IJIREEICE ISSN (O) 2321-2004, ISSN (P) 2321-5526

International Journal of Innovative Research in Electrical, Electronics, Instrumentation and Control Engineering

Impact Factor 8.414 ⁜ Peer-reviewed & Refereed journal ⁜ Vol. 13, Issue 11, November 2025

DOI: 10.17148/IJIREEICE.2025.131146

Anti-sleep Safety System for the Vehicle Drivers

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Abstract: To improve road safety by lowering accidents brought on by driver drowsiness, this initiative introduces an anti-sleep alert for drivers. The gadget uses real-time monitoring to detect early signs of fatigue and promptly alerts the driver using a combination of sound and vibration signals. Advanced sensors are used by the anti-sleep alert system to track behavioural and physical signs of driver drowsiness, including head movement, blink rate, and facial expressions. The system evaluates these factors in real-time using machine learning algorithms to accurately identify tiredness. The alarm instantly sounds when it detects indicators of weariness, keeping the driver awake before crucial concentration lapses take place.

Keywords: anti-sleep alert, blink rate, driver drowsiness, blink rate, drivers**.**

I. INTRODUCTION

Effective ways to counteract driver drowsiness are desperately needed, since sleepy driving has been found to be a major contributor to traffic accidents worldwide. Anti-sleep alarms, designed to identify early indicators of drowsiness and provide timely alerts, have emerged as a promising technological advancement. This introduction examines the necessity, operation, and potential of these devices to transform traffic safety regulations. [1]. An enormous number of traffic accidents occur each year as a result of driver weariness, which is a global problem. According to research, being sleepy makes it more difficult for a driver to stay focused and respond quickly to unexpected dangers. Due to the difficulty in measuring weariness after an accident, incidents related to it often go unreported. Especially vulnerable are individuals embarking on long road journeys, night shift workers returning home, and long-haul truck drivers. In addition to putting lives in peril, this hidden but widespread issue has a significant financial impact on healthcare systems and economies around the world.

In addition to endangering the driver's safety, drowsy driving puts other road users, passengers, and pedestrians at serious risk. Slower reflexes, worse decision-making, and, in severe situations, brief episodes of micro-sleep—a momentary loss of control—are all signs of exhaustion. This situation frequently leads to disastrous consequences like rollovers and crashes. For survivors and their families, these accidents result in emotional anguish in addition to physical harm, which reinforces the importance of preventative measures [2]. One should not undervalue the dangers of driving while fatigued. Studies reveal that while sleepiness significantly reduces reaction time, attention span, and decision-making skills, it might be just as risky as driving while intoxicated. Many drivers find it difficult to determine their level of weariness before it becomes unsafe, even in the face of regulatory limits and public awareness efforts that encourage rest periods. By actively monitoring signs of physical and mental exhaustion and providing real-time alerts via audio signals, vibrations, or visual notifications, anti-sleep alarms serve as an additional line of defense against this problem. These developments have enormous potential to prevent sleep-related accidents and save countless lives. Anti-sleep alarms are essential safety equipment used to keep drivers awake and lower the chance of accidents caused by weariness. To avoid hazardous circumstances on the road, these alarms identify symptoms of tiredness and send out instant alerts.

Reducing accidents caused by exhaustion is one of the main goals of implementing an anti-sleep alert. Drowsy driving is a common cause of traffic accidents, particularly on highways and during lengthy journeys. Anti-sleep alarms help avoid these kinds of accidents by warning the driver when they notice indications of fatigue [3]. Anti-sleep alarms function by identifying indicators of tiredness, such as a sudden forward tilt of the driver's head, which is an indication of fatigue. Certain sophisticated alarms use infrared sensors to track eyelid movements. Alarms can detect slower responses from car controls. The device uses these indicators to decide when a driver needs an alert.

Lengthy trips increase the risk of fatigue, particularly when driving for lengthy periods of time without pauses. traveling on roads with boring views. operating commercial vehicles or trucks during the night. Anti-sleep alarms motivate drivers to take breaks and refuel by giving them immediate feedback [4]. A sleepy driver poses a risk not only to themselves but also to other drivers, pedestrians, and other passengers. The following is ensured via anti-sleep alarms: Consistent vehicle control without lane changes. A quick reaction to traffic risks instead of a delayed response. There is an increased need

