



## ***Driver Fatigue from Vibrations***

**How your car or truck may be putting you to sleep**

Dear Valued Client,

Have you ever experienced a hard time staying awake on the road? Is it a concern that you have for the drivers of your company vehicles, for all of your employees, and for your families? Have you ever considered that it may be a vehicle's seat design that could be putting you to sleep? Take a look at this study conducted by RMIT University in Melbourne, Australia. Their study revealed that subtle vibrations through the cars seat to the driver contributed to drowsiness within as little as 15 minutes (N. Zhang, 2018).

RMIT University Study

<https://www.rmit.edu.au/news/all-news/2018/jul/vibrations-cars-drivers-sleepy>

Citations: N. Zhang, M. Fard, M.H.U. Bhuiyan, D. Verhagen, M. F. Azari, S. R. Robinson. **The Effects of Physical Vibration on Heart Rate Variability as a Measure of Drowsiness.** *Ergonomics*, 2018; 1

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