Links:

Article on practical tips for individuals and hospitals: [http://ep.bmj.com/content/102/3/127](http://ep.bmj.com/content/102/3/127)

15 minute RCoA Aries talk: [https://www.youtube.com/watch?v=SLWD9uXeNw&app=desktop](https://www.youtube.com/watch?v=SLWD9uXeNw&app=desktop) (the tinyurl one above works as well, but I use that mainly on slides so it’s easier for people to remember/copy down!)


10 minute BBC Inside Out South report “Driving Tired”: [https://www.youtube.com/watch?v=z4v3HuKjcY&feature=youtu.be](https://www.youtube.com/watch?v=z4v3HuKjcY&feature=youtu.be)