



American Academy of Sleep Medicine

Resolution

Recognizing the dangers of drowsy driving and sleep disease as public health epidemics in need of increased public awareness

Whereas, drowsy driving is defined by the American Academy of Sleep Medicine as “when a person who is operating a motor vehicle is too tired to remain alert;” and

Whereas, studies show that going 18 hours without sleep leaves a driver equally impaired to a driver with a .08 blood alcohol content, the legal alcohol limit; and

Whereas, drowsy driving is the known cause of 21% of all fatal car crashes and 6% of all total accidents despite being subject only to self-reported data; and

Whereas, annually, \$12.5 billion in property damage is caused by drowsy driving; and

Whereas, new drivers, age 16-24 are 80% more likely to be involved in a drowsy driving accident; and

Whereas, 40 million Americans suffer from a sleep disease. Now, therefore be it

That the House of Representatives:

- (1) Recognizes the prevalence and present dangers of drowsy driving in American transportation practices; and
- (2) Promotes public awareness efforts to mitigate the effects of drowsy driving on American lives and the economy.

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