



## Motoring memory blanks affect a quarter of drivers

25/08/2006

Six million UK motorists (24%) arrive at their destinations every day, having no recollection of how they got there.

The research, by car insurer Churchill, reveals that the tedium of everyday life and well-trodden routes mean millions of Brits regularly drive on 'autopilot' and are putting themselves and other road users at risk.

In fact, one in twenty motorists (5%) has had at least one accident in the past year as a result of losing concentration on the road. Distractions, such as children in the car, taking work calls, thinking about family problems and listening to the radio, mean that 25% of drivers regularly break the speed limit. A further 13% brake far too late and 12% don't give way to other drivers. One in twenty motorists (5%) say they sometimes end up driving in the middle of the road and 2% don't stop at pedestrian crossings because they haven't seen them until it's too late.

On average, Brits make eight journeys on familiar routes every week. Nearly half (46%) say it is on these familiar routes that they are most likely to reach a destination with no recollection of how they got there (24%) or will let their mind wander (27%).

The top 'autopilot' journeys are the work commute (43%), going shopping (16%) and motorway driving (15%). More than one on twenty (7%) motorists say they are most likely to switch off while doing the school run.

Frances Browning, spokesperson for Churchill [Car Insurance](#), said:

"Driving has become habitual as we are so reliant on the car in our everyday lives. The stresses and strains of everyday life, mean that many motorists end up with motoring memory blanks - the consequences of which can seriously impact getting from A to B safely."

The survey also found:

- **12% of school run drivers have crashed at least once in the last year while driving on 'autopilot'**
- **48% of men say they are most likely to switch off when driving on the motorway**
- **Commuter drivers are most likely to have reached a destination with no memory of the drive itself**

Browning added:

"When you consider the risks involved of driving on 'autopilot', it shows how important it is to be totally aware when you're on the road. The car really isn't the place to switch off and allow yourself to daydream, as it can have dangerous consequences."

Research commissioned by Churchill Car Insurance amongst 2,788 motorists, during July 2006.

**For more information please contact:**

Frances Browning  
Churchill Insurance  
020 8313 5965

**[pressoffice@churchill.com](mailto:pressoffice@churchill.com)**