

DRIVER FATIGUE

Question

Answer



WHAT ARE SOME WARNING SIGNS OF FATIGUE WHILE DRIVING?

Yawning, drifting in your lane, heavy eyes, delayed reactions, daydreaming, and difficulty remembering the last few kilometres.



WHEN IS A DRIVER AT HIGH RISK OF FATIGUE?

When driving between 1am - 6am or 1pm - 5pm, starting a trip after a long workday, or suffering from sleep disorders like sleep apnoea.



WHAT IS A MICROSLEEP?

A microsleep is a brief, unintended loss of attention lasting seconds to minutes, often without awareness. It can lead to missing critical road cues like curves or intersections.



HOW DOES FATIGUE IMPAIR DRIVING?

Being awake for 17 hours impairs driving ability as much as a BAC of 0.05. Staying awake for 24 hours is equivalent to a BAC of 0.10, making fatigue as dangerous as drink driving.



IS COFFEE AN EFFECTIVE SOLUTION FOR FATIGUE?

Coffee provides only short-term benefits. Once its effects wear off, the fatigue returns, and only sleep can address the underlying issue.



CAN I RELY ON FRESH AIR OR MUSIC TO STAY ALERT?

No, these provide only temporary relief. If you're already fatigued, you need to stop and sleep.



WHAT ROLE DOES “SLEEP DEBT” PLAY IN FATIGUE?

Sleep debt accumulates when you don't get enough rest. The only way to “repay” it and reduce fatigue risk is by getting proper sleep.



**ONLY SLEEP
CURES
FATIGUE**

