

## Highway Hypnosis- Definition, Causes, & Prevention

By IASToppers | 2023-05-27 15:05:00



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Highway Hypnosis or Road Hypnosis has been blamed for many accidents on highways across the world.



[Ref: markshermanlaw]

### What is highway hypnosis?

- **Meaning:** Highway hypnosis or **Road Hypnosis** or **white line fever**, is a psychological phenomenon that causes a **driver to go into a trance-like state** while driving.
- It was first described in a **1921 article** that mentioned the phenomenon of "**road hypnotism**" as driving in a **trance-like state while gazing at a fixed point**.
- Even after the vehicle crosses several kilometres, the driver doesn't have a clear memory.
- Road hypnosis is slightly different than sleepiness when your eyes become **heavy and you doze off**.
- The driver keeps driving, and has **absolute control over the steering**, without any attention to anything that happens around them.
- Highway hypnosis is a driver condition that is affected by **Monotonous roads, Brain inattention, Sleepiness etc.**

### What Does Highway Hypnosis Feel Like?

- The warning signs of highway hypnosis include:
  - Sleepiness
  - Loss of concentration or mental foginess
  - Wandering thoughts
  - A dull or dazed feeling
  - Slow reaction time
  - Heavy eyelids or frequent blinking

### What is the difference between highway hypnosis and fatigued driving?

- In highway hypnosis, a driver experiences Automaticity - or the process of doing things

automatically without actively thinking about the steps involved.

- In fatigued driving, this is not the case.
- In highway hypnosis, **the subconscious mind** can take over but in fatigued driving that is an unlikely thing.
  - Therefore, fatigued driving is more dangerous than highway hypnosis.