRACTED DRIVING

In 2014, 3,179 people were killed and an estimated 431,000 were injured in motor vehicle crashes involving distracted drivers.³

10% OF FATAL CRASHES INVOLVED A DISTRACTED DRIVER
18% OF INJURY CRASHES INVOLVED A DISTRACTED DRIVER

SEAT BELTS

Seat belts keep drivers in place and better able to control the vehicle if they are hit by another driver.

WEARING A SEAT BELT REDUCES RISK OF SERIOUS INJURY OR DEATH BY NEARLY **50%** FOR FRONT-SEAT OCCUPANTS INVOLVED IN A CRASH⁷

FOLLOWING TOO CLOSELY

A major contributor to rear-end collisions.

50% OF CRASHES INVOLVING TWO VEHICLES ARE REAR-END COLLISIONS⁶

IMPAIRED DRIVING

Some over-the-counter and prescription medications can also impair driving.

33% OF TRAFFIC FATALITIES EVERY YEAR SINCE 1994 INVOLVED A BLOOD ALCOHOL LEVEL (BAC) OF .08% OR ABOVE⁴

SPEEDING

One of the most prevalent factors in fatal crashes.

28% OF FATAL CRASHES INVOLVED SPEEDING⁵

DROWSY, DISTRACTED, OR FOCUSED... YOUR DECISIONS DRIVE YOUR SAFETY

References for all pages can be found at <http://trafficsafety.org/dswm/dswm-2016-materials/references>

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