



Louisiana Highway Safety Commission News Release

November 3, 2025

Time change can lead to driver fatigue and drowsiness: Governor proclaims Drowsy Driving Prevention Week®

Baton Rouge – Governor Jeff Landry has proclaimed the week of November 2–8, 2025 as Drowsy Driving Prevention Week® in Louisiana. Drowsy Driving Prevention Week® is a national campaign led by the National Sleep Foundation (NSF).

Governor Landry and the Governor’s Representative for Highway Safety and Executive Director of the Louisiana Highway Safety Commission (LHSC) Lisa Freeman today call on all citizens to prioritize sleep and only drive when alert and refreshed. NSF’s 2024 Drowsy Driving Survey cited data which indicates that drowsy driving is implicated in 21% (or one in five) of all motor vehicle crashes resulting in a death.

“The end of Daylight Saving Time offers an opportunity to bring a lesser recognized behavioral driving issue to light,” Freeman said. “For example, NSF says that shift workers and young drivers (16-25) are at the greatest risk of falling asleep behind the wheel. Louisiana’s economy is driven by shift workers, whether that means healthcare, plant operators, truck drivers, or restaurant and tourism workers. We want to remind all those people how important they are to their loved ones. Unfortunately, one bad driving decision can have a lasting impact on my family as well as theirs.”

Drowsy driving occurs when a driver is behind the wheel while they are too tired or fatigued to remain alert. Often referred to as ‘the fourth D’ along with drunk, drugged, and distracted driving, the LHSC is committed to raising awareness of drowsy driving and its inherent dangers for Louisiana road users. From 2020-2024, Louisiana experienced 58 fatal crashes due to drowsy driving, which comprised 2% of all fatal crashes during the period. Because there are challenges measuring drowsy-driving crashes, NSF and LHSC believe the real public health burden of drowsy driving is much larger.

According to the NSF Drowsy Driving Consensus Working Group, sleep-deprived motor vehicle operators are unfit to drive. Thus, the NSF recommends that people should get the sleep they need to drive alert, which for most adults is an average of 7–9 hours at night. Getting less than 4 hours of sleep increases crash risk as much as a BAC of roughly 0.12. This is the equivalent of consuming 2-3 (female) or 3-4 (male) alcoholic drinks in a sitting.

To commemorate National Sleep Foundation's Drowsy Driving Prevention Week® in Louisiana, LHSC has released the Governor's Proclamation via its social media accounts. Throughout the week, LHSC will share tips to improve sleep and prevent drowsy driving on Facebook, Instagram, and Twitter. On Monday, November 10, LHSC, in collaboration with NSF, will host a 60-minute training webinar to discuss the science of sleep and strategies to reduce drowsy driving. To register for the webinar, Wake Up Before You Go-Go! Practical Solutions to Reduce Drowsy Driving, go to <https://zoom.us/meeting/register/NIHcqFCSTLyZEb8Oduhng>.

For more information about the webinar, contact Kristy Miller, LHSC Planner, at Kristy.miller3@la.gov. For more information on drowsy driving, please visit the National Sleep Foundation's resources at <https://www.thensf.org/drowsy-driving-prevention/>.