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Anti Sleep Alarm with Driver Safety Using Arduino

Ayush P. Jha, Abhishek S. Badadhe, Ashutosh B. Survase, Huzaifa K. Sayyed
Department of Electronics and Telecommunication
Jayawantrao Sawant Polytechnic, Pune, India
ayujh2@gmail.com, abhishekbadadhe@gmail.com
ashusurvase2407@gmail.com, huzaifasayyed@gmail.com

Abstract: *Driver fatigue and alcohol consumption are two of the leading causes of road accidents worldwide. To address these critical safety challenges, the proposed system integrates Anti-Sleep Alarm Detection and Alcohol Detection into a single intelligent safety solution. The system utilizes low- cost sensors and microcontroller-based technology to continuously monitor the driver's physical condition and sobriety level in real time.*

The Anti-Sleep Alarm Detector employs eye- blink sensing or drowsiness detection through infrared (IR) sensors or an eye-blink monitoring module. When the system detects prolonged eye closure, reduced blinking rate, or signs of fatigue, it immediately triggers a loud buzzer or vibration alert to awaken the driver and prevent potential accidents. This proactive mechanism helps mitigate the risk of fatigue-induced loss of control.

The Alcohol Detector uses an MQ-3/MQ-135 gas sensor to measure the alcohol concentration in the driver's breath. If the detected level exceeds the predefined safety threshold, the system activates an alarm and can additionally be configured to disable the vehicle's ignition system. This ensures that the vehicle does not operate under intoxicated conditions, thereby preventing drunk-driving incidents.

The combined system integrates both modules with a microcontroller such as Arduino or ESP32, enabling data processing, threshold comparison, and alert generation. Optional features such as LCD display, GSM alert, IoT connectivity, or vehicle immobilization can enhance the system's reliability and usability.

By providing real-time monitoring, quick response alerts, and safety-critical intervention, this project aims to significantly reduce road accidents caused by driver drowsiness and alcohol consumption. The solution is cost-effective, easy to implement, and suitable for integration into commercial vehicles, personal cars, and transportation fleets, contributing to safer road environments.

Keywords: *Alcohol Detector*

I. INTRODUCTION

Road safety is a growing global concern, as many accidents are caused by driver fatigue and alcohol intoxication. Drivers who fall asleep or operate vehicles under the influence not only risk their own lives but also endanger passengers, pedestrians, and other road users. To address this issue, the Anti-Sleep Alarm Detector & Alcohol Detection System is designed as an intelligent safety solution that continuously monitors driver alertness and sobriety in real time, helping to reduce preventable accidents and promote responsible driving.

The system combines two key modules: a drowsiness detection unit that monitors eye movement and blinking patterns using infrared or eye-blink sensors, and an alcohol detection unit that measures breath alcohol concentration using sensors such as MQ-3 or MQ-135. When fatigue or alcohol levels exceed safe limits, the system triggers an audible alarm and can optionally prevent the vehicle from starting. Built using microcontrollers like Arduino or ESP32, this cost-effective and easy-to-install system enhances vehicle safety by providing immediate alerts and automated preventive actions.

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II. SYSTEM OVERVIEW

The Anti-Sleep Alarm Detector & Alcohol Detection System is an intelligent vehicle safety solution designed to monitor driver alertness and alcohol levels in real time. The system integrates two primary modules: a drowsiness detection unit and an alcohol sensing unit. The drowsiness detection module uses infrared or eye-blink sensors to monitor eye movement, blinking rate, and eyelid closure duration. If signs of fatigue or prolonged eye closure are detected, the system immediately triggers an audible alarm to alert the driver and prevent potential accidents caused by microsleep.

The alcohol detection module uses breath-analysis sensors such as MQ-3 or MQ-135 to measure the alcohol concentration in the driver's breath before or during vehicle operation. If the detected alcohol level exceeds the permissible limit, the system activates a warning alarm and can optionally disable the vehicle ignition system to prevent driving under intoxication. A microcontroller platform such as Arduino or ESP32 processes sensor inputs, compares them with predefined safety thresholds, and controls the alert and prevention mechanisms. This integrated, cost- effective system enhances road safety by ensuring responsible and alert driving.

