

SLEEPER AND OFF DUTY TIME



We all know that DOT regulation requires drivers to rest for 10 hours in order to start driving again. Out of the 10 hours 8 hours must be spent in the sleeper, the other 2 hours can be spent either in sleeper, off duty or combination. The most important thing is the fact that the 10 hours must be consecutive.

Now that we have covered the regulation, we'll discuss the importance of sleeping and resting enough. Trucking is a very demanding job and it's necessary to get enough rest to be able to drive without getting sleepy. It's also important to use the time off duty wisely. A recent study has found that people who sleep less than six hours per night tend to have poorer health than people who get enough sleep.



These are some reasons why should get enough rest:

- **Memory:** Sleep helps your brain retain information and learn new things.
- **Weight:** Sleep deprivation causes weight gain since it affects the way the body processes carbohydrates
- **Safety:** Not sleeping enough can cause accidents since you won't be as attentive as you should be and also because you could fall asleep behind the wheel
- **Disease:** lack of sleep makes your immune system weak, making you more prone to sickness
- **Mood:** lack of sleep makes people irritable. In this job that can be dangerous because it can lead to aggressive driving behaviors.