

CDC: 1 in 24 admit nodding off while driving

January 3 2013, by Mike Stobbe

This could give you nightmares: 1 in 24 U.S. adults say they recently fell asleep while driving.

And health officials think the number is probably higher. That's because some people don't realize it when they nod off for a second or two behind the wheel.

In a [government study](#) released Thursday, a little over 4 percent of U.S. adults said they fell asleep while driving at least once in the previous month. Some earlier studies reached a similar conclusion, but the survey by the [Centers for Disease Control and Prevention](#) was far larger.

The study found [drowsy driving](#) was more common in men and in people ages 25 to 34.

The results are from a survey of 147,000 adults in 2009 and 2010.

More information: CDC report: www.cdc.gov/mmwr

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