

118TH CONGRESS  
2D SESSION

# H. RES. 1565

Expressing support for the recognition of the week of November 3 through November 9, 2024, as “Drowsy Driving Prevention Week”.

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## IN THE HOUSE OF REPRESENTATIVES

NOVEMBER 8, 2024

Ms. DEAN of Pennsylvania submitted the following resolution; which was referred to the Committee on Transportation and Infrastructure

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## RESOLUTION

Expressing support for the recognition of the week of November 3 through November 9, 2024, as “Drowsy Driving Prevention Week”.

Whereas the Centers for Disease Control and Prevention defines drowsy driving as “operating a motor vehicle while fatigued or sleepy”;

Whereas drowsy driving creates serious risk on the road by making drivers less attentive, slowing reaction times, and affecting his or her ability to make decisions;

Whereas the National Safety Council considers drowsy driving to be a profound impairment that mimics alcohol-impaired driving in many ways, including impaired attention, mental processing, judgment, and decision making;

Whereas studies show that being awake for 18 hours results in impairment equivalent or worse than a blood alcohol content (BAC) of 0.05 percent and being awake for 24 hours results in a BAC of 0.1 percent, higher than the legal limit of 0.08 percent BAC in all States;

Whereas the National Sleep Foundation advises that healthy adults need between 7 and 9 hours of sleep per night;

Whereas drivers who work the night shift, work multiple jobs, or have irregular work schedules are at increased risk for motor vehicle crashes caused by drowsy driving;

Whereas the National Sleep Foundation found that 60 percent of adult drivers reported driving while drowsy in the past year and an estimated 1 in 25 adult drivers (aged 18 or older) reported having fallen asleep while driving in the previous 30 days;

Whereas an estimated 328,000 crashes and 21 percent of all fatal crashes annually, 6,400 deaths per year, involve a drowsy driver;

Whereas the National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported crashes each year are caused primarily by drowsy driving and that such crashes result in more than 1,550 deaths, 71,000 injuries, and \$12,500,000,000 in monetary losses;

Whereas numerous States across the Nation promote and participate in Drowsy Driving Prevention Week;

Whereas Drowsy Driving Prevention Week informs communities about preventative measures against drowsy driving such as improving overall sleep habits and avoiding medication that causes drowsiness;

Whereas the goal of Drowsy Driving Prevention Week is to reduce the number of drivers who drive while sleep deprived; and

Whereas drowsy driving deaths are preventable, and lives can be saved through awareness, prevention, and intervention: Now, therefore, be it

1       *Resolved*, That the House of Representatives—

2               (1) supports the designation of “Drowsy Driv-  
3       ing Prevention Week” to raise awareness about the  
4       dangers of drowsy driving; and

5               (2) encourages people across the United States  
6       to take preventable steps against drowsy driving.

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