Hours of Service Definitions

**§395.2 Definitions.**

## Guidance Q&A

***Question 7:*** May a sleeper berth be used for a period of less than 2 hours’ duration?

***Guidance:*** Yes. The sleeper berth may be used for such periods of inactivity. Periods of time of less than 2 hours spent in a sleeper berth may not be used to accumulate the 10 hours of off-duty time required by §395.3 of the Federal Motor Carrier Safety Regulations (FMCSRs).