

Sleepiness at the wheel and road safety

ENT 15 final conference

Bordeaux, May 10th 2011

Sleepiness at the wheel is a high cause of road accidents. On motorways, one third of fatal accidents are due to sleepiness at the wheel. Countermeasures are needed to answer this problem. Therefore, a group of European researchers has been working about the subject through 3 projects since 2008. They will give you an overview of their results and the countermeasures or policies that can be implemented to overcome sleepiness at the wheel.

First part: in the frame of Predit conference 2011. **An overview of the results**

9:00 - 10:00 **FATIGUECRASH** - How many accidents are actually caused by sleepiness at the wheel?

The prevalence of sleepiness – a case/control among Swedish drivers involved and not involved in crashes - **Göran Kecklund**

10:00 - 11:00 **YAWN** - Some propositions of countermeasures to reduce sleepiness at the wheel

Policy development – **Rob Methorst**

Driver interaction with rumble strips – **Ross Philips**

Fatigue management in occupational settings – **Ross Philips**

11:00 - 12:00 **KILLSLEEP** - What are the existing countermeasures?

Effect of music and opening the window on driver sleepiness during day and night on a real motorway – **Anna Anund**

Effect of blue light on sleepiness – **Jacques Taillard**

Exercise as a countermeasure to sleepiness during the night – **Damien Davenne**

For each of the three projects, 45 mn will be dedicated to the presentations and 15 mn to exchanging with the audience

Second part: at Bordeaux university. **For those who want to go further**

12:30 - 13:00: Snack at Bordeaux University

13:00 - 14:30 A tour in the research lab of Bordeaux CHU working on sleepiness

14:30 - 15:30 Presentation of a few research results about fatigue and road safety - **Pierre Philip**

15:30 - 16:30 Round table: what can we do to decrease accidents caused by sleepiness at the wheel ?

Participants: representatives of ministries, associations, motorways managers, ...