

## **FATAL FATIGUE NEWSLETTER**

### **Edition 5; Summer/Fall 2006**

**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>.**

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.

### **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 2006 articles and our featured website!**

### **FATAL FATIGUE ON SHARING EDUCATION !**

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](http://DrowsyDriving.Org)

### ***Save the Date: National Sleep Awareness Week® 2007***

National Sleep Awareness Week (NSAW) 2007 will be held from Monday, March 5-Sunday, March 11th. This annual, national public sleep awareness campaign has been moved three weeks earlier than in years past to coincide with the extension in Daylight Saving Time (DST) which takes effect in 2007 as a result of last year's energy legislation in the U.S. Had they asked us, we would have said, more energy could be saved by staying in bed an extra hour each morning! [Click here](#) to learn more about NSAW 2006 and [check out photos](#) from this year's event.

## **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](mailto:FatalFatigue@hotmail.com).

***Look for our next seasonal newsletter. God bless!***

**THANK YOU FROM FATAL FATIGUE!**