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### SLEEPINESS AMONG IRANIAN LORRY DRIVERS

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#### Abstract:

Excessive daytime sleepiness (EDS) denotes a propensity to doze off or fall asleep unintentionally during the day, particularly in passive situations. There is cumulative evidence pointing to an association between sleepiness and probability of involvement in motor vehicle crashes. This study was designed to determine the prevalence of sleepiness in a group of Iranian lorry drivers and its association with accidents. A cross-sectional study was carried out in lorry drivers of Tehran goods transportation terminal in 2005. This study used a questionnaire and the Epworth Sleepiness Scale (ESS). The questionnaire included questions regarding demographic features, professional data, sleep habits and excessive daytime sleepiness. A total of 386 male drivers, aged  $43.23 \pm 9.72$  years were included in the study. ESS was higher than 10 points in 9.1% of the interviewees; 50.8% never have driven drowsy, although 36% rarely, 7.3% half of the times, 4.9% almost always and 1% always have driven drowsy. Logistic regression analysis indicated that EDS, age and job satisfaction were associated with an increased risk of accidents. Sleepiness is a prevailing symptom in lorry drivers and is probably related to accidents.

#### Keywords:

[Epworth sleepiness scale](#) . [excessive daytime sleepiness](#) . [lorry drivers](#)

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