# AutoSense 2

# **Driving Safety**

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

Thanks for your interest in the work we do at AutoSense! Driving Safety – our monthly e-news is designed to provide insights and resources that enhance driver safety for you and your team.

In this edition, we've included some **practical tips to combat driver fatigue** through the busy summer period. Plus, we invite you to join our upcoming <a href="HarmFREE Connect Webinar">HarmFREE Connect Webinar</a>, hosted by our very own **Kat Aubrey**, **AutoSense Fatigue and Sleep Health Consultant**. Read on for more details!

### Fatigue-Busting Tips for Summer: Staying safe on the road

As the busy summer season approaches, truck drivers face longer hours on the road, especially during the Christmas rush. Nightshift drivers, in particular, struggle with the heat and irregular sleep, making it harder to stay alert and safe.

#### What Guardian data tells us

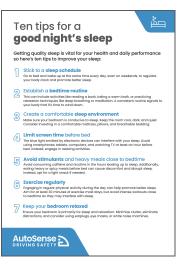
Fatigue is a serious concern, and the data from over 6,000 NZ **Guardian by Seeing Machines** devices show just how common it is. There were an average of **58.3 fatigue events per day** and over **1,776 fatigue events per month** across a total distance of **398,734,496 km**<sup>1</sup>. These figures underscore the need for effective fatigue management strategies.

#### Why sleep matters

Truck drivers need at least **7-8 hours** of sleep daily for safe performance. If a full night's rest isn't possible, consider splitting it into **5-6 hours after a shift**, followed by a **1-2 hour nap** before the next one. This can still help improve alertness and overall performance. Here's a few tips to help your drivers through this summer period.

#### Summer sleep tips for drivers

- 1. **Keep cool**: Aim for a sleep environment around **18°C** to help you rest better.
- 2. **Block out daylight**: Use blackout curtains or sleep masks to create a dark, restful space.
- 3. **Ventilation**: Ensure your truck cab or room has fresh airflow.



**Download Sleep tips** 

#### **Fatigue-Busting Tips**

- Take regular breaks: Schedule rest stops every couple of hours to stretch and recharge.
- 2. **Establish a sleep routine**: Stick to consistent sleep times, avoid caffeine 6 hours before bed if possible, and create a comfortable sleep space.
- Naps: A short 20-30 minute nap during breaks can boost alertness without disrupting your sleep cycle.
- 4. **Stay active**: Incorporate stretches or light walking during breaks to reduce stiffness and increase focus.
- 5. Hydrate and eat well: Drink up to 2 litres of water (more in warmer temperatures) and eat balanced meals with complex carbs, protein, and healthy fats to maintain energy and cognitive function.



**Download Fatigue tips** 

Join the HARMfree Webinar on Fatigue and Sleep Health

**FREE Connect Event** 

For **HEALTH AND SAFETY CHAMPIONS** or **LEADERS** 



Connect | Share ideas | Be inspired

As the busy season approaches, fatigue and burnout are growing concerns in transport and logistics. Join **Katrina Aubrey**, AutoSense Fatigue and Sleep Health Consultant, who will be hosting this **HARMfree Connect Webinar**.

Kat will share expert insights on managing fatigue, including:

- Identifying the signs and causes of fatigue
- The importance of 7+ hours of quality sleep
- Practical strategies for improving sleep hygiene, exercise, and nutrition

Ensure your team stays rested, safe, and productive this summer.

Register today

#### **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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