

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 [HarmFREE Connect Webinar](#), 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 km¹**. 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](#)

Ten tips for a good night's sleep

Getting quality sleep is vital for your health and daily performance so here's ten tips to improve your sleep:

- 1 **Stick to a sleep schedule**
Go to bed and wake up at the same time every day, even on weekends, to regulate your body clock and promote better sleep.
- 2 **Establish a bedtime routine**
This can include activities like reading a book, taking a warm bath, or practicing relaxation techniques like deep breathing or meditation. A consistent routine signals to your body that it's time to wind down.
- 3 **Create a comfortable sleep environment**
Make sure your bedroom is conducive to sleep. Keep the room cool, dark, and quiet. Consider investing in a comfortable mattress, pillows, and breathable bedding.
- 4 **Limit screen time before bed**
The blue light emitted by electronic devices can interfere with your sleep. Avoid using smartphones, tablets, computers, and watching TV at least an hour before bed. Instead, engage in relaxing activities.
- 5 **Avoid stimulants and heavy meals close to bedtime**
Avoid consuming caffeine and nicotine in the hours leading up to sleep. Additionally, eating heavy or spicy meals before bed can cause discomfort and disrupt sleep. Instead, opt for a light snack if needed.
- 6 **Exercise regularly**
Engaging in regular physical activity during the day can help promote better sleep. Aim for at least 30 minutes of exercise most days, but avoid intense workouts close to bedtime as they may interfere with sleep.
- 7 **Keep your bedroom relaxed**
Use your bedroom primarily for sleep and relaxation. Minimize clutter, eliminate distractions, and consider using earplugs, eye masks, or white noise machines.

AutoSense
DRIVING SAFETY

Fatigue-Busting Tips

1. **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.
3. **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](#)

Fatigue-busting strategies

Fatigue countermeasures refer to strategies, techniques, or interventions aimed at reducing or mitigating the effects of fatigue on individuals. Fatigue can result from various factors such as lack of sleep, long work hours, stress, or monotonous tasks, and it can impair cognitive function, reaction time, decision-making abilities, and overall performance.

Employing fatigue countermeasures can help individuals stay alert, focused, and safe, particularly in environments where fatigue-related risks are significant, such as transportation, healthcare, and manufacturing industries.

Some common fatigue countermeasures include:

Sleep hygiene practices	Task rotation
Developing a consistent bedtime routine, creating a comfortable sleep environment, and engaging in relaxing activities before bedtime.	Rotating tasks or job roles within a team can prevent monotony and reduce the risk of fatigue-related errors.
Napping	Nutrition
Strategic short naps during breaks can help alleviate sleepiness and improve alertness, especially during extended shifts.	Consuming balanced meals and staying hydrated can support energy levels throughout the day, avoiding heavy meals and excessive sugar intake can prevent energy crashes.
Caffeine	Cognitive breaks
Moderate consumption of caffeine through coffee, tea, or energy drinks, can temporarily enhance alertness and performance. However, excessive reliance on caffeine can lead to dependency and disrupt normal sleep patterns.	Scheduled breaks during demanding tasks allow individuals to rest and recharge mentally, reducing the accumulation of fatigue.
Physical activity	Education and training
Regular exercise can improve overall health and help combat fatigue by increasing energy levels and promoting better sleep quality.	Providing education and training on the importance of sleep, recognizing signs of fatigue, and implementing effective break management strategies can raise awareness and encourage proactive measures.
Environmental modifications	Fatigue management systems
Optimizing workspaces, controlling ambient lighting, temperature, and noise levels can promote alertness and productivity.	Implementing fatigue management systems or procedures to identify, assess, and mitigate fatigue-related risks, such as monitoring workload, managing shift schedules, and utilizing tools.

AutoSense
DRIVING SAFETY

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!

Phone: 0508 AUTONSENSE (0508 288 673 673)

Email: support@autosense.co.nz



AutoSense
DRIVING SAFETY

[View this email in your browser](#)

[Unsubscribe](#) | [Update Profile](#) | [Report Junk](#)