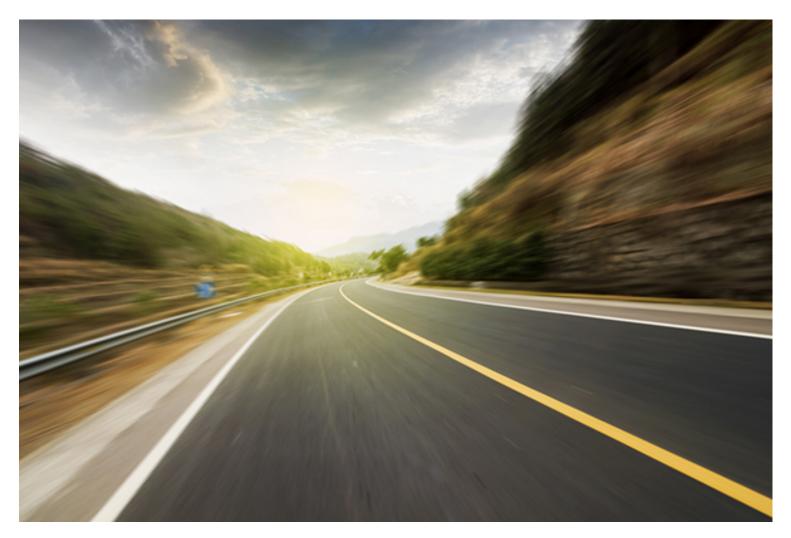


## **Highway Hypnosis- Definition, Causes, & Prevention**

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



### Highway Hypnosis- Definition, Causes, & Prevention

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

# IT IAS Toppers



[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 that 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 fogginess
  - 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.