

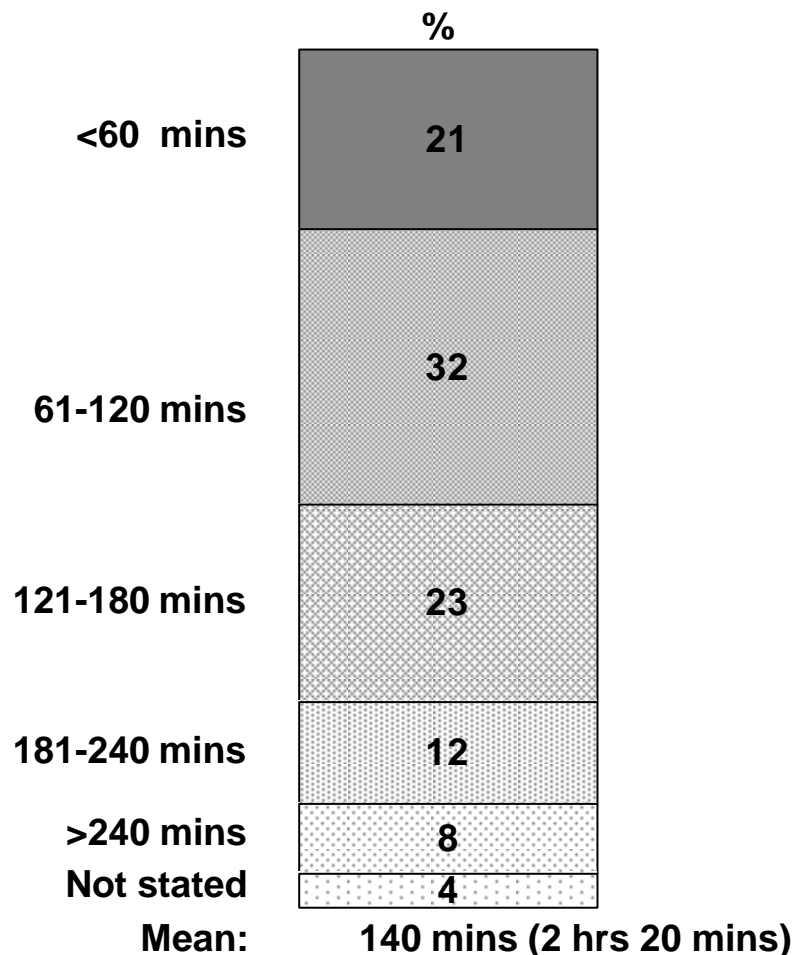
Long Journeys & Driving While Tired

Long Journeys



(Base: All vehicle drivers - 813)

Length of time drove without taking a break on last long journey?



Mean Score Summary Table	
Gender:	
Male	159 Mins (2 hrs 39 mins)
Female	117 Mins (1 hrs 57 mins)
Age:	
17-34	139 Mins (2 hrs 19 mins)
35-54	151 Mins (2 hrs 31 mins)
55+	125 Mins (2 hrs 05 mins)
Social Class:	
ABC1	140 Mins (2 hrs 20 mins)
C2DE	137 Mins (2 hrs 17 mins)
F	146 Mins (2 hrs 16 mins)
Region:	
Dublin	131 Mins (2 hrs 11 mins)
Rest of Leinster	151 Mins (2 hrs 31 mins)
Munster	145 Mins (2 hrs 25 mins)
Conn/Ulster	131 Mins (2 hrs 11 mins)

Average last long journey driven without a break being taken was two hours and 20 minutes. This is considerably higher at nearly three hours for males and those aged 35-54.

