National Sleep Foundation’s Drowsy Driving Survey: 2023 Key Survey Results

Risk starts early for teen drivers

In their first two years of driving, 1 in 6 teens have already driven while drowsy.

95% of teens say drowsy driving is risky, but most rate drunk, drugged, and distracted driving as more dangerous.

Most teens say schoolwork and jobs are the main factors that keep them from getting the sleep they need to drive alert.

Teen drivers with jobs are more than 2X as likely as those without to have driven while so tired they had a hard time keeping their eyes open.

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

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