

Frequently Asked Questions Relating to 2020 Changes to Hours of Service Regulations

Question 1

Q: How may a driver using the sleeper berth provision obtain the off-duty time required by 395.3(a)(1)?

A: A driver may obtain the required off-duty time by accumulating A) at least 10-consecutive hours off-duty; B) at least 10-consecutive hours of sleeper berth time; C) a combination of consecutive sleeper berth and off-duty time amounting to at least 10 hours; D) a combination of sleeper berth time of at least 7-consecutive hours and up to 3 hours riding in the passenger seat, amounting to at least 10-consecutive hours; and E) the equivalent of at least 10-consecutive hours off-duty using the split sleeper berth provision.

Regulatory Topic: Hours of Service

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