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## **Daylight Saving Time Ends Sunday** **Focus on Safe Driving Habits**

**LOS ANGELES, CA (November 4, 2016)**

Daylight Saving means Angelenos get another hour on their 'body clock' early Sunday morning. How we use it is important. Getting plenty of rest before heading out in a vehicle is a must for drivers, so staying up that extra hour and shortchanging your sleep could lead to disastrous effects.

According to a study by the American Automobile Association Foundation for Traffic Safety, people who sleep six to seven hours a night are twice as likely to be involved in such a crash as those sleeping eight hours or more, while people sleeping less than 5 hours increased their risk four to five times. The foundation also finds more than 250,000 people fall asleep at the wheel, some for a just a microsecond.

Los Angeles' Vision Zero campaign: Zero Traffic Fatalities by 2025, advises people to not drive when drowsy or distracted because they are over tired and have less reaction time behind the wheel. This year to date, in the City of Los Angeles alone, 194 traffic fatalities have occurred on our streets - a 30% increase from this same time last year.

Fortunately, Sundays are normally the lightest traffic day of the week and people tend to drive later in the morning than on weekdays. However, driving anytime a person is tired or distracted, the risk of a crash or collision is greater.

For more information on Vision Zero please visit: <http://visionzero.lacity.org/>

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