

Driver fatigue survey

Methodology

Ipsos online panel survey conducted June 16 to 19, 2025. 646 respondents completed the survey, meeting the criteria of having a valid B.C. driver's licence and self-reporting as a driver (i.e. drive at least a few times a year or more). Survey data is weighted using B.C. Census data to reflect the overall population of drivers in B.C.

Summary of findings

Perceptions of safety risks posed by driving behaviours

A majority of drivers (81%) feel that driving while tired or drowsy has a very serious or serious impact on the safety of road users in B.C.

- More specifically, 42% noted that it has *very serious impact* and another 39% *serious impact*.
- While the majority of young drivers aged 18 to 34 recognize that driving while fatigued poses a safety risk to road users, they are the least likely to view it as a *very serious* safety risk – only 32% do, compared to 45% of drivers aged 35 to 54 and 44% of those aged 55 and older.
- Driving while fatigued is perceived as somewhat less of a safety threat to road users compared to the other four driving behaviours assessed in the survey. Impaired driving ranks highest (93% very serious/serious impact), followed by distracted driving (92%), running red lights (90%) and excessive speeding (88%).

Eight-in-ten drivers view fatigued driving as a very or somewhat common issue.

- More specifically, 30% noted that it is *very common* and another 53% *somewhat common*.

Driving while fatigued: reported behaviour

Prevalence

Half of all drivers (52%) acknowledged having driven while tired or drowsy in the past year – most rarely (33%), but some more often (14% occasional and 4% quite often).

- Younger drivers aged 18 to 34 are more likely than other groups to report driving while tired or drowsy in the past year (74% compared to 46% of those 35 and older).
- A majority of drivers (60%) say they have driven while tired or drowsy at least once in the past.

Meanwhile, one-in-four (24%) acknowledged having nodded off while driving in the past year – most rarely (16%) and some more frequently (4% occasional and 3% quite often).

- Younger drivers aged 18 to 34 are more likely than other groups to acknowledge having nodded off while driving (34% compared to 21% of those 35 and older).

Contributing factors

Insufficient sleep, long drives without breaks and the time of day are the top three contributors to driving while fatigued.

- Among drivers who reported driving while fatigued in the past year, 68% cited insufficient sleep the night before as a factor, while 53% pointed to driving too long without a break, and 48% attributed it to the time of day.

Most drivers who cited lack of sleep as a contributing factor reported getting less than 8 hours of sleep the night before

- Among those who cited lack of sleep as a factor, 38% had slept 4 hours or less the night before, and 46% had slept 5 to 7 hours.

Nearly half of all drivers who cited long drives as a contributing factor had been driving 3 hours or more without a break.

- Specifically, 19% had driven 3 to under 4 hours and another 27% had driven 4 hours or more.

Actions taken to help stay alert

Note: Results are based among those who have driven while fatigued in the past year

Drivers most commonly rely on fresh air/airflow, music and caffeinated beverages to stay alert at the wheel

- Specifically, 61% opened the windows, 50% turned on music and 47% consumed caffeinated beverage.
- The next most common actions are: stopping to sleep (38%), stopping to eat, exercise or relax (34%) and turning on the AC/fan or changing drivers (30% each).