

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

Question 7

Q: If a driver takes 3 hours off-duty and then 10 consecutive hours in the sleeper berth, will the 3 hours count against the driver's 14-hour "driving window"?

A: No. Any off-duty period of 2 hours or more may be paired with a sleeper berth period that is 7 hours or more, provided the two periods total at least 10 hours when added together. As these periods meet all the requirements, this would be a compliant pairing. However, 10- consecutive hours in the sleeper berth would reset the 11-hour driving time and 14-hour "driving window" moving forward.

Regulatory Topic: Hours of Service

Published Date: Thursday, November 19, 2020

Issued Date: Thursday, November 19, 2020