

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

Question 8

Q: Under the sleeper berth provisions, a driver takes 7 hours in the sleeper berth and later takes an off-duty period of 3 hours before arriving at home. When the driver arrives home within the permissible hours, what rest is required to reset their “day clock”?

A: In this specific scenario, the driver will need to take either: 1) at least 7 hours in the sleeper berth (continuing reliance on the sleeper berth provision), or 2) 10-consecutive hours off-duty. Both options would exclude the off-duty period of 3 hours from the 14-hour “driving window.” The location of the off-duty period is not a factor in the calculation. This same principle applies, if, for example, the driver takes a 10-consecutive hour off-duty period at a hotel or a friend’s home.

Regulatory Topic: Hours of Service

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