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for attention to pedestrians and traffic signals [5]. For safety and efficiency, truck drivers, cab drivers, and other transportation professionals must remain alert. Maintaining delivery schedules without compromising safety is one of the main functions of anti-sleep alarms. This includes lowering fatigue and stress in the workplace. promoting frequent relaxation periods and avoiding overwork [6]. Over time, sleep deprivation can lead to major health issues, such as prolonged exhaustion. Insufficient focus. There is an increased likelihood of accidents occurring. Drivers should keep aware of their level of exhaustion and form healthier habits, such as taking regular breaks and avoiding sleep deprivation before long travels, by employing an anti-sleep alarm. Various gadgets are employed to help drivers stay awake: Wearable Alarms: When drowsiness is detected, these gadgets, which fit over the ear, vibrate or beep. Head tilt sensors: identify and alert users to unusual head movements. [7].

Eye Monitoring Systems: Inbuilt car systems monitor pupil movement and blinking rate. Steering wheel sensors: These can identify odd driving habits and issue warnings. Anti-sleep alarms are crucial for road safety since they lower the chance of collisions, save lives, and encourage careful driving. These gadgets offer an additional line of defense against the risks associated with sleepy driving, whether for private or business use.

II. MATERIALS (HARDWARE AND SOFTWARE)

A. Arduino Uno

Arduino UNO is a user-friendly microcontroller board, as illustrated in Fig. 1. Arduino released the first version of their most basic USB board. It is considered to be a powerful board that may be used in a variety of applications. The Arduino UNO board was designed by Arduino.cc [8]. Based on the ATmega328P microcontroller, the Arduino Uno is a popular open-source microcontroller board. It is a member of the Arduino development board family, which aims to make programming and electronics accessible to anyone. Because of their ease of use, wealth of online resources, and vibrant community support, Arduino boards are frequently utilized for prototyping and instructional applications. A well-liked microcontroller board for do-it-yourself robotics and electronics applications is the Arduino Uno. Python, C, and C++ are just a few of the programming languages it supports. Numerous shields and libraries are compatible with the board.

Fig. 1 Arduino Uno Microcontroller [8]

The Arduino Uno community and resources create an inclusive environment for learning, experimentation, and teamwork. Users can continue creating cutting-edge and creative Arduino applications through forums, open-source projects, online courses, or hardware extensions.

B. IR Sensor

The parts of an IR sensor is shown in Fig. 2. Electronic systems frequently use infrared (IR) sensors to pick up infrared radiation that things release. These sensors are essential for many applications, such as industrial automation, remote controls, motion detection, temperature sensing, and object tracking. Infrared radiation, which is invisible to the human eye but can be interpreted as heat, is what IR sensors sense.

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Fig. 2 IR Sensor [9]

C. Buzzer

Buzzers are common electromechanical or electronic devices used in a variety of applications to provide audible alerts, tones, or notifications. They are frequently used in home appliances, industrial machinery, alarm systems, and electrical circuits. There are several varieties of buzzers, each with its own working principles, such as piezoelectric, electromagnetic, and mechanical buzzers. Choosing the best buzzer type for a particular application requires an understanding of its features, benefits, restrictions, and operation. The structure, working principles, hardware components, specifications, benefits, and drawbacks of buzzers are covered in detail in this paper, along with their typical applications across a range of sectors. It appears as seen in Fig. 3 [10].

Fig. 3 Buzzer [10]

D. Relay and DC Motor

Relays are electrically operated switches that can be used to control numerous circuits with a single signal or to control a circuit with a low-power signal. While maintaining their electrical isolation, it enables one circuit to switch another circuit. Relays are frequently employed in many different applications because of their dependability and adaptability. An electric motor that transforms electrical energy from a direct current source into mechanical energy is known as a direct current (DC) motor. It is an essential part of many applications, from big industrial machinery to tiny household devices, because it uses the interaction of magnetic fields to create rotational motion [11].