Driving while Tired

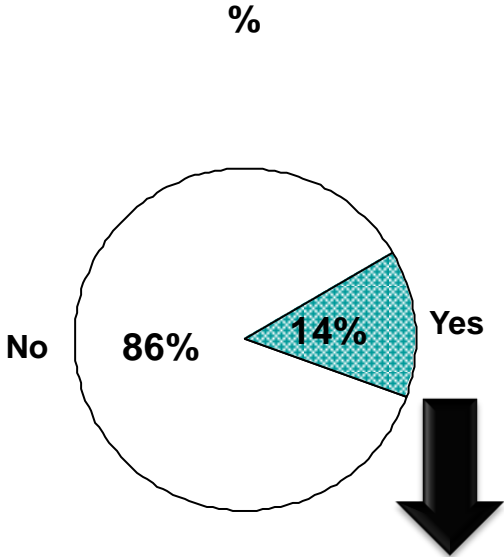


(Base: All vehicle drivers - 813)

Ever fallen asleep or nodded off while driving

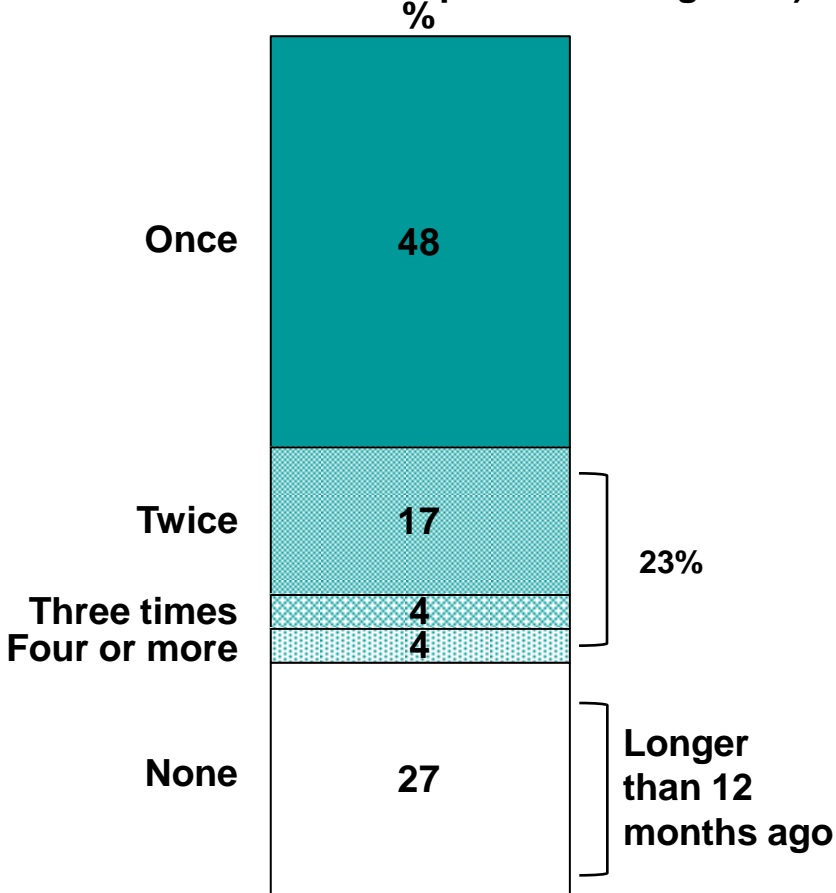
Recall number of times fallen asleep or nodded off while driving in last 12 months?

(Base: All who have ever fallen asleep while driving - 113)



Higher for:

- Male (17%)
- 35-54 (18%)



14% of vehicle drivers have fallen asleep or nodded off while driving. Of those who have fallen asleep while driving, almost one in four have experienced this twice or more in the past 12 months.

(Q7a/7b)

