

ATTENTION DRIVERS Do you drive at night? Work more than 60 hours a week? Use the restart provision? Take one-night restarts at least some of the time?

Get involved in the Hours of Service Driver Restart Study and earn up to \$2,166 while you work.

Participate in a 5-month, on-the-job research study to compare fatigue and safety performance levels of drivers who take at least two nighttime rest periods during their 34-hour restart break compared to those who take one nighttime rest period during their restart break.

What you will do:

For the 5-month study period:

1. Drive a truck equipped with a camera facing inward and a camera facing the road to monitor driving patterns.
2. Wear a wrist activity monitor.
3. Complete a 5 min. health background survey.
4. Dedicate no more than 30 minutes a day to:
 - Complete sleep diary and caffeine log.
 - Perform smartphone based assessments.
 - Track hours-of-service using an electronic logging device (ELD).

You will receive up to \$2,166 for completing all components during the 5-month study.

What we will do:

1. Meet with you before and after the study and answer all of your questions.
2. Provide all equipment.
3. Collect data about work and rest patterns, driving performance, and your level of alertness.
4. Arrange a weekly phone call during the study to answer any questions and provide feedback related to the data collection.
5. Provide payment to reimburse you for your time.

www.RestartStudy.com

Answer questions and provide your contact details online to be considered for the study.

Must be an active truck driver whose work hours require the use of the Restart provision in the Hours of Service regulations. Virginia Tech's Institutional Review Board reviewed and approved the study for human subject participation.

YOUR DATA IS CONFIDENTIAL

Your data will not go on your medical or employment record, be shared with anyone at your company, or be shared with the government.