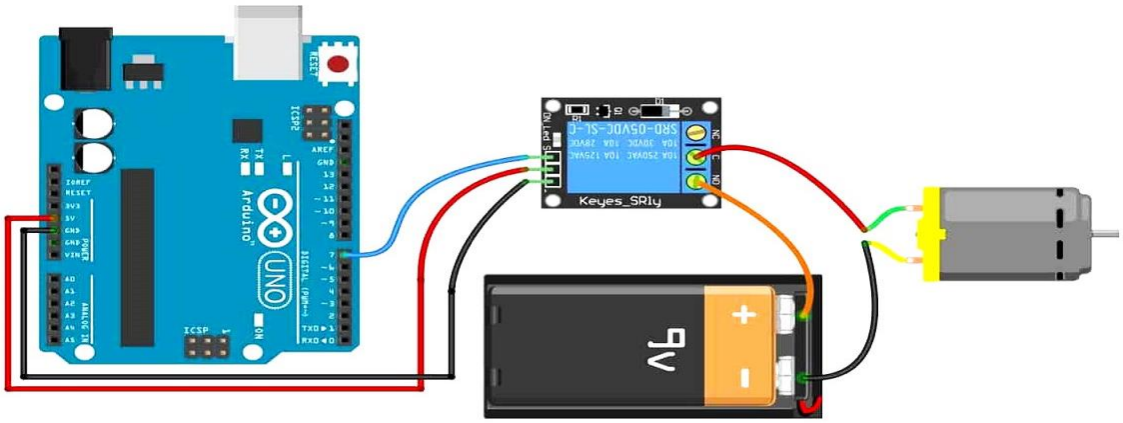

Fig. 4 D.Relay and DC Motor [11]

E. Arduino IDE software

IDE Code composition, compilation, and uploading to Arduino controllers are all done through the Arduino IDE (Integrated Development Environment). Linux, macOS, and Windows are all compatible with this program. Even novices can easily create and change code with the IDE's straightforward interface. Fig. 5 shows

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Fig. 5 Arduino IDE platform [12]

III. METHODOLOGY (CIRCUIT DIAGRAM AND WORKING CODE)

We must first power up the nano board by connecting it to any USB power supply in order for this project to function. We'll utilize a power bank in this instance. Once this task is finished, the project is operational, and you may put on the goggles. The gadget will be in standby mode when you open your eyes. The buzzer beeps when you close your eyes, and if you keep doing so, the motor turns on. I've added wheels to this project. Depending on your demands, you can use the motor's activation to activate the brakes or something else. The wheel now turns on, and the arrangement will return to its initial setting when you open your eyes. The majority of anti-sleep alarms on the market today are based on this concept. You can customize this project in countless ways, and I would welcome any suggestions you may have. The circuit diagram and working diagram is given in Fig. 6 and Fig. 7, respectively.

