

## **FATAL FATIGUE NEWSLETTER**

### **Winter/Spring 2010**

### ***National Sleep Awareness Week is March 7-13 2010!***

National Sleep Awareness Week®, which takes place March 7-13, 2010, is an annual public education and awareness campaign to promote the importance of sleep. The week begins with the announcement of the National Sleep Foundation's *Sleep in America* poll results and ends with the clock change to Daylight Saving Time, where Americans lose one hour of sleep. The Foundation's Sleep Care Center members host events in their local communities throughout the week, providing sleep education and screening to the public.

**If you would like to learn more about how you can help in your own community to raise awareness during National Sleep Awareness week, see the website below for helpful information.**

**<http://www.sleepfoundation.org/event/national-sleep-awareness-week%C2%AE>**

*Is one of your New Year's resolutions to get more sleep? Many people look forward to the New Year for a new start on old habits.*

### **The Today Show Looks at Drowsy Teen Drivers**

September 14, 2009 by [sleepfoundation](#)  
Filed under [Drowsy Driving in the News](#)

The *Today Show* recently featured a segment on drowsy driving among teenagers. According to the National Sleep Foundation's 2006 *Sleep in America* poll, 51 percent of all adolescents who drive reported that they had driven drowsy at least once in the past year. Among those adolescents, 5 percent had nodded off or fallen asleep while driving in the past year, and 27 percent of those respondents had an accident or near accident due to drowsiness while driving. The *Today Show* segment notes that fatigue is a factor in about 100,000 crashes every year, most involving young drivers. National Sleep Foundation Chairman Thomas J. Balkin, Ph.D., told the *Today Show*, "In many ways, driving drowsy is very much like driving drunk." According to Dr. Balkin, drowsiness — like alcohol — can severely impair a driver's reflexes, judgment and awareness.

### ***What is Drowsy Driving?***

Sleepiness and driving is a dangerous combination. Most people are aware of the dangers of drinking and driving but don't realize that drowsy driving can be *just as fatal*. Like alcohol, sleepiness slows reaction time, decreases awareness, impairs judgment and increases your risk of crashing.

For additional information on how to be a more alert driver visit: [DrowsyDriving.Org!](#)

## ***How Can You Help?***

Won't you contact your local representative and let them know you want more public education on the dangers of drowsy driving? Let them know you want our roads safer by creating accountability through a "sleeping-driver homicide" amendment to Washington State's Vehicular Homicide Statute. Go to: [http://www.leg.wa.gov/legislature!](http://www.leg.wa.gov/legislature) You can also write your senators and congressman to ask for support of funding for sleep activities. You can do this through NSF's website at [www.sleepfoundation.org/advocacy](http://www.sleepfoundation.org/advocacy).

Remember the National Sleep Foundation, which is an excellent organization, is dedicated to lowering the incidence of drowsy driving crashes by raising awareness! They now have *new* tools available to help with education related to drowsy driving, such as a PowerPoint presentation, informative sleep sheets and an article entitled *Tired Cops* by Brian Vila, Ph.D. Here is the link to the site to obtain the educational items related to drowsy driving: <http://www.sleepfoundation.org/catalog/drowsy-driving-education>.

To join this life-saving campaign, please go the National Sleep Foundation's website and make a tax-deductible contribution: <http://www.sleepfoundation.org/donate>. Contributors of \$15 or more receive their free "Sleepy? Pull Over!" bumper sticker and a year's subscription to a quarterly newsletter, *Sleepmatters*.

They also offer a free, bi-weekly e-mail newsletter with information on sleep and new developments in research. Sign up at [www.sleepfoundation.org/signup.html](http://www.sleepfoundation.org/signup.html). They also now offer *Facebook* and *MySpace* as well in their online community section!

Finally, if you are interested in helping the National Sleep Foundation prevent drowsy driving, please visit [www.drowsydriving.org](http://www.drowsydriving.org) and contact John Rancourt in the Government Affairs Department at (202) 347-3471, ext. 203 or [jrancourt@sleepfoundation.org](mailto:jrancourt@sleepfoundation.org).

## ***What's New on Our Website?***

Please take the time to read the story of Ronnie Lynn in our In Memoriam section at [Fatal Fatigue](#). Through this story, and others in this section as well, continues to motivate us through our website and our seasonal newsletters to educate people and exchange information on raising awareness on this silent but deadly epidemic of drowsy driving. For further information, please read our Mission Statement as well! Please show 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. Our e-mail address is: [\*\*FatalFatigue@hotmail.com\*\*](mailto:FatalFatigue@hotmail.com).

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