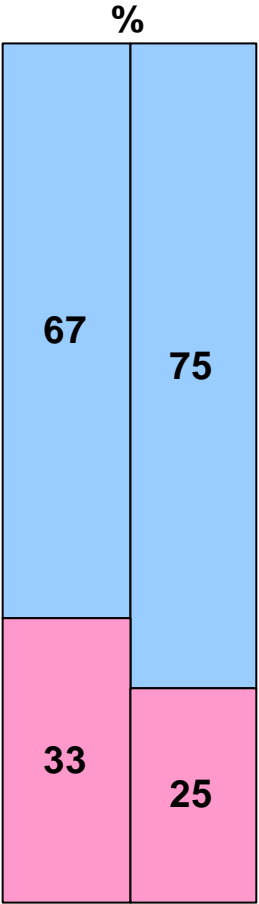
Driving while Tired



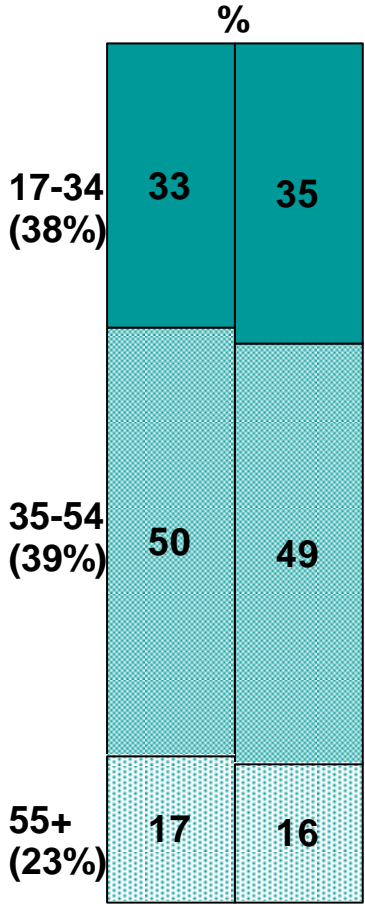
(Base: All vehicle drivers - 813)

Those who have fallen asleep (113) Those who had been driving 3+ hrs (68)

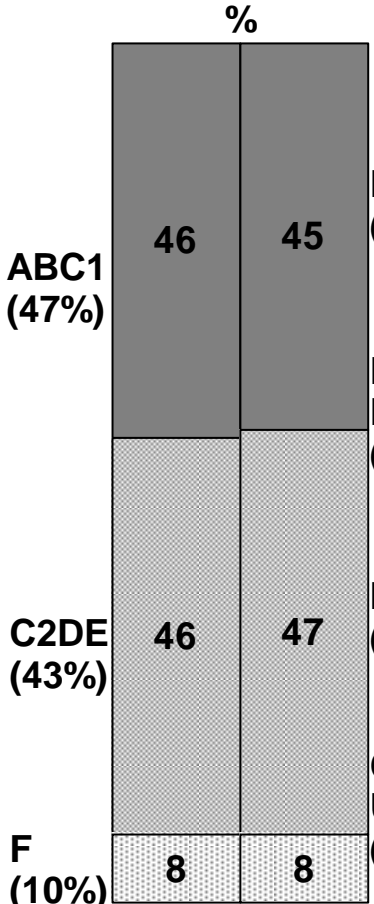
Gender



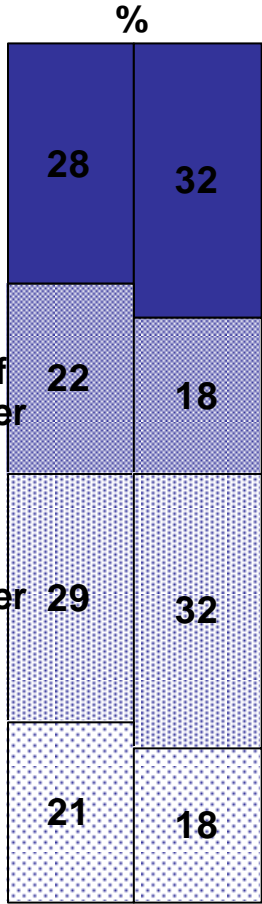
Age



Social Class



Region



() = Driving profile/Total sample

(Q7b/7c)