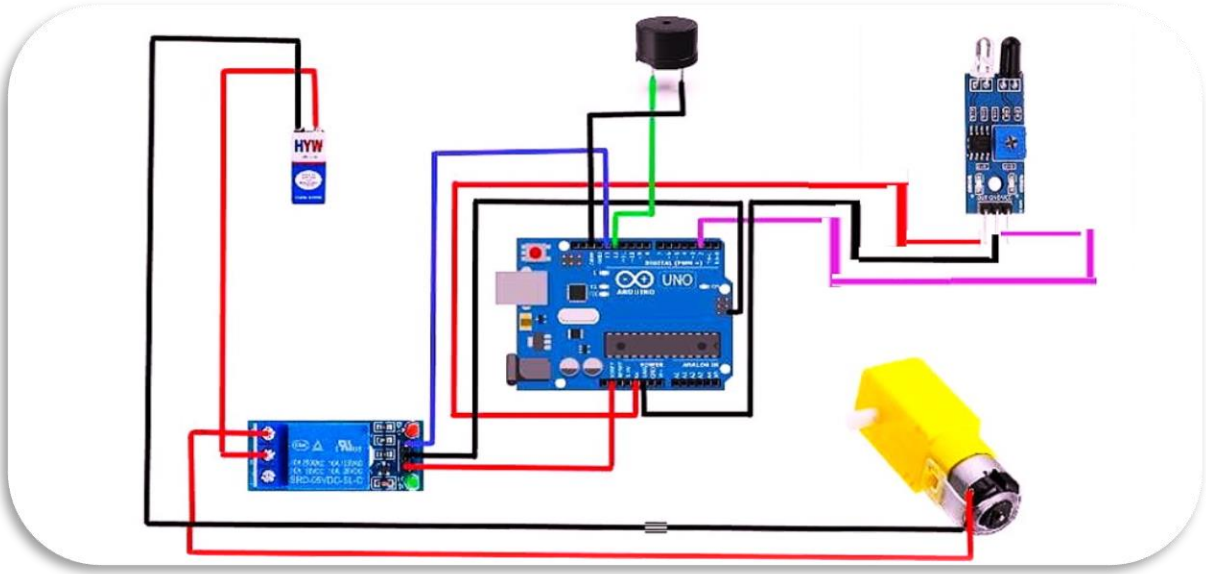

Fig. 6 Circuit diagram in Tinker cad

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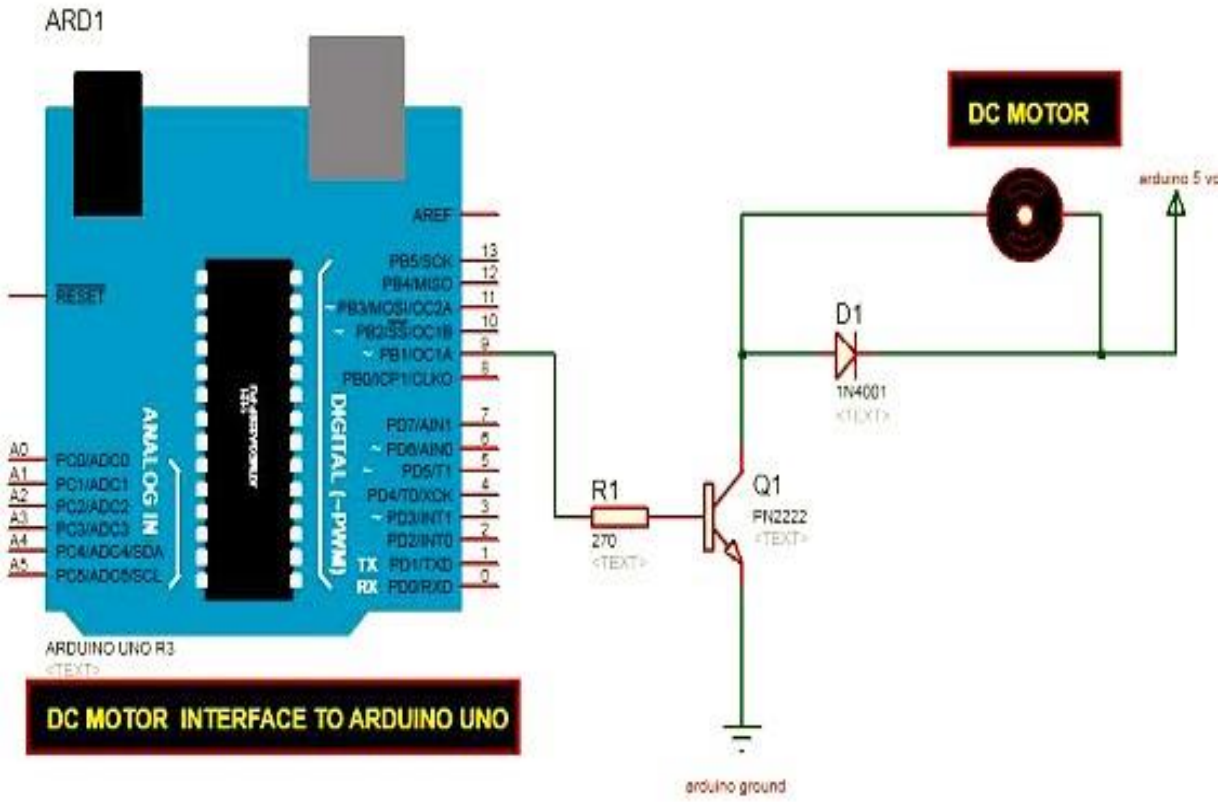

Fig. 7 Working diagram

IV. CONCLUSION AND FUTURE SCOPE

As technology develops and car safety regulations continue to change, anti-sleep alarms for drivers are about to undergo a dramatic change. The development of intelligent, predictive, and adaptive monitoring systems that offer real-time intervention and fatigue prevention techniques is necessary because sleep deprivation and accidents related to exhaustion are still major global concerns. Anti-sleep alarms will develop into sophisticated, networked safety solutions for contemporary transportation through artificial intelligence (AI), biometric data analysis, Internet of Things (IoT) connectivity, and regulatory enforcement.

In summary, driver anti-sleep alarms are moving closer to becoming fully integrated, intelligent fatigue management systems that save lives, increase traffic safety, and boost driver productivity. These systems will advance from basic alert mechanisms to comprehensive fatigue prevention strategies as artificial intelligence, biometric sensing, the Internet of Things, and regulatory policies continue to improve their implementation. This will lower traffic accidents and influence the direction of intelligent transportation in the future. Anti-sleep alarms are no longer merely tools thanks to these developments; they are a revolution in the way that efficiency, safety, and human-machine interaction are controlled in contemporary mobility.

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