



## Drowsy or impaired driving

Impaired driving means driving while affected by:

- Alcohol
- Drugs
- Medication
- A medical condition
- Tiredness

To stay safe, make smart choices before driving.

- In Wisconsin, crashes involving impaired drivers caused 199 deaths and 3,577 injuries in 2023.
- Ninety-five percent of people agree that driving while drowsy is a risky behavior.

*Source: National Sleep Foundation*

## How Wisconsin law protects

- Drivers younger than 21 must have no alcohol in their system.
- If alcohol or drugs make it hard to drive safely, you are considered under the influence.
- Police can arrest you if they believe you are impaired.
- Driving under the influence can stay on your driving record forever.

*Source: Wisconsin Department of Transportation*

## Reduce your risk

- Always wear a seat belt.
- Never drink and drive.
- Get enough sleep, and watch for signs of tiredness.
- Take breaks on long drives, including naps when needed.
- Be careful with medicine that might make you drowsy.
- Do not ride with someone who has been drinking or is impaired.
- Talk with your parents about how to get home if your driver becomes impaired. Use parent-teen driving agreements to plan for these situations.

[childrenswi.org/teendriving](https://childrenswi.org/teendriving)  
[teendriving@childrenswi.org](mailto:teendriving@childrenswi.org)