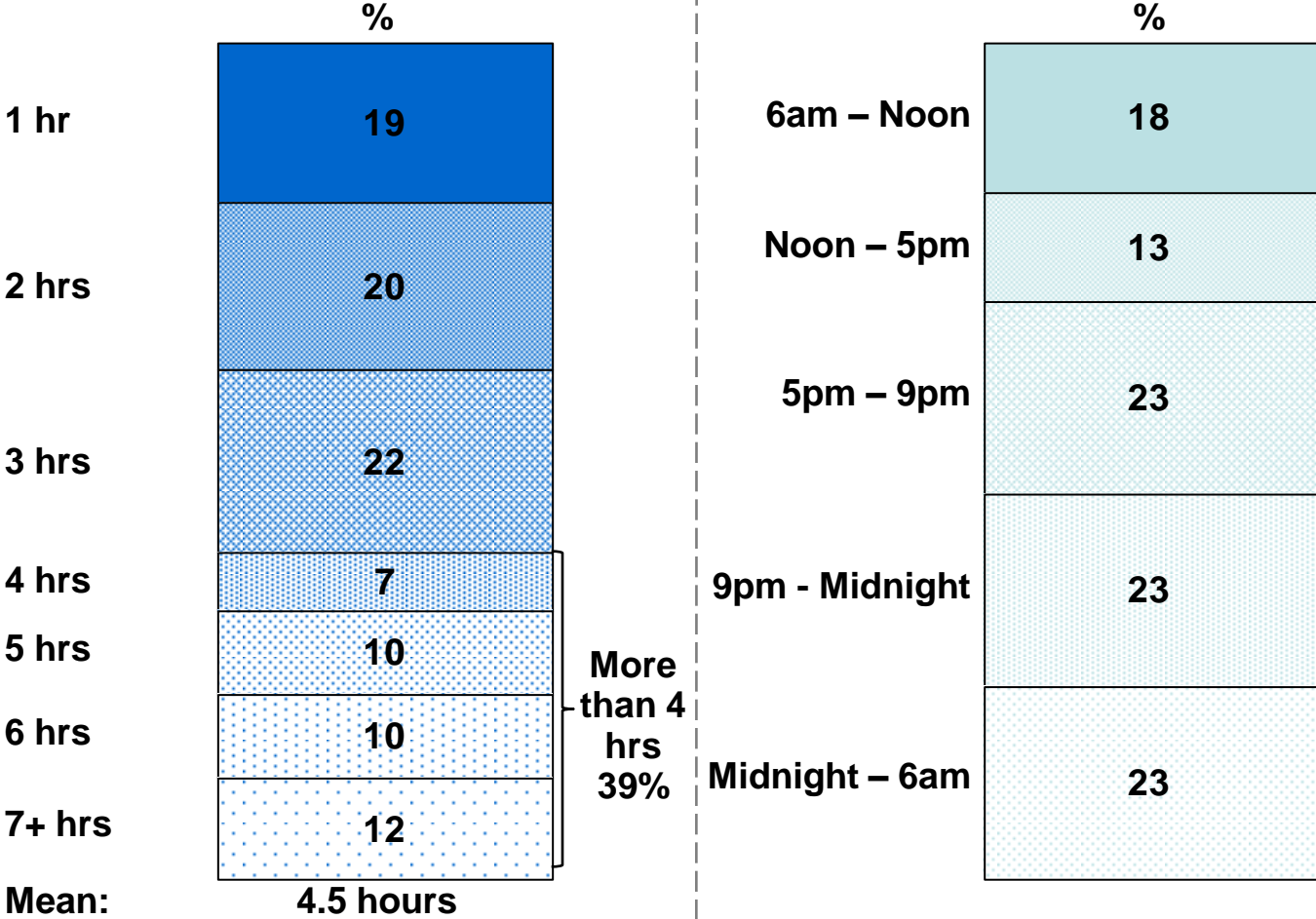
Driving while Tired



(Base: All who have ever fallen asleep while driving - 113)

How many hours had you been driving for?

What time of day was it?



The average length of journey that led to falling asleep at the wheel was 4.5 hours. There appears to be a random nature in regards to the period of day in which the incident occurs – with all time period well represented.

