

SLEEPLESSNESS IS AS DANGEROUS AS ALCOHOL

17-19 Hours Sleeplessness \approx 0.05 BAC

INCREASED REACTION TIME



Late Braking,
Increased Stopping Distance

MICROSLEEPS



4 Sec at 100 km/h = Distance of a
Football Field with Eyes Closed

TUNNEL VISION



Focus Only Ahead,
Inability to See Peripheral Risks

IMPAIRED DECISION-MAKING ABILITY



Incorrect Lane Change,
Speed/Distance Estimation Error