

[About Us](#)[Regulations](#)[Registration](#)[Safety](#)[News](#)[Home](#) > [Regulations](#) > [Hours of Service](#)[Hours of Service](#)[Regulations](#)[Logbook Examples](#)[Regulatory Impact Analysis](#)[Environmental Assessment](#)[Reference Materials](#)

Summary of Hours of Service Regulations

The following table summarizes the HOS regulations for property-carrying and passenger-carrying drivers.

HOURS-OF-SERVICE RULES	
PROPERTY-CARRYING DRIVERS	PASSENGER-CARRYING DRIVERS
<p>11-Hour Driving Limit May drive a maximum of 11 hours after 10 consecutive hours off duty.</p>	<p>10-Hour Driving Limit May drive a maximum of 10 hours after 8 consecutive hours off duty.</p>
<p>14-Hour Limit May not drive beyond the 14th consecutive hour after coming on duty, following 10 consecutive hours off duty. Off-duty time does not extend the 14-hour period.</p>	<p>15-Hour Limit May not drive after having been on duty for 15 hours, following 8 consecutive hours off duty. Off-duty time is not included in the 15-hour period.</p>
<p>Rest Breaks May drive only if 8 hours or less have passed since end of driver's last off-duty or sleeper berth period of at least 30 minutes. Does not apply to drivers using either of the short-haul exceptions in 395.1(e). [49 CFR 397.5 mandatory "in attendance" time may be included in break if no other duties performed]</p>	<p>60/70-Hour Limit May not drive after 60/70 hours on duty in 7/8 consecutive days.</p>
<p>60/70-Hour Limit May not drive after 60/70 hours on duty in 7/8 consecutive days. A driver may restart a 7/8</p>	<p>Sleeper Berth Provision Drivers using a sleeper berth must take at least 8 hours in the sleeper berth, and may split the sleeper berth time into</p>

[Submit Feedback](#) ▲

consecutive day period after taking 34 or more consecutive hours off duty. Must include two periods from 1 a.m. to 5 a.m. home terminal time, and may only be used once per week, or 168 hours, measured from the beginning of the previous restart.

Sleeper Berth Provision

Drivers using the sleeper berth provision must take at least 8 consecutive hours in the sleeper berth, plus a separate 2 consecutive hours either in the sleeper berth, off duty, or any combination of the two.

periods provided neither is less than 2 hours.

Updated: Thursday, March 27, 2014

Related Links:

- [Hours of Service FAQs](#)
- [Hours-Of-Service Final Rule](#)
- [Hours-Of-Service Regulations](#)
- [Press Release: New Hours-of-Service Safety Regulations to Reduce Truck Driver Fatigue Begin Today](#)
- [Press Release: FMCSA Statement on Hours-of-Service Decision](#)
- [Hours-of-Service Field Study](#)

Share



▶ [Contact Us](#)

▶ [Submit Feedback](#)

▶ [Careers](#)

▶ [Email Subscriptions](#)

▶ [Forms](#)

▶ [Privacy Policy](#)

▶ [Accessibility](#)

▶ [DOT Web Policies & Notices](#)

▶ [BusinessUSA](#)

▶ [Buy America](#)

- ▶ Resources for Carriers
- ▶ Resources for Consumers
- ▶ Resources for Drivers
- ▶ FOIA
- ▶ Languages
- ▶ DOT Transportation Library
- ▶ Fastlane Blog
- ▶ Open Government
- ▶ FMCSA Portal
- ▶ Civil Rights
- ▶ No Fear Act Data
- ▶ OIG Hotline
- ▶ Recovery Act
- ▶ USA.gov
- ▶ WhiteHouse.gov



U.S. DEPARTMENT OF TRANSPORTATION

Federal Motor Carrier Safety Administration

1200 NEW JERSEY AVENUE, SE
WASHINGTON, DC 20590
855-368-4200

