

FATAL FATIGUE NEWSLETTER

Edition 4; Summer 2004

FATAL FATIGUE hopes that through our seasonal newsletter, we reach people with whom we can share information and educate as to the issues surrounding drowsy driving and, in the future, work on amending state laws to address this form of reckless driving. For further information, please read our Mission Statement on our Web site: <http://www.fatalfatigue.com>.

You can read the stories of loved ones that members of FATAL FATIGUE have lost due to drowsy drivers, [Daryl's Story](#) and [Brian's Story](#). These experiences propelled our group to create a Web site, <http://www.fatalfatigue.com>. Please read their stories in our In Memoriam section at our Web site.

[New NSF Website! DrowsyDriving .Org](#)

Help Prevent the Tragedy of Drowsy Driving

The Fourth of July holiday kicks off summer vacation and travel season. Millions of Americans are planning driving trips that will begin at all times of day and night. Some will have been up late packing, while others have just gotten off the night shift or may suffer from untreated sleep disorders that prevent them from getting adequate sleep. As a result, many drivers will be too sleepy to stay alert or even awake behind the wheel.

NSF's *Sleep In America* polls have found that about one in five Americans admit to having fallen asleep at the wheel within the year, creating a dire risk for themselves and every other driver and pedestrian.

The National Sleep Foundation is dedicated to greatly lowering the incidence of drowsy driving crashes by raising Americans' awareness of the problem and getting them to take preventative action. To join us in this important life saving campaign, please visit <http://www.sleepfoundation.org/ddsummit/ddhelp.cfm> to make a tax-deductible contribution today. Contributors of \$15 or more receive our free "Sleepy? Pull Over!" bumper sticker and a year's subscription to NSF's quarterly newsletter *sleepmatters*.

For more information on how to end the tragedy of drowsy driving, please visit NSF's special Web site, [DrowsyDriving.Org](#).

[Recent Updates to our website](#)

FATAL FATIGUE ON EDUCATING THE PUBLIC!

HEY! Sign up for the National Sleep Foundation's free bi-weekly e-mail newsletter with information on sleep and new developments in sleep research. <http://www.sleepfoundation.org/signup.html>

We continue with our focus on education. Start by answering the National Sleep Foundation's Wake Up Call! Go to: <http://www.sleepfoundation.org/publications/wakeup.html>.

Get involved! Contact your local representative and let them know you want to see an amendment to Washington State's Vehicular Homicide Statute, such as a "sleeping-driver homicide" amendment. This amendment would send a strong message of accountability for a driver's actions behind the wheel of their car when they chose to drive while knowingly fatigued. Go to: <http://www.leg.wa.gov/wsladm/default.htm>

We hope you come away from this newsletter with a better understanding about the issues surrounding drowsy driving, and, most importantly, feel like showing your support by e-mailing us or, if you know of someone who would like to be added to our newsletter list, please let us know at: FatalFatigue@hotmail.com.

Look for our next newsletter in Fall 2004. God bless!

THANK YOU FROM FATAL FATIGUE!