

Side Effects Of Driver Fatigue

Long-Term Health Effects

If you regularly have poor sleep, you are:

5 ×



Five times more likely to have depression

3 ×



Three times more likely to have cognitive decline

2 ×



Twice as likely to develop dementia, as sleep clears your brain of a toxin linked to dementia

50%



50% more at risk of obesity as lack of sleep makes the body hungrier



More likely to develop cardiovascular disease

Short-Term Health Effects

Inadequate sleep can:



increase your chances of succumbing to illness, such as flu infections.



link to poor mental health and depression and affect our mood.

In the workplace...



Chronic sleep deprivation is associated with slower thought processes, more errors and poor judgement and memory.

When Driving...

2-7 times



People with poor sleep are between **two and seven times more likely to be involved in a motor vehicle accident.**

0.15 BAC



After 21 hours awake, driving impairment is equivalent to a **0.15 BAC**

1 in 5



Around **one in five incident** are attributable to **fatigue and daytime sleepiness.**