



Asleep at the Wheel:  
A Nation of Drowsy  
Drivers

November 4-5, 2015

**Drowsy Driving Next Steps**

# Drowsy Driving Next Steps

- The National Highway Traffic Safety Administration (NHTSA) hosted a forum, *Asleep at the Wheel: A Nation of Drowsy Drivers*, on November 4th and 5th, 2015.
- The forum convened leading sleep experts, national stakeholders, and other interested individuals to discuss drowsy driving research and program objectives as well as next steps.
- A proceedings document covering the forum is forthcoming in a sleep science journal.
- In the interim, the following document summarizes the general observations and recommendations of the forum participants.
- This input will be considered by NHTSA in developing the framework for addressing drowsy driving across the nation.
- *The following document represents the perspectives of the forum participants and not the position of NHTSA on drowsy driving.*

# Next Steps Matrix

- At the end of the forum, the participants came together to develop a matrix of suggested future research topics.
- The research ideas were divided up into five broad areas looking at both short-term and long-term opportunities.
- The following four slides provide the results for each area.

	Measurement & Analysis	Education	Vehicle Technology	Policy	Other
Short-Term (Before Spring 2017)					
Long-Term (After Spring 2017)					

# Measurement & Analysis

## Short-Term

- Improve crash reporting
- Initiate crash risk/case-control study
- Provide context for NHTSA's Fatality Analysis Reporting System (FARS) data
- Document economic impact

## Long-Term

- Explore use of event data recorders and other vehicle data to identify near misses, repeat offenders, vulnerable populations
- Develop Sleep-a-lyzer (and/or other biomarkers)
- Explore use of mobile technologies for data collection
- Share surveillance data to facilitate research

# Education

## Short-Term

- Increase use of victims' messages
- Improve messaging and develop new materials (especially for high-risk groups)
  - Intensity and risk
  - Prevention measures
  - Danger signs
  - Response to danger signs
- Conduct research on effective messaging
- Study past successes with similar campaigns
- Promote adoption of driver's manuals/license exam questions
- Conduct education in NJ & AR regarding existing laws to affect social norms
- Conduct broad public health campaign on sleep and health

## Long-Term

- Conduct research on high risk target groups
- Promote corporate wellness programs

# Vehicle Technology

## Short-Term

- Promote development of drowsiness warning systems
- Educate consumers on use of warning systems
- Explore potential navigation feature linked to drowsiness detection
- Encourage adoption of collision avoidance technologies

## Long-Term

- Develop techniques for vehicle response to drowsiness detection
- Explore standardization of vehicle detection and alert technologies
- Integrate drowsy driving detection and data recording

# Policy Development

## Short-Term

- Develop and promote model drowsy driving law for States
- Evaluate effectiveness of laws
- Promote corporate policies
- Develop fatigue risk management programs for high risk professions such as EMS and public safety
- Explore potential of graduated driver's license (GDL) laws for reducing drowsy driving
- Facilitate regular engagement of sleep societies with corporations and insurance industry
- Develop government employee drowsy driving policy

## Long-Term

- Provide guidance for state policy and program action

# Other Drowsy Driving Initiatives

## Short-Term

- Develop national plan for continuity in drowsy driving efforts
- Improve collaboration among sleep societies
- Improve collaboration among government agencies
- Facilitate regular meetings between sleep scientists and automotive industry
- Facilitate meetings between sleep scientists and mobile health community
- Foster widespread implementation of rumble strips
- Facilitate coordination among stakeholders on messaging, communications, funding sources, policy development and research

## Long-Term

- Promote construction of rest areas or other places to rest