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METHOD: Literature review. RESULTS: Nighttime driving restrictions have been shown to effectively reduce the number and rate of crash involvements on the part of teenage drivers. Data suggest that having passengers in the car increases the likelihood of a fatal injury in young drivers and that this risk increases with the number of passengers. Young drivers were more likely to cause a crash when accompanied by their peers. DISCUSSION: Nighttime driving and passenger restrictions are effective in decreasing injuries among teenage drivers and their passengers, especially in the context of a full Retail guru Mary Portas’ recommendation that night-time delivery restrictions could be lifted as one way to reinvigorate the UK’s ailing high streets has been backed by the Freight Transport Association. The leading trade body has long supported the method of delivering goods out-of-hours as it brings convincing environmental, economic and road safety benefits and, if best practice is adopted, should not disturb the residents who share the high street.

The Portas Review – An independent review into the future of our high streets, sets out 28 recommendations to the government.