



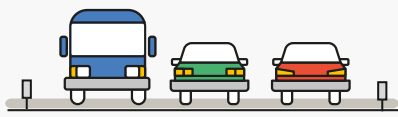
EUROPEANS BEHIND THE WHEEL in 2020

AND LONG JOURNEYS

A SOURCE OF STRESS

35%

say they are stressed
by long journeys
in heavy traffic

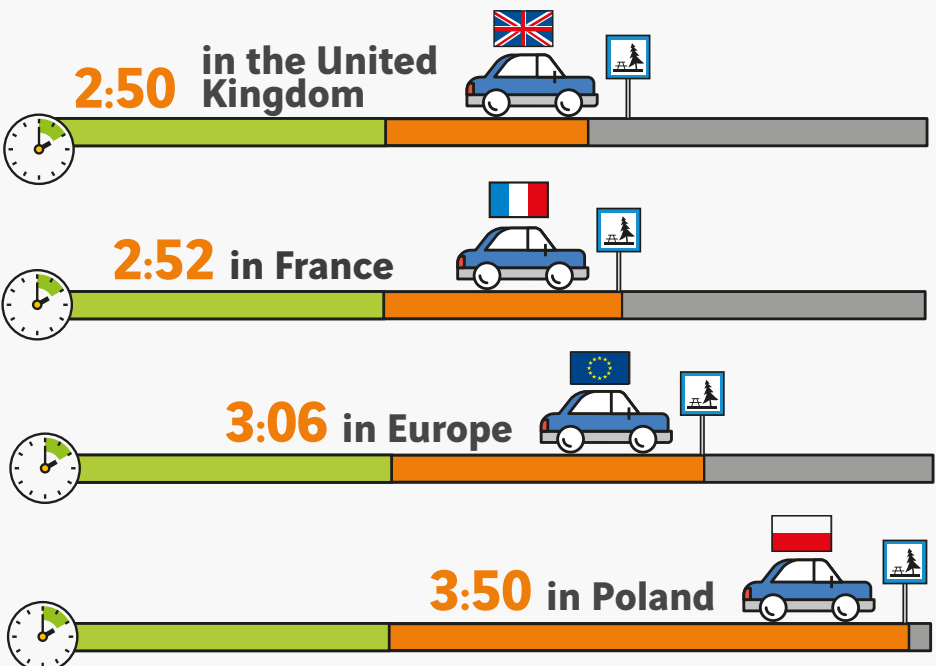


21%

say they are stressed
by long night journeys



EUROPEANS' AVERAGE DRIVE TIME BEFORE TAKING A BREAK



Recommendation: **2:00** 👍

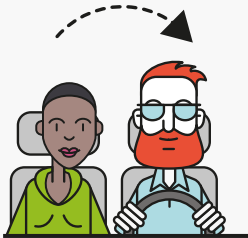
GOOD HABITS FOR PREVENTING DROWSINESS DURING LONG JOURNEYS BUT SOME RISKY BEHAVIOURS PERSIST



77%
delay their departure
when they feel tired

86% 🇬🇷

54% 🇷🇺



71%
change drivers during a trip

78% 🇸🇪

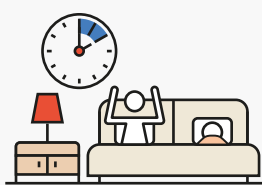
61% 🇬🇧



59%
stop during a trip to take a nap

81% 🇧🇪

46% 🇬🇷



82%
go to bed later or get up
earlier than usual

89% 🇬🇷

71% 🇸🇰



67%
leave at night

75% 🇷🇺

57% 🇷🇺