

2022 Drowsy Driving Key Survey Results



The best way to prevent drowsy driving is by making sure you are a Best Slept® driver.



95 percent of Americans think drowsy driving is risky, but a majority of drivers do it anyway



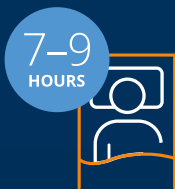
6 in 10 drivers (62%) have driven a car when they were so tired they had a hard time keeping their eyes open, a projected **150+ million US motorists**



37 million motorists are estimated to drive drowsy at least once per year



Almost 2 in 10 drivers (18%) are overly confident in their ability to drive after sleeping only 2 hours or less the previous night



Drivers who get NSF's recommended amount of sleep per night (7-9 hours for most adults) **are less likely to drive drowsy**