**Motor Carrier Safety Advisory Committee (MCSAC)**

**Task Statement 16-2**

**I. Task Title**

Provide recommendations to the Federal Motor Carrier Safety Administration (FMCSA) concerning the feasibility of developing regulations for motor carriers, commercial vehicle drivers, and medical examiners on obstructive sleep apnea (OSA), particularly how the implementation of such regulations may impact current and future populations of drivers.

**II. Background**

OSA is a respiratory condition caused by a partial or complete obstruction of airflow for a minimum of ten seconds with an accompanying effort to breathe that disrupts and fragments sleep. Conservative estimates indicate that 2%-5% of adult Americans have OSA. The condition is believed to be even more prevalent among the CMV driver population.

There are multiple consequences of untreated sleep apnea on daily function that may include increased daytime sleepiness, impaired cognitive function, and mood and personality changes.

OSA has been demonstrated to significantly increase the risk of motor vehicle crashes (resulting in a two-to-sevenfold increase in crash risk) and increases the possibility of an individual having significant health problems such as hypertension, stroke, heart disease, and mood disorders.

**III. Task**

The Committee will provide a letter report to the Agency recommending whether the Agency should implement regulations for motor carriers, commercial vehicle drivers, and medical examiners on OSA. The MCSAC should focus its discussion on the recommendations made by the Medical Review Board (MRB) updating their 2012 recommendations on OSA. The MRB based its revised recommendations on information gleaned from the Agency’s Advance Notice of Proposed Rulemaking (ANPRM) that it issued with the Federal Railroad Administration (FRA) on how to best screen and test transportation safety employees in highway and rail for moderate to severe OSA and from the results of the three listening sessions held on the topic and the comments to the docket. The Agency would like the MCSAC to focus its discussion on how these revised recommendations, if they were to become a rule, may impact current and future populations of drivers.

In preparing its letter report to the Agency, the Committee should, wherever possible, indicate whether the concepts identified are supported by peer reviewed studies. The Committee meetings will be public and the report will also consider and include any ideas, information and concepts provided by non-Committee members.

**IV. Estimated Time to Complete Task**

The MCSAC should complete its discussions on this task at its joint October 2016 meeting and develop a letter report for submission to the FMCSA Administrator by the end of 2016.

**V. FMCSA Technical Representatives**

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