Hours of Service “Policies”

- Historical perspective
- Federal regulatory approach
- Effective, functioning models
Hours of Service “Policies”

Necessary but not sufficient
Work Schedules Affect Physiology

Work schedule factors that affect sleep, circadian rhythms, alertness, performance, and safety include . . .

- early start times
- extended work periods
- work time w/in shift
- < 8 hrs off between work
- # consecutive work periods
- insufficient recovery time
- night work in circadian low
- day sleep periods
- schedule instability
- changing start/end times
- on-call status
- schedule predictability
- time zone changes
- unplanned extensions
The Challenges . . .

- Diverse operational requirements
- Individual differences
- Complex physiology
- History
- Economics
The Challenges Preclude . . .

• One-size-fits-all

• “Magic Bullet”
Alertness Management Program

- Education and training
- Alertness strategies
- Scheduling
- Healthy sleep
- Scientific and policy guidance
Current Efforts

- All modes of transportation
- Public safety/law enforcement
- Military
- Energy
- International
"For myself I never found need of more than four or five hours' sleep in the twenty-four. We are always hearing people talk about "loss of sleep" as a calamity. They better call it loss of time, vitality and opportunities. Just to satisfy my curiosity I have gone through files of the British Medical Journal and could not find a single case reported of anybody being hurt by loss of sleep."

~ Thomas Edison, 1921
Success requires . . .

Culture change
Medical Parallels

• Identification and diagnosis
• Treatment and interventions
• Data: Evolution and refinement
• Clinical outcomes and ROI
The Opportunity

- Not rocket science: Negative outcomes
- More data: Diagnostic refinement and evolution
- Research, absence of data, definitive ROI
- When to take action . . . what action?