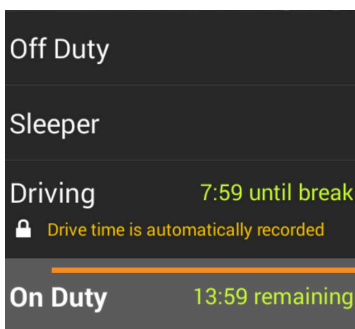
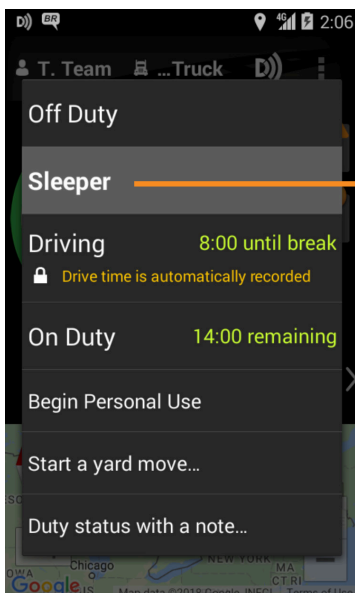


Using Split Sleeper Berth

The Federal Motor Carrier Safety Administration’s split sleeper berth provision is one of the most complex hours-of-service (HOS) regulations. However, it offers drivers some major benefits if used correctly. This simple how-to guide explains how drivers can take advantage of the split sleeper berth provision with the BigRoad Mobile App.

LET’S BEGIN WITH THE DRIVER IN ON DUTY STATUS, JUST BEFORE THEY SWITCH TO SLEEPER BERTH STATUS.



- 1 Pull into a truckstop for a rest.
- 2 Change status from **On Duty** to **Sleeper** in the duty status wheel.
- 3 Go into the sleeper berth for a short break. (minimum of 2 hours).
- 4 Wake up.
- 5 Change status from **Sleeper** to **On Duty** in the duty status wheel.
- 6 Drive.
- 7 Pull into another truckstop for a rest.
- 8 Change status from **On Duty** to **Sleeper** in the duty status wheel.
- 9 Go into the sleeper berth for a short break (minimum of 8 hours).
- 10 Wake up.
- 11 Change status from **Sleeper** to **On Duty** in the duty status wheel.