III. METHODOLOGY

The methodology of the Anti-Sleep Alarm Detector & Alcohol Detection System involves designing, integrating, and testing hardware and software components to monitor driver alertness and alcohol levels in real time. First, the required components such as eye-blink/infrared sensors, MQ-3 or MQ- 135 alcohol sensors, a microcontroller (Arduino or ESP32), buzzer, and ignition control module are selected. The sensors are properly installed—eye sensors positioned to monitor the driver's eye activity and the alcohol sensor placed near the steering area to analyze breath samples.

Next, the microcontroller is programmed to continuously collect and process sensor data. The drowsiness detection algorithm measures blinking rate and eyelid closure duration; if eye closure exceeds a predefined threshold, an audible alarm is triggered. Similarly, the alcohol sensor measures breath alcohol concentration and compares it with a preset safe limit. If the level exceeds the threshold, the system activates a warning and can disable the vehicle ignition to prevent operation. Finally, the system is tested under different conditions to ensure accuracy, responsiveness, and reliability before deployment in vehicles.

IV. BLOCK DIAGRAM AND EXPLANATION

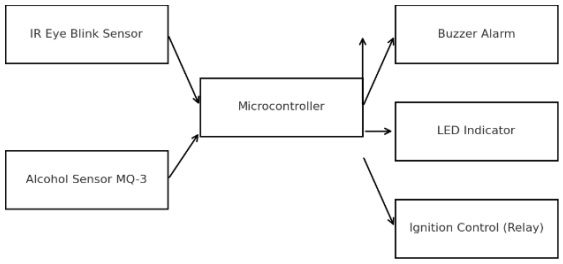

Fig : Anti sleep alarm with driver safety using arduino

The diagram represents the working architecture of the Anti-Sleep Alarm & Alcohol Detection System.

1. Input Section

IR Eye Blink Sensor This sensor monitors the driver's eye movement and blinking pattern. It detects eye closure duration and blinking frequency. If the driver's eyes remain closed longer than the preset threshold (indicating drowsiness), the sensor sends a signal to the microcontroller.

Alcohol Sensor (MQ-3) The MQ-3 sensor detects alcohol concentration in the driver's breath. When alcohol is present above the safe limit, the sensor outputs an analog signal proportional to the alcohol level and sends it to the microcontroller.

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2. Processing Section

Microcontroller

The microcontroller (such as Arduino or ESP32) acts as the brain of the system. It continuously reads input signals from both the IR eye blink sensor and the MQ-3 alcohol sensor. The controller compares these inputs with predefined threshold values programmed into the system. Based on the analysis, it decides whether to trigger alerts or take preventive action.

3. Output Section

Buzzer Alarm

If drowsiness or alcohol is detected, the microcontroller activates the buzzer to provide an immediate audible warning to the driver.

LED Indicator

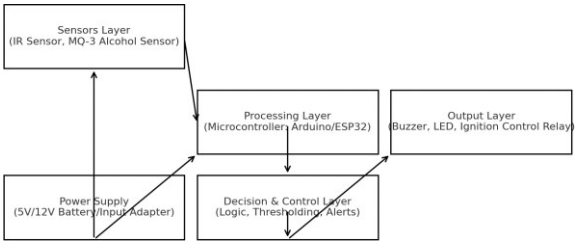
The LED provides a visual indication of system status. It may glow normally during safe conditions and blink or change state when fatigue or alcohol is detected.

Ignition Control (Relay) If alcohol levels exceed the permissible limit, the microcontroller activates a relay module to disable the vehicle ignition system. This prevents the vehicle from starting or running under intoxicated condition

Overall Working

The system continuously monitors both driver alertness and alcohol level. The sensors send real-time data to the microcontroller, which processes the information and activates alarms or ignition control mechanisms when unsafe conditions are detected. This integrated approach enhances road safety by preventing accidents caused by driver fatigue and drunk driving.

V. CIRCUIT DIAGRAM



VI. ADVANTAGES

1. Prevents Accidents

Detects driver drowsiness and alcohol consumption early, reducing the risk of road accidents.

2. Real-Time Monitoring Continuously monitors driver condition and provides immediate alerts when unsafe behavior is detected.

3. Enhanced Road Safety Protects not only the driver but also passengers, pedestrians, and other road users.

4. Automatic Preventive Action The ignition control (relay) can stop the vehicle from starting if alcohol is detected.

5. Cost-Effective System Built using affordable components like Arduino, IR sensor, and MQ-3 sensor.

6. Easy Installation

Can be installed in both personal and commercial vehicles without major modifications.

