



A MESSAGE FROM POLICE CHIEF, BRIAN STURGILL



November 3-9, 2024

Sleep First. Drive Alert.

The National Sleep Foundation's Drowsy Driving Prevention Week® encourages everyone to prioritize sleep and drive when they are alert and refreshed. Our goal is to help people get the sleep they need and reduce the number of drivers who choose to drive while sleep-deprived.

Together, we can help people drive alert and work to prevent thousands of motor vehicle crashes each year.



Warning Signs of Drowsiness and Fatigue

If you:

- Can't remember the last few miles driven
- Have wandering or disconnected thoughts
- Experience difficulty focusing or keeping your eyes open
- Have trouble keeping your head up
- Drift from lanes or hit a rumble strip
- Yawn repeatedly
- Tailgate or miss traffic signs
- Find yourself jerking your vehicle back into lane...



Then you may be suffering from drowsiness or fatigue.

Continuing to drive in this condition puts you at serious risk of being involved in a fatigue-related crash. You should pull over in a safe place and get some rest before resuming your trip.



What You Can Do to Stay Alert While Driving:

- **Sleep / Take Naps:** Your best bet is to get enough sleep every day. If you feel drowsy while driving, a 15-minute nap can be very effective. Make sure to pull over in a safe place.



A MESSAGE FROM POLICE CHIEF, BRIAN STURGILL

- **Caffeine:** Avoid caffeine during the last half of your workday as it may contribute to sleeping problems. You can gain short-term alertness by drinking coffee or other caffeine sources if driving, but it usually takes 30 minutes to take effect and wears off after a few hours.
- **Regular Stops:** You should stop every 100 miles or 2 hours. Switch drivers if you can.
- **AC MAX – Re-circulation:** Do not operate the vehicle for extended periods of time with the AC on MAX or Recirculation. Under these conditions the level of CO2 in vehicles is increased and may contribute to drowsy driving.

If You are Planning a Long Trip, use the following tips for avoiding fatigue:

- Prepare for your trip by getting a good night's sleep the night before. Plan to drive during the time that you are normally awake and stay overnight rather than traveling straight through.
- Avoid driving during the body's "down time". According to AAA, this is generally in the mid-afternoon and between midnight and 6:00 a.m.
- If you have passengers, talk to them. It will help to keep you alert and they will also be able to tell if you are showing signs of getting sleepy.
- Schedule a break every 2 hours or every 100 miles. Take a nap, stretch, take a walk and get some exercise before resuming your trip.
- Stop sooner if you show any danger signs of sleepiness.

✗ "Tricks" That DO NOT WORK:

- Opening the window, turning on the air conditioning, or playing loud music are not effective in keeping drivers alert for any extended period of time.

83.6 MILLION PEOPLE DRIVE WHILE SLEEP-DEPRIVED EVERY DAY

THE DANGER ZONE 2pm-5pm Midnight-6am THE MOST DANGEROUS TIMES OF DAY

DROWSY DRIVING KILLS BETWEEN **5000 & 8000** PEOPLE EVERY YEAR, TWICE AS MANY AS DISTRACTED DRIVING

REST AREA IF YOU FEEL DROWSY, PULL OVER AND TAKE A NAP

7 IS GOOD 8 IS GREAT! DRIVERS NEED AT LEAST 7 HOURS OF SLEEP TO ENSURE SAFE DRIVING ABILITIES

TAKE A BREAK DRIVE AWAKE

1.2 MILLION COLLISIONS ARE CAUSED BY DROWSY DRIVING EACH YEAR

DIRECTORY

ALL EMERGENCY CALLS FIRE OR POLICE...911

Fire Department.....(216) 641-6799
 5480 Grant Avenue.....Fire Chief Michael Suhy
 Police Department.....(216) 883-6800
For non-emergency calls to the Police Department.....(216) 640-2045
 5480 Grant Ave.....Police Chief Brian Sturgill

VILLAGE HALL.....(216) 641-7020
 4863 East 71st Street.....Fax: (216) 641-8485

SERVICE DEPARTMENT.....(216) 641-3505
 Fax: (216) 641-0315
 5181 Canal Road.....Service Director Dave Sammons
 SWIMMING POOL (Summer months).....(216) 341-7684

Website: www.cuyahogaheights.com

VILLAGE OFFICIALS

MAYOR
 Jack M. Bacci.....4863 East 71st Street.....(216) 641-7020

CFO
 Angel Meriwether.....4863 East 71st Street.....(216) 641-7020

COUNCIL
 Todd Bloam.....4897 East 71st Street.....(216) 299-3255
 Rick Centa.....4795 East 71st Street.....(216) 406-7695
 Renato Contipelli.....7143 Marcelline Court.....(216) 210-2307
 Matthew Schoeffler.....4526 East 49th Street.....(216) 406-2620
 Robert Unger.....4753 East 71st Street.....(216) 533-0089
 David Volek.....4680 East 71st Street.....(216) 570-6239

LAW DIRECTOR
 Ben Chjonacki.....1375 East Ninth Street.....(216) 623-0150
Roetzel One Cleveland Center, 10th Floor Fax: (216) 623-0134
 Cleveland, OH 44144

VILLAGE ENGINEER
 Todd Sciano.....7979 Hub Parkway.....(216) 642-1130
Donald Bohning & Associates Valley View, OH 44125 Fax: (216) 642-1132

BUILDING COMMISSIONER
 Norm Casini.....(216) 641-7020

SCHOOL NUMBERS

Cuyahoga Heights High School.....(216) 429-5707
 Cuyahoga Heights Middle School.....(216) 429-5757
 Cuyahoga Heights Elementary School.....(216) 429-5880