

FATAL FATIGUE NEWSLETTER
Edition 6; Summer 2007

10th Anniversary of Tragic Drowsy Driving Crash

July 2nd marks the 10th anniversary of the tragic death of Maggie McDonnell, a 20-year old college student who was killed by a driver who fell asleep at the wheel after having been awake for more than 30 hours. Read more about Maggie and the drowsy driving legislation that was enacted as a result of her death in NSF's [Remembering Maggie McDonnell](#), and then learn more about the dangers of drowsy driving at www.drowsydriving.org.

Please Be Prepared This Summer!

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.

Before “hitting the road”

- Get adequate sleep—most adults need 7-9 hours to maintain proper alertness during the day
- Schedule proper breaks—about every 100 miles or 2 hours during long trips
- Arrange for a travel companion—someone to talk with and share the driving
- Avoid alcohol and sedating medications—check your labels or ask your doctor

Caffeine -- does it help?

Caffeine promotes short-term alertness. It takes about 30 minutes for caffeine to begin working so the best thing to do is pull over for a coffee or other caffeinated beverage, take a short nap, and then get back on the road. Keep in mind that caffeine won't have much of an effect on people who consume it regularly.

RECENT UPDATES TO OUR WEBSITE

Check out our 2007 articles and our featured website!

FATAL FATIGUE ON SHARING EDUCATION !

Please check out the National Sleep Foundations New Sleep For Kids website! In this website for kids, you can learn about what happens while we sleep, play fun games, and keep track of your own sleep. Parents you can review this website with your children and discuss sleep issues with them. You will also find more great information to help you learn and teach about children's sleep. <http://www.sleepforkids.org/>
Sleep for kids webs site (A sevice of the National Sleep Foundation)

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 their free "Sleepy? Pull Over!" bumper sticker and a year's subscription to NSF's quarterly newsletter *sleepmatters*.

Or Start by answering the National Sleep Foundation's Wake Up Call! Go to: <http://www.sleepfoundation.org/publications/wakeup.html>.

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>

For Additional information on how to end the tragedy of drowsy driving, please visit NSF's special Web site, DrowsyDriving.Org

Save the Date: National Sleep Awareness Week® 2008

National Sleep Awareness Week (NSAW) 2008 will be held from Monday, March 3, through Sunday, March 9, 2008

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/legislature>

FATAL FATIGUE hopes that through our seasonal newsletter, we reach people with whom we can share and exchange information, and educate others 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>. If you would like to show support by e-mailing us or, if you know someone who would like to be added to our newsletter list, please let us know at: FatalFatigue@hotmail.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.

Look for our next seasonal newsletter. God bless you good!

THANK YOU FROM FATAL FATIGUE!