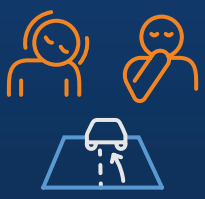
Drowsy Driving Update: All Signals Say Time for Action

DROWSY DRIVING PREVENTION WEEK®
NOV 1–7, 2026
theNSF.org
SLEEP FIRST. DRIVE ALERT.

Drowsy Driving Is Widespread

- **About 145M+ adult U.S. Drivers (61%)** have driven while drowsy at least once — and nearly 35M do it at least monthly.



Adults Miss the Most Basic Warning Signs

- **~40% of adult drivers** don't recognize the basic warning signs of drowsy driving: blinking, head-nodding, and lane drift.

Low Use of Driver Safety Technology

- **Almost 6 in 10 (58%) adults** are familiar with driver alertness monitoring, yet **only 3 in 10 (31%)** have ever used it.
- **62% worry about data** from alertness-monitoring systems being misused.

Americans Tie Policy to Consequences

- **62% of adults favor** making drowsy driving illegal when it results in a serious injury or fatal crash.
- **39%** say drowsy driving should be illegal outright.

Millions Back Technology and Education

- **An estimated 91M+ U.S. adults support** requiring driver-alertness technology in all new vehicles to curb drowsy driving.
- **An estimated 91M+ also support** requiring sleep and drowsy driving education as part of licensing.

Drowsy driving is impaired driving.
The first, best way to avoid driving drowsy?
Sleep First. Drive Alert.®

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