

My family operates a regional trucking company with 35 drivers. Because I drive myself, I would like to comment on the HOS rules under debate. The problem I have is the 10 hour sleep requirement. I don't know anyone who can sleep 10 hours. In my opinion it would help the drivers without compromising safety to require 8 hrs sleep and the remaining 2 hrs (balance of current 10 hours) as off duty time. Making 10 hours mandatory for bunk time is not restful for drivers when they cannot sleep that many hours in a day. The 34 hour restart works great - that was an excellent idea.