

Enhancing Societal Sleep: Education, Advocacy, and Change

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Graduate/Postgraduate Course
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10 fatalities
3 serious injuries
2 minor injuries
5 no injuries

**Ford
Windstar**

**Kia
Spectra**

**Hyundai
Sonata**

Source: Oklahoma State Police



Education: Informed to Act

- Everyone: human requirement
- Everywhere: at all levels
- Continually: once, recurrent, advanced
- Basics and tailored: make it personal
- Provide value: practical, resources

Advocacy: Support Change

- Individuals: insurance, disability, driving
- Groups: tailored, outcomes, ongoing
- Organizations: objectives, safety/health, barriers
- Policies/regulations: local, state, federal, companies

Change: Enhance Society

- Success: school start times, education, schedules, regulations, tracking, media, visibility
- Establish/evaluate clear outcomes
- Understand barriers, conflicts, politics
- Develop path: small, medium, large steps
- Persistence, adjust, responsive

Success requires . . .

A culture change that supports
different attitudes and behaviors

