

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

Question 2

Q: What rest periods qualify for the split sleeper berth provision?

A: Truck drivers using the split sleeper berth provision under the hours-of- service (HOS) rule may take a period of at least 7-consecutive hours in the sleeper berth and a period of at least 2-consecutive hours off-duty, provided that, when the two periods are paired, they total at least 10 hours.

Regulatory Topic: Hours of Service

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