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Poster Presentation

Sleepiness in Road Accidents

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Abstract

Sleeping through different mechanism causes the removal of fatigue and regaining power to start daily activities. Sleep with high quality plays an essential role in body and mental health. The previous studies indicated that problems derived from sleeping can lead to the emergence of many physical and mental disorders, including lack of appetite, physical and mental tiredness, lack of concentration, nervous, behavioral, physiologic changes, the decrease in the speed of information analysis, increase in human slips and incidence, decrease in consciousness and depression and anxiety. One of the most health problems derived from driver's sleep disorders are car accidents. Sleeplessness and sleep disorder are among the most important reasons for fatal driving accidents in roads, rails and air and other work incidences. It have been reported that driving between 2 A.M. and 5 A.M. increases the danger of car accidents up to 5 times. To prevent accidents and injuries to the passengers and the huge costs (amounting to billions) derived from irreversible accidents and damages, it is vital for measures to be taken concerning improving the sleep quality among bus drivers and regular, adequate and appropriate rests, and limiting working hours of the drivers in a day. Sleep is one of important factors which can influence people's health and their social activities.

Keywords: Sleepiness, Road Accidents, Social Activities.

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