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No binding. Book Condition: New. This item is printed on demand. Original publisher: Washington, DC : U. S. Dept. of Transportation, Federal Motor Carrier Safety Administration, 2010 OCLC Number: (OCoLC)740014122 Subject: Automobile drivers -- Fatigue -- Prevention. Excerpt: . . . 1. INTRODUCTION 1. 1 OBJECTIVE The objective of this Phase II project was to determine whether a restart period involving two biological nights of sleep would be more effective in restoring performance in individuals working night shifts under the hours of service regulations (HOS) governing property-carrying commercial motor vehicle (CMV) drivers than the current 34-hour restart provision. Building on the Phase I project, which evaluated the 34-hour restart using two groups of drivers, one operating in the daylight and one at night, this new study with nocturnal duty periods and a restart period that includes two biological nights was undertaken using a within-subjects in-laboratory experimental study design with testing of cognitive performance task and high-fidelity driving simulator performance. 1. 2 BACKGROUND The current FMCSA hours of service regulations for property-carrying CMV drivers prescribe that drivers: 1) may drive 11 hours in a 14-hour window after coming on duty following 10 consecutive hours off duty; 2) may not drive after 60 70 hours on duty in 7 8 consecutive days; and 3) may restart a 7 8 consecutive day period after taking 34 or more consecutive hours off duty (the 34-hour restart rule). However, the 34-hour restart rule only partially addresses (1, 2) circadian rhythms in both performance and sleep propensity. The Phase I research project showed that while the 34-hour restart was effective at maintaining performance in individuals working daytime duty periods, it was generally not effective at maintaining performance in individuals scheduled to be awake during the...

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