Cross-border hours-of-service requirements

**FAQ014: Will a Canadian commercial driver be able to split their off-duty time in the sleeper berth when operating**

**Answer**:  Yes. However, the U.S. rules require one period in the sleeper of at least 8 consecutive hours.  The other period of the split must be at least 2 hours of either sleeper or off-duty time. (49 CFR § 395.1(g))