



# National Road Safety Week Playlist Challenge

Have you ever put together the perfect playlist for a road trip? What criteria did you use to pick the music – best songs for a singalong, songs to keep you pumped, something you can car-dance to? What if we were to tell you, your playlist could be putting you at risk on our roads?

Here's a bit research undertaken on the topic of music and driving:

**Loud music** can be distracting and was shown to slow reaction time by as much as 20%

**Fast music** (> 120 bpm) increases adrenaline & accelerates the heartbeat, often causing drivers to speed up and/or drive recklessly

**Light Background music** has been shown, in some cases, to improve focus & concentration

**Music** can ease the boredom or stress caused by heavy traffic

**Brain studies showed increases in** hostility, tension, sadness & fatigue when listening to heavy music and clarity, relaxation & caring when listening to upbeat instrumental music

## Are you ready to put your playlist to the test?

How does your current playlist stack up? Write down the names of your 5 favourite driving songs, circle the emoji that best describes the way that song makes you feel and run it through [www.songbpm.com](http://www.songbpm.com) to see how many beats per minute are in each song. Finally, give it a tick or a cross once you've decided if that song would have a positive or negative impact on your driving.

Song Title	How does it make you feel?	BMP	✓/✗

Thanks to our partners, we're able to have this and many more important conversations about road safety with around 50,000 16-17 year old RYDA students every year.

