Truck drivers and truck companies can:
• Sleep 7–9 hours a day
• Schedule sleep in the time period between 1–5 a.m.
• Arrange sleep late in the non-work period if possible.
• Maintain a healthy weight.
• More sleep tips for truckers are available on the NIOSH website, Quick Sleep Tips for Truck Drivers (www.cdc.gov/niosh/docs/2014-150/).

For more information about the study please see Chen GX, Fang YJ, Guo F, Hanowski RJ. The influence of daily sleep patterns of commercial truck drivers on driving performance. Accident Analysis and Prevention 2016; 91: 55–63.

The findings and conclusions in this presentation are those of the authