

About the Sleep Research Society (SRS)

- **Mission:** To fosters scientific investigation, professional education, career development, public awareness, and evidence-based policy in sleep science and sleep medicine.
- **Journal:** The SRS publishes the international, peer-reviewed journal *SLEEP*, the highest ranking journal publishing original sleep science and sleep medicine.
- **Annual Meeting:** The SRS co-organizes the SLEEP Annual Meeting, which gathers over 5,000 scientists and clinicians each year.
- **Trainee Development:** The SRS helps young scientists develop their career in the field of sleep research through funding, mentoring, training opportunities, and the annual trainee symposia series held in conjunction with the SLEEP Annual Meeting.
- **Educational Resources:** The SRS equips members and non-members with educational tools designed for both beginning and experienced scientists.

NHTSA's "Asleep at the Wheel: A National Compendium of Efforts to Eliminate Drowsy Driving" and the SRS

- NHTSA's compendium is organized around five themes:
 - Research and Development
 - Public and Private Policy
 - Public Education and Awareness
 - Vehicle Technology
 - Partnerships between Traffic Safety and Sleep/Circadian Science Communities
- Data and science driven
- Strong education and outreach components
- Nation-wide, concrete steps toward drowsy driving mitigation and prevention
- The Sleep Research Society is proud to be a partner in this important endeavor

SRS Contributions to National Efforts to Eliminate Drowsy Driving (1)

- **Sleep and Public Health:** The SRS has teamed up with the AASM and the CDC to form the National Healthy Sleep Awareness Project (NHSAP). The long-term goal of the NHSAP is to promote improved sleep health in the US. NHSAP developed an “Awake at the Wheel” campaign to increase awareness of the dangers of drowsy driving (<http://www.sleepeducation.com/healthysleep/awake-at-the-wheel>).

SRS Contributions to National Efforts to Eliminate Drowsy Driving (2)

- **Drowsy Driving Research:** While research on sleep and drowsy driving has steadily increased over the past few decades, key questions such as the sleep duration, timing and quality needed to substantively reduce the risk of drowsy driving await data-driven and actionable answers. Through advocacy, outreach, and participation in expert panels, SRS members are actively involved in securing support for drowsy driving research to answer these critical questions.
- **Drowsiness Detection Systems:** SRS members are extensively involved in the development of drowsiness detection systems; fatigue risk management programs in the workplace; and all aspects of basic and translational research on sleep, sleep disorders, circadian rhythms, drowsiness, and performance impairment as relevant for drowsy driving and its associated safety and health risk.

The SRS is excited to partner with NHTSA, pursue drowsy driving research, and contribute expertise to help eliminate drowsy driving.