7. Low Power Consumption Operates efficiently using a 5V/12V power supply.

8. User-Friendly Operation Simple alerts using buzzer and LED make it easy for drivers to understand warnings.

9. Scalable and Upgradable Can be enhanced with GPS, GSM, or camera modules for advanced monitoring features.

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VII. LIMITATIONS

Sensor Accuracy Limitations IR eye-blink sensors may give false readings due to lighting conditions, sunglasses, or head movement.
Environmental Interference MQ-3 alcohol sensor readings can be affected by smoke, perfumes, or other gases.
Limited Drowsiness Detection The system mainly detects eye closure and may not accurately identify all forms of fatigue (e.g., mental distraction).
Calibration Requirement Alcohol sensors require proper calibration for accurate measurement.

VIII. HARDWARE COMPONENTS LIST

1. Arduino UNO / ESP32 Use: Acts as the central controller that processes data from sensors and controls alarms and vehicle ignition.
2. IR Eye Blink Sensor Use: Detects driver's eye movements and blinking patterns to identify signs of drowsiness or sleep.
3. MQ-3 Alcohol Sensor Use: Measures the alcohol concentration in the driver's breath to detect intoxication.
4. Relay Module (5V) Use: Controls the vehicle's ignition system by enabling or disabling it based on alcohol detection.
5. Buzzer
Use: Provides audible alerts to warn the driver when drowsiness or alcohol consumption is detected.
6. LED Indicator
Use: Offers visual feedback about the system status or alerts the driver.
7. 220Ω Resistor
Use: Limits current to the LED to prevent damage.
8. Power Supply (5V/12V Battery or Adapter)
Use: Powers the entire system, including the microcontroller and sensors.
9. Jumper Wires and Breadboard Use: For making flexible electrical connections during prototyping and assembly.

IX. FUTURE SCOPE

1. Integration with Vehicle Systems The system can be integrated with advanced vehicle safety systems like ABS, airbags, and automatic braking for enhanced accident prevention.
2. Smartphone Connectivity Future versions could send real-time alerts and driver status updates to mobile apps for monitoring by family members or fleet managers.
3. Cloud-Based Monitoring Data from multiple vehicles can be stored in the cloud for analytics, helping identify high-risk drivers or accident-prone routes.
4. Enhanced Drowsiness Detection Using AI and camera modules, the system could detect facial expressions, head nodding, and other subtle fatigue indicators for more accurate monitoring.
5. Multi-Gas Detection Adding sensors for other harmful gases (like carbon monoxide) can further improve driver safety.
6. Automatic Emergency Response Future systems could automatically notify emergency services if a driver falls asleep or attempts to drive under intoxication.

X. CONCLUSION

The Anti-Sleep & Alcohol Detector project is a significant step towards improving road safety by addressing two of the major causes of traffic accidents: driver fatigue and alcohol consumption. The system successfully integrates advanced sensors, microcontrollers, and alert mechanisms to monitor the driver's alertness and alcohol levels in real-time. By detecting drowsiness through eye or head movement monitoring and measuring blood alcohol content using a breath sensor, the device can trigger immediate alerts, allowing the driver to take preventive action before an accident occurs.
The implementation of this project demonstrates how embedded systems and IoT technology can be combined to create a proactive safety solution. The system not only provides instant feedback to the driver but also has the potential for

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integration with larger networks, such as cloud-based monitoring, mobile notifications, or emergency services, thereby expanding its effectiveness in real-world scenarios.

This project highlights several key points:

1. Reliability: The sensors and microcontrollers used ensure accurate and timely detection of both fatigue and alcohol levels.
2. Practicality: The system is compact, cost- effective, and suitable for integration into personal and commercial vehicles.
3. Preventive Safety: By alerting drivers before accidents occur, it reduces the risk of road mishaps and saves lives.
4. Future Potential: With further development, features like GPS integration, mobile app alerts, and data logging can enhance overall functionality and user experience.

In conclusion, the Anti-Sleep & Alcohol Detector serves as an innovative, practical, and efficient tool for promoting safe driving. Its development reinforces the importance of technological intervention in road safety and showcases how simple yet effective embedded systems can prevent accidents, protect lives, and contribute to smarter, safer transportation systems.

ACKNOWLEDGMENT

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[1]. D.D. shinde project guide skilled in IOT based systems. Lecturer in JSPM university