

WORKSHEET LESSON #12

Drowsy Driving:

- ❖ In what ways is driving while drowsy similar to driving while intoxicated?
 - Both can impair drivers by causing slower reaction times, vision impairment, lapses in judgment and delays in processing information
 - Being awake for more than 20 hours is an equivalent impairment to a 0.08% BAC

- ❖ What besides lack of sleep are causes of drowsiness?
 - *Emotional stress*
 - *Illness*
 - *Boredom*
 - *Sun glare*
 - *Overeating*
 - *Drinking alcoholic beverages*
 - *Riding in a warm passenger compartment*
 - *Monotony*

- ❖ The 2 times you are most likely to fall asleep are:
 - Between midnight and 6am
 - In the middle of the afternoon

- ❖ What are some warning signs of fatigue?
 - Difficulty focusing, frequent blinking or heavy eyelids
 - Yawning repeatedly or rubbing your eyes
 - Daydreaming; wandering/disconnected thoughts
 - Trouble remembering the last few miles driven
 - Trouble keeping your head up
 - Drifting from your lane, or hitting a shoulder rumble strip
 - Feeling restless and irritable

- ❖ What is a Micro-sleep?

An episode of sleep which may last for a fraction of a second up to a several seconds. Micro-sleeping can occur at any time, typically without significant warning, and one may not even know that it has occurred

ADHD and Driving:

- ❖ *How does ADHD impair the ability of teenage drivers?*
 - Tend to overestimate their driving ability, and they tend to have less driving knowledge than their non-ADHD peers
 - Tend to have a “positive illusory bias”, tend not to always take responsibility for their choices/actions
 - Tend to be less competent in their social interactions and misinterpret interactions with other drivers
 - Tend to struggle to consistently engage in rule-governed behavior which is often linked to high levels of risk-taking and impulsivity
 - May struggle with memory and tend to struggle to think ahead to anticipate upcoming actions
 - Tend to be more likely to use alcohol and drugs and they are more likely to drive while under the influence

- ❖ What can young drivers with ADHD do before they get their license to be safer drivers
Delay permitting and licensing; avoid all in car distraction; additional hours of instruction geared to dealing with ADHD behind the wheel; medication.

Aggressive Driving and Road Rage.

❖ What is Aggressive Driving?

When a driver operates a vehicle in a pushy or bold manner

❖ What are some examples of Aggressive Driving?

- Exceeding the speed limit
- Following too closely
- Failing to obey traffic controls
- Making improper turns and maneuvers
- Inappropriate use of communication devices

❖ What is Road Rage?

When a driver uses the vehicle or some other weapon to threaten or cause harm to another roadway user in response to a traffic incident

❖ What are some examples of Road Rage?

- Throwing objects at a vehicle
- Yelling at a specific roadway user
- Attempting to ram another vehicle
- Getting out of the vehicle to confront another driver
- Intentionally cutting off another driver

❖ *What are some ways to prevent Aggressive Driving and Road Rage?*

- Understand your own emotional makeup
- Identify situations that tend to upset you
- Expect other drivers to make mistakes
- Plan your trip to allow enough time
- Postpone driving when you are upset