

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.

