

RESEARCH STATEMENT

Original Creative Work

Citation: Ames, K (2012) 'How much sleep do you need?', Truckin' Life, July, pp. 22 - 26

Research Background

- Field – Health Promotion
- Context – Safety in the Long-Haul Trucking Industry
- Research Question – What relevance does the sleep cycle have for long-haul truck drivers?

Research Contribution

• **New Knowledge** – This article was published as a feature article in Australia's largest trucking newsstand magazine (monthly circulation of 21,000) to inform truck drivers of the impact of the sleep cycle in managing their fatigue, and issues associated with lack of sleep. It was the second article in a two-part series that aimed to demystify research and inform a specific target audience for whom lack of knowledge has fatal consequences.

Research Significance

• **Evidence of Excellence** – The article series received extremely positive feedback, and will result in further writing to break down issues associated with the new National Heavy Vehicle Law and the ability of drivers to understand how it may apply to them.

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