

Driving Safety

Information, insights and resources
to help improve fleet and driver safety

Thanks for your interest in the work we do at AutoSense – creating safer journeys for everyone. This month we're focusing on driver wellbeing – from the **hidden risks of daylight savings**, to practical **fatigue and sleep support**, a **new podcast resource for fleets**, and a reminder to get young drivers **Street Smart** these school holidays.

Daylight savings increases heart risk for drivers



This Sunday, New Zealanders will put their clocks forward for daylight saving. While the longer evenings are welcome, the one-hour shift can take a toll. Research shows that **losing even a single hour of sleep increases fatigue and slows reaction times** – with international studies linking daylight saving to a **rise in heart attacks and a six percent jump in road crashes**. For Kiwi drivers, it's a timely reminder to **take extra care on the roads as our bodies adjust to the new routine**.

[Read more](#)

Fatigue & sleep management support

Driver fatigue is a critical safety risk, but with the right support it can be reduced. Led by fatigue and **sleep health specialist Katrina Aubrey**, AutoSense offers **seminars, home sleep tests, personalised treatment plans, and CPAP trials** — helping drivers stay safer, healthier, and more alert.



Get in touch

New podcast: *In the Driver's Seat with Greg Murphy*

This 10-part series, proudly supported by AutoSense, puts high-profile New Zealanders in the driver's seat of their own cars, with Murph riding shotgun. Watch and listen as they open up about the lives they've lived – and the roads they've taken. Nothing's off limits. Real people, real roads, real revelations.

It's also a great resource for businesses to share with their drivers — sparking conversations and raising awareness of driving as a critical risk.

Watch or listen now on your favourite platform:

- [YouTube](#)
- [Spotify](#)
- [Apple Podcasts](#)

Check out the latest episode with **Jenny-May Clarkson**:



School holidays = StreetSmart time

AutoSense is a proud sponsor of the StreetSmart programme – providing hand-on practical learning for young drivers. If you have a young driver in your household – book in these holidays.



Places are filling fast – so if you miss out, get ahead of the game and secure a spot for the next holidays.

[Book now](#)

AutoSense enhances road safety for heavy and light vehicle fleets through a comprehensive range of services, including fleet driver training, personalised coaching, driver monitoring systems, and fatigue and sleep consultancy, all aimed at improving fleet safety.

[Find out more](#)

Keep in touch

If you have any questions about this, or other matters, please reach out to your Account Manager or contact our Support Team. We're always happy to help!

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