



Drowsy Driving Statistics

- 100,000 police-related crashes per year are direct result of driver fatigue
- 71,000 injuries per year
- 1,550 deaths per year
- \$12.5 Billion in monetary losses
- The following groups are most likely to be involved in drowsy driving accidents:
 - Between 12:00-6:00 am
 - Ages 18-29
 - People who sleep less than 8 hours per night

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Drowsy Driving

What is Drowsy Driving? - Drowsy driving is a generalized term within healthcare that describes all of the different things that may cause a driver to become drowsy while handling a motor vehicle. They include the following:

- Sleep deprivation
- Sleep apnea & sleep disorders
- Somnolence (daytime sleepiness)
- Driving while intoxicated

Drowsy behind the wheel - The human brain is made for processing thought and information. When fatigued by anxiety, stress, or sleep-debt, the brain has built-in protection mechanisms for recovery. If the brain becomes drowsy, it will automatically start automatic processes to get the rest & recovery that it needs, regardless of where a person may be.

Becoming drowsy behind the wheel of any automobile, motorcycle or moving object is always dangerous because of its capability of damaging property and costing lives. Even with impact at speeds of just 10mph to the front-end of a car, there is enough kinetic force in an average automobile to deploy airbags, cause bodily harm, and damage property.

The Effects of Drowsy Driving

- Though you may not have ever fallen asleep at the wheel, drowsy driving affects you in many ways. The effects of accidents, injuries, and damages to automobiles and personal property increases insurance premiums, costs taxpayers billions of dollars, lost time stuck in traffic jams, damage to roadways and other transportation infrastructure.

Minimizing Risk

- We live in cities where more cars drive at faster speeds while going longer distances. Moreover, we have more distractions than ever with cell phones, iPods, navigation units, built-in DVD players that takes drivers attentions off of the road.

The following group of individuals need to be especially careful while driving:

- Young people - especially males under 25
- Shift workers with long hours
- Commercial drivers
- People with undiagnosed sleep disorders
- Business travelers



Drowsy driving is one of the major killers of occupational drivers and young people in America.

Tips for Safer Driving

- Get adequate sleep - minimum of 7-9 hours per night
- Consume caffeine
- Avoid alcohol and sedating medications
- Keep both hands on the steering wheel
- Remain alert while driving - sing, do isometric exercises
- Schedule proper breaks while driving - every 100 miles or 2 hours
- Avoid using cell phones, music players or GPS navigation devices while driving
- Minimize driving in the dark - decreased visibility limits your reaction time
- Arrange for a travel companion - someone to talk and share driving with
- Take a nap—find safe places to take 15-20 minute naps
- Consult your physician or a sleep lab if you have the following symptoms: daytime sleepiness, difficulty sleeping or snoring



[Source: National Sleep Foundation]