

## A Socio-ecological Model of Drowsy Driving in the UK: Are we there yet?



## Aim of Review

- Explore issues around drowsy driving
- Scale of the issue
- Proposed reasons for drowsy driving within context of research
- Latest innovations
- Socio-ecologic model
- Addressing the gaps



## What does the Highway Code say?

- **Rule 91**
- Make sure you are fit to drive
- Avoid undertaking long journeys between midnight and 06.00
- A minimum break of at least 15 minutes after every two hours of driving is recommended
- Sleepy? Stop in a safe place
- Two cups of caffeinated coffee and a 15 minute nap



## Socio-ecological model of Drowsy Driving

- Individual level
- Social level
- Societal level



## Mind the Gap

- Consistently reliable and valid method to detect objective sleepiness.
- Greater understanding of individual and socio-demographic differences and disparities in sleepiness, sleep loss and sleep disorders is warranted in determining individual levels of risk
- Examine and understand the in-depth reasons for the disparity between knowing drowsy driving is a risky behaviour and still engaging in this activity
- Employer's responsibilities
- Public health campaigns
- Data, data, data



## How do you manage the risk?

- Individual level
- Organisational level
- What could you do differently?



**RoSPA 'asks'**

**Questions...**

