

JUN 12, 2017



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**North American
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SPLIT SLEEPER BERTH STUDY



The FMCSA is seeking 200 truck drivers to participate in a study that will last 90 days in order to understand the feasibility of different split sleeper berth options. Currently drivers are allowed to take an eight hour- two hour split sleeper berth instead of a straight ten hour break, but the FMCSA wants to study the impact of allowing other split sleeper berth combinations in driver fatigue.

As per FMCSA drivers will be free to split their sleeper berth time into two segments of "any combination ... totaling 10 hours." "Drivers would be able to use split or consolidated sleep schedules as they choose," they said, "but they still must meet the daily minimum rest requirements."

If you would like to be part of the study you can apply by visiting sleeperberthstudy.com to complete an application, take a questionnaire and provide written consent to be studied.

If you have any questions about this subject, please contact the Safety Department at ext. 1304 or email us at ssandri@nalogistics.com.

And remember..... Safety is not a choice is a must!