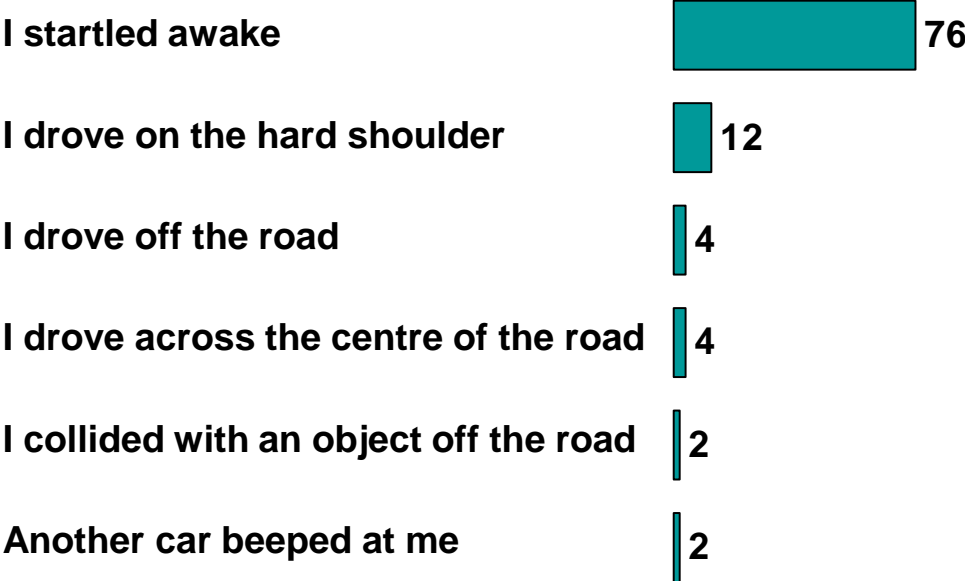
Driving while Tired



(Base: All who have ever fallen asleep while driving - 113)

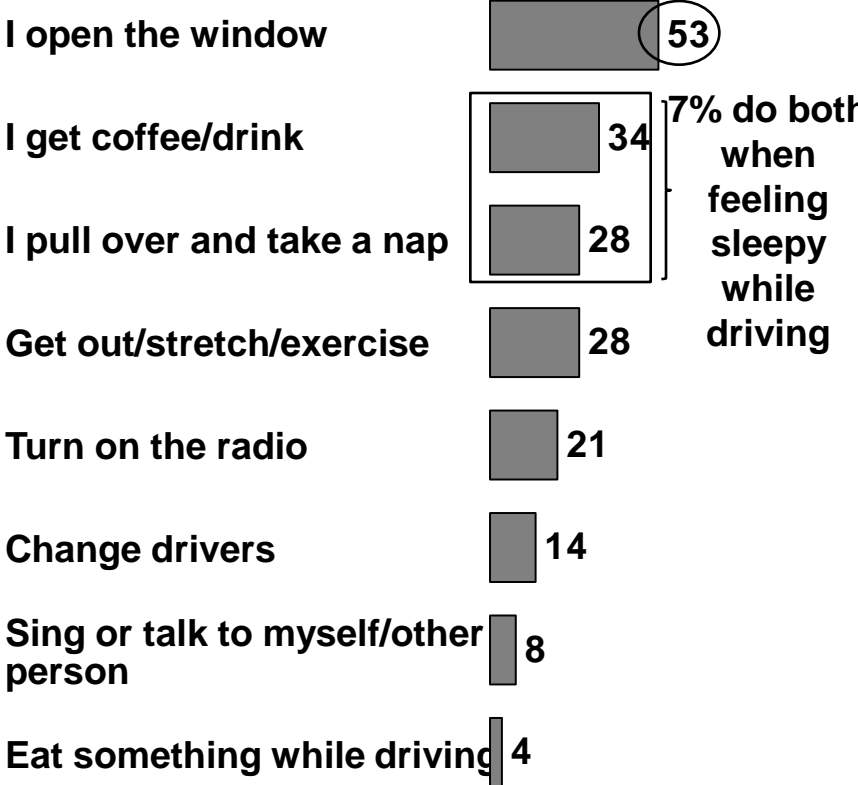
Description of what happened when fell asleep

