

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

### Question 6

Q: A driver takes 5 consecutive hours off-duty and later takes a 7-hour consecutive break in the sleeper berth. How is this time calculated for HOS compliance?

A: Both the 5-hour off duty and the 7-hour sleeper berth breaks are eligible periods that, when paired, qualify for the split sleeper berth provision, as they meet the 2-minimum hours off-duty and 7-minimum hours in the sleeper berth requirement and total at least 10 hours. If chosen as the two rest periods for calculating compliance, both periods would be excluded from the 14-hour “driving window.”

Regulatory Topic: Hours of Service

Published Date: Thursday, November 19, 2020

Issued Date: Thursday, November 19, 2020