

Good and Bad Sleep Habits

Name _____ Date _____

Good Sleep Habits	Bad Sleep Habits

Newspaper Articles

The Gotham Daily Herald

SPECIAL EDITION

State Senator's Daughter Dies in Auto Crash

Marcia Sinton, 16, daughter of State Senator Otis Sinton, was killed in a two-car crash on the State Beltway at 3:00 p.m. yesterday. Police said that a car driven by Thomas Meecham, 19, crossed the median and struck Ms. Sinton's vehicle. Mr. Meecham, returning home after completing a

10-hour shift at work, said, "I don't know what happened. Before I realized it, I was in the other lane with a car coming right at me."

Mr. Meecham was injured in the crash and was taken to Memorial Hospital, where he is listed in serious condition. At this time, no

charges have been filed pending completion of the investigation.

A spokesperson for Senator Sinton said he was out of town, but had been informed of his daughter's death and was returning home in the morning. Ms. Sinton was an honor student at North High School.

The Gotham Daily Herald

MORNING EDITION

Governor Wages War on Drowsy Drivers

Governor Shawn Smithers has taken a bold and controversial step toward making our state's roads and highways safer from drowsy drivers. He proposes to require prospective drivers to display a basic knowledge about sleep.

Many believe this action was prompted by the recent death of Marcia Sinton, daughter of State Senator Otis Sinton, a close friend. Citing recent reports,

Governor Smithers said, "There are far too many crashes on the road that are caused by sleepy or sleeping drivers." The governor then outlined his plan. "I want those citizens of our state who drive to know something about sleep, what it is, and what it takes to ensure that they do not drive while drowsy." The governor indicated that he is asking a panel of sleep specialists to prepare a list of questions about sleep to

include on the new state driver's license test next year.

According to the governor's proposal, anyone applying for or renewing a driver's license must be able to correctly answer a series of sleep-related questions. "Sleep-related crashes cost us too much as a society—too many lives lost and too much money spent unnecessarily—and I intend to do something about it," he said emphatically.

Memo from the Governor

From the Office of Governor Shawn Smithers

To: Member, Committee for Sleep Questions

I am calling on you, as a sleep specialist and a member of the Committee for Sleep Questions, for your assistance. Please submit to my office a list of 10 questions about sleep that will be included on our state driver's license test. The questions should test an applicant's knowledge of basic sleep concepts; for example, what is sleep, why do we need it, how much is enough, how do we get good sleep, and what are the effects of sleep loss? I think you get the basic idea; after all, you are the expert. The committee chairperson will provide you with further instructions. My office has compiled the following statistics for use by your committee. Thank you for your assistance in this important matter.

Shawn Smithers

Facts about drowsy driving in the United States:

1. There are about 100,000 police-reported crashes per year where driver drowsiness is a principal cause.
2. About 4 percent of all crash fatalities are sleep related.
3. At least 71,000 people are injured each year in crashes involving driver drowsiness.
4. At least 1 million crashes (about one-sixth of the total) are caused by lapses in driver attention; such lapses are associated with lack of sleep.

Who is at risk?

1. Drivers who are sleep deprived or fatigued.
2. Young drivers:
 - A North Carolina study found that 55 percent of sleep-related crashes involved drivers between the ages of 16 and 25; 78 percent were males.
3. Shift workers who work nights or long, irregular hours:
 - 25 million Americans are rotating-shift workers.
 - 20 to 30 percent of them report having a sleep-related driving mishap within the prior year.
4. Commercial drivers, especially truck drivers:
 - They drive high numbers of miles per year.
 - Many must drive at night.
 - Studies find that driver fatigue is associated with 30 to 40 percent of all heavy truck crashes.
5. People with untreated sleep disorders:
 - Untreated chronic insomnia, sleep apnea, and narcolepsy can lead to excessive daytime sleepiness.
 - Sleep-related problems affect 50 to 70 million Americans.