

## 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).