

# Driving Safety

Information, insights and resources  
to help improve fleet and driver safety

Hi there,

We're excited to share the first of our monthly updates, designed to provide insights and resources that enhance driver safety for you and your team. Whether you're a valued client or simply have an interest in the work we do, we hope you find this useful!

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As we approach **Mental Health Awareness Week** (23-29 September) we wanted to offer some resources we have that you might find useful.

In a recent episode of our podcast, The Depot, our ambassador and motorsport legend Greg Murphy spoke with Sir John Kirwan about mental health and well-being, offering valuable tips for truck drivers. Below, you'll find links to the podcast and helpful resources to share with your team.

## What's the Connection Between Mental Health, Fatigue, and Driver Safety?

Lack of sleep and fatigue are closely linked to stress and mental health, significantly affecting overall wellbeing and driving safety. Insufficient sleep raises stress hormones like cortisol, creating a cycle where stress leads to poor sleep and vice versa (Gonzalez et al., 2016).

Chronic fatigue is associated with higher risks of anxiety and depression, particularly among those with insomnia (National Sleep Foundation, 2020).

Fatigue impairs judgment and reaction times, making it especially dangerous for drivers. Research indicates that drowsy driving can be as risky as driving under the influence of alcohol (National Highway Traffic Safety Administration).

Prioritising sleep and managing fatigue are essential for reducing stress and enhancing mental health, and in turn improving safety when driving. Understanding these connections can help support driver safety and mental health in high-stress environments.

## Check out the resources

Sir John Kirwan joins Greg Murphy on The Depot podcast to discuss mental health and wellbeing, offering valuable tips for truck drivers.

Watch the video or listen on [Spotify](#), [iHeart](#) or [Apple](#) podcasts.



## The Six Pillars of Wellbeing

A comprehensive scientific framework from our friends at [Groov](#) that helps people manage stress, feel more positive, build resilience and feel more able to get the most out of life. Research shows doing just one thing from each pillar every day has a significant impact on overall wellbeing.

[READ JK'S TOP TIPS](#)

## Useful resources

Want to share JK's top tips for wellbeing with your team? We've got posters, social tiles and handouts featuring key mental health messages and tips for managing stress or fatigue. Download and share to promote ongoing awareness and discussion around mental health.

[DOWNLOAD OUR RESOURCES](#)

## About AutoSense

AutoSense enhances road safety for heavy and light vehicle fleets through a comprehensive range of services, including fleet driver training, personalised coaching, driver monitoring systems, and fatigue and sleep consultancy, all aimed at improving fleet safety.

[FIND OUT MORE](#)

## Keep in touch

If you have any questions about this, or other matters, please reach out to your Account Manager or contact our Support Team. We're always happy to help!

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### References

1. Gonzalez, A., et al. (2016). Sleep deprivation and stress: An overview. *Sleep Medicine Reviews*, 30, 47-56.
2. National Sleep Foundation. (2020). Sleep and Mental Health. Retrieved from [national sleep foundation](https://www.nationalsleepfoundation.org/).
3. National Highway Traffic Safety Administration. Drowsy Driving. Retrieved from [nhtsa.gov](https://www.nhtsa.gov/).



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