

What is Fatigue and Drowsiness?

Worksheet

Fatigue and drowsiness reduce your ability to react quickly and maintain focus, doubling crash risk. Even brief moments of sleep (microsleep) at highway speeds are deadly.

Questions

1. How much does fatigue slow reaction time?
A) No change
B) ~50%
C) ~20%
D) Varies unpredictably
2. At 100 km/h, how far does a driver travel during 1 second of inattention?
A) 10 m
B) 28 m
C) 50 m
D) 78 m
3. Microsleep at highway speed is:
A) Rare and harmless
B) Unnoticed but extremely dangerous
C) Only happens to older drivers
D) Preventable by loud music
4. Best immediate action if drowsy?
A) Open the window
B) Drink coffee and continue
C) Pull over safely and nap 20 minutes
D) Turn radio volume up
5. A driver has been awake 18 hours on a long road trip. How does fatigue affect braking?
6. After a large lunch, a driver feels drowsy on the highway.
7. Night shift worker drives home at 3 AM after 12-hour shift.
8. Define: What is fatigue and drowsiness in driving?
9. Define: What is microsleep?
10. Define: When is fatigue risk highest?

Answer Key

1. B) ~50% — 18+ hours awake slows reaction time by 30–50%, equivalent to 0.05% BAC alcohol impairment.
2. B) 28 m — $100 \text{ km/h} = 28 \text{ m/s}$; 1 second covers 28 meters.
3. B) Unnoticed but extremely dangerous — Driver is unconscious and unaware; vehicle drifts; crash is very likely.
4. C) Pull over safely and nap 20 minutes — A 20-minute nap significantly restores alertness; other measures are temporary and insufficient.
5. At 18 hours awake, reaction time increases 50% Driver sees a brake light 0.5 s later than normal At 100 km/h, the car travels 14 m farther before stopping Collision risk rises sharply
6. Full stomach diverts blood; brain alertness drops Eyelids droop; microsleep begins (1–2 sec) At 120 km/h, car drifts 70 m in just 2 seconds Driver wakes to find vehicle in adjacent lane — near crash
7. Circadian rhythm at lowest; melatonin is high Brain is 30–40% slower; fatigue peaks Risk of single-vehicle crash is 10× higher than daytime Safest: rest before driving or use alternative transport
8. Reduced mental alertness and slowed reaction time from lack of sleep, dangerously impairing control.
9. Brief involuntary sleep (seconds) at the wheel — driver is unaware until jolted awake.
10. Late night 2–6 AM, after 18+ hours awake, or long monotonous drives.

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