

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

Question 11

Q: What is a “qualifying rest break or sleeper berth period” under the definition of adverse driving conditions?

A: A qualifying rest break or sleeper berth period is either the sleeper berth period of at least 7 hours or the rest period of at least 2 hours in the sleeper berth or off-duty as described under the sleeper berth exception, as well as any 10-consecutive hour or more break. The 30-minute break is not a qualifying rest break or sleeper berth period under the adverse driving conditions definition.

Regulatory Topic: Hours of Service

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