



ALBUQUERQUE  
CRANIOFACIAL CENTER, LTD.

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**DROWSY DRIVING FACTS**

Are you sleeping well? Do you snore?

Are you always tired?

Are you overweight? Do you have hypertension or diabetes?  
Do you suffer from frequent headaches?

*If you answered yes to any of the above, you could suffer from sleep-disordered breathing, an often-fatal condition!*

Talk to our Staff about treatment with Oral Appliances.

If you drive while tired, you could be putting yourself and others in great danger.

- 200,000 reported automobile accidents are sleep related
- 1/3 of all trucking accidents are sleep-related  
**4 innocent victims die for every commercial trucker who dies**  
Federal Department of Transportation
- 37% of drivers admit to falling asleep at the wheel at some point in their driving career. That's **103 million people**  
**13% admit to falling asleep at the wheel once a month**
- 60% of drivers report falling asleep while driving on a highway driving at speeds of **55 MPH or higher**  
National Highway Traffic Safety Administration & National Safety Council

*Don't sleep well? It's dangerous...*

- People who sleep **6-7 hours a night** are **2x** as likely to be involved in a crash as those sleeping 8 hours or more
- People sleeping **less than 5 hours** increase their risk of a crash by **400%-500%**

National Sleep Foundation

*Driving while tired is like driving drunk!*

Remember: **legally drunk is .08** Blood Alcohol Content (BAC)

- Being awake for 18 hours is similar to having a BAC of **.05**
- Being awake for 24 hours is similar to having a BAC of **.10**

If you think you or someone you know might suffer from sleep-disordered breathing, call

Albuquerque Craniofacial Center @ 505-883-4865

Stay safe on the road!

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