

Drowsy Driving Quiz

Name: _____ Date: _____

1. How many crashes occur each year from drivers falling asleep or dozing off behind the wheel?
 - a. 10,000
 - b. 50,000
 - c. 100,000
 - d. 500,000

2. Which of the following reasons could result in inattentiveness while driving?
 - a. Lack of rest
 - b. Poor diet
 - c. Boredom
 - d. All of the above
 - e. None of the above

3. Sleepiness will eventually lead to a fatigue level, at which your brain will automatically lapse into a phase called_, which lasts 3-4 seconds.
 - a. Micro-sleep
 - b. Mayo-sleep
 - c. Mini-sleep
 - d. Semi-sleep

4. What is the best thing to do if you find yourself fighting to stay awake and alert while driving?
 - a. Drink caffeine
 - b. Roll down your window
 - c. Turn the radio up
 - d. Pull over and take a break

5. What phenomenon refers to the body's natural clock, which ensures the natural ability to sleep during nighttime hours and to be awake during daytime hours?
 1. The Circular Rhythm
 2. The Circadian Rhythm
 3. The Solar Rhythm
 4. The REM Rhythm

6. If your body is unable to get a decent amount of rest or if you keep yourself awake for more than 20 hours, you may experience the effects equivalent to that of a blood alcohol concentration of
 - a. 0.04%
 - b. 0.08%
 - c. 0.16%
 - d. 0.10%

7. After consuming any meal, blood and energy are diverted from the brain to the digestive tract, causing the brain to lose some of its power to stay focused.
 - a. True
 - b. False

8. You do NOT have to notify your supervisor that you are under medication if you take the medication while off duty.

- a. True
- b. False

9. What do experts identify as the main culprit for why people exert themselves to drive further and longer than what is safe?

- a. deadlines
- b. money
- c. family
- d. lifestyle

10. What is the most important thing that drivers can do if they know they are going to be on the road for long hours?

- a. eat healthy
- b. caffeine
- c. plan their trip
- d. exercise

11. How long do the effects of caffeine last?

- a. 30 minutes
- b. 1-2 hours
- c. 2-3 hours
- d. 3-4 hours

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