(Base: All who have fallen asleep while driving – 113) %



Action taken when feel sleepy while driving

(Base: All vehicle drivers – 813) %



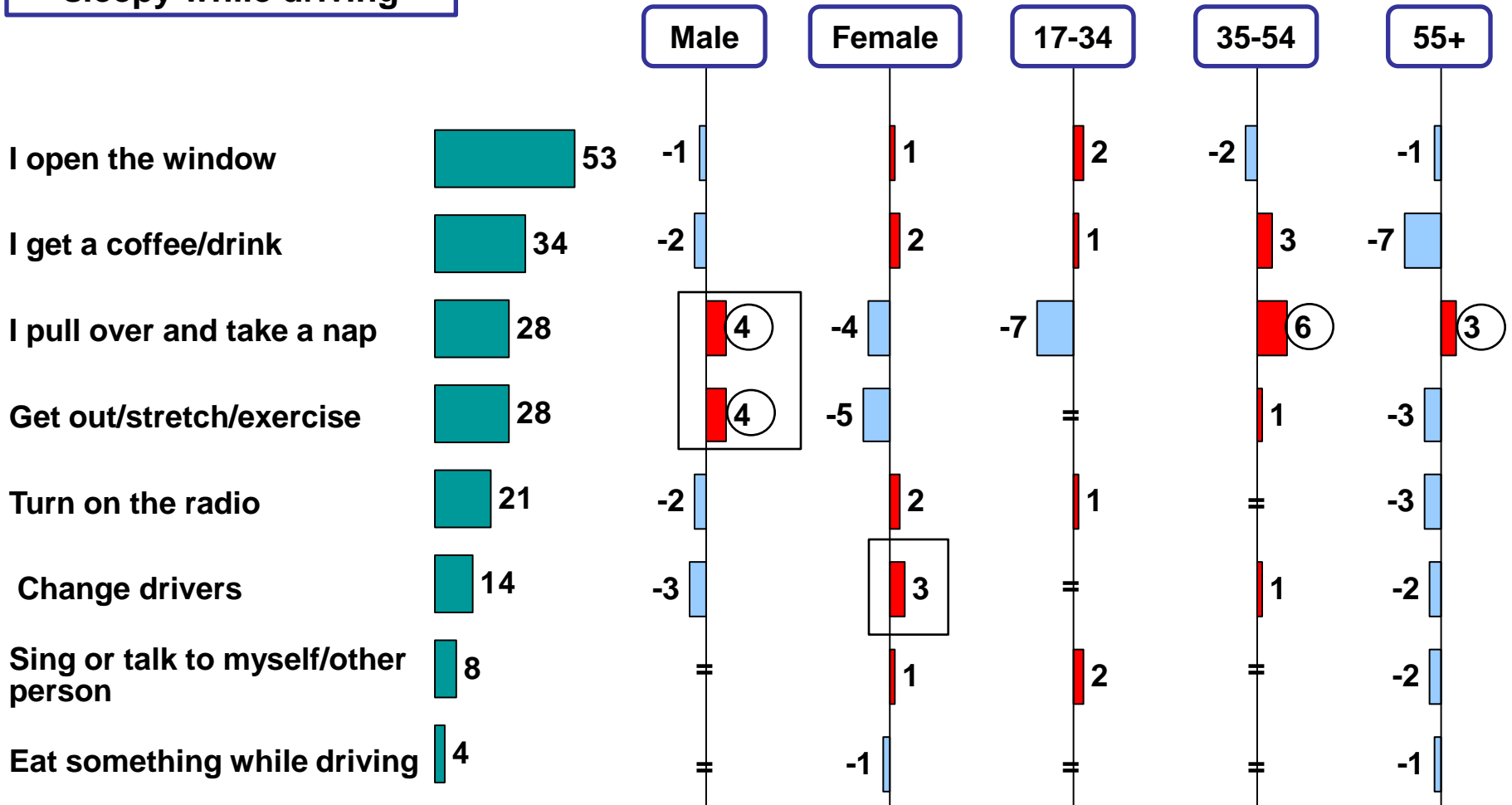
For those who had fallen asleep at the wheel, the primary consequence was startling awake followed by driving onto the hard shoulder. One in two vehicle drivers respond to feeling sleepy by opening the window.

Driving while Tired ...



(Base: All vehicle drivers – 813)

Actions taken when feel sleepy while driving



Sensible older age groups pull over and take a nap when they feel sleepy while driving.