

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

### Question 5

Q: May a 10-consecutive hour off-duty period be paired with a subsequent qualifying 7+-consecutive hour sleeper berth period?

A: No. A 10-hour off-duty period cannot be paired for use of the split-sleeper provision. At the completion of a 10-hour off-duty period, the driver has reset both the 11- and 14-hour “clocks.”

Regulatory Topic: Hours of Service

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