



FATAL FATIGUE NEWSLETTER
Edition 5; Winter/Spring 2005

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.

NEWS!

National Sleep Awareness Week (NSAW 2005: 3/28-4/3) is coming! Please go to the National Sleep Foundation's web site for NSAW 2005 to read more: http://www.sleepfoundation.org/features/NSAW_2005.cfm. FATAL FATIGUE will again be involved as a cooperative co-sponsor in this great event. We will be distributing materials to be purchased from the National Sleep Foundation and post those materials throughout our various communities and will have local office and church discussions throughout that week. We continue to strive to spread awareness as to the issues surrounding drowsy driving!

Drowsy Driver Awareness Day Resolution Proposal for California by Phil Konstantin - What follows is a resolution to declare April 6th as "Drowsy Driver Awareness Day" in the state of California as presented by Phil Konstantin. Please give him your support and read more at: <http://www.americanindian.net/resolution.html>.

Minnesotans for Safe Driving - "To assist all victims of unsafe driving and educate the public to the dangers of impaired driving." This is their mission statement. Please read more at: <http://www.minnesotansforsafedriving.com/>.

Medical Interns Who Work Extended-Duration Shifts Double Their Risk of Car Crashes When Driving Home From the Hospital - Please read this January 2005 article from the *Medical News Service* at: <http://www.medicalnewsservice.com/fullstory.cfm?storyID=2798&fbac=yes>.

Perpetually Tired Teens: Breaking the Cycle of Late Nights and Drowsy Days by [Mayo Clinic staff](#). Please read more about this important topic at the *Mayo Clinic's* Web site at: <http://www.mayoclinic.com/invoke.cfm?id=CC00019>.

For more articles, please go to our Web site!

SLEEPY SEEDS CARDS & SLEEPY SEEDS DREAM QUILT!

Sleepy Seeds Cards is a grassroots effort from Massachusetts started by Michelle Hemingway in an effort to raise awareness about narcolepsy and contribute to the areas of sleep education and advocacy. For more information, please go to their web site: <http://www.sleepfoundation.org/sleepyseeds/sleepyseeds.pdf>. Ms. Hemingway has also begun an incredible project, the creation of a sleep awareness quilt, which uses squares contributed from all over the country. FATAL FATIGUE is one of those contributors. Our web site will feature our 2005 quilt square shortly. We will be displaying this quilt, which will feature our new square at a local fair in our State! Details soon!

FATAL FATIGUE AND AMERICA ON EDUCATING THE PUBLIC!

NEWS BULLETIN: Massachusetts Senator Richard Moore, D-Uxbridge, is sponsoring a bill for 2005 that would make it illegal to fall asleep while driving. The charge would carry the same penalties as drunken driving. If the bill is passed, Massachusetts would join the ranks of Maggie's Law in New Jersey, the only other state that enforces a law against drowsy driving. Here are this thoughts about needing a bill: <http://www.senatormoore.com/news/2005/01/012505-2.htm>. To learn more about this bill, read the following press release: <http://www.senatormoore.com/news/2005/01/011905-2.htm>. Or, please go to our Web site, www.fatalfatigue.com to read more about his efforts.

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 summer 2005. God bless!

THANK YOU FROM FATAL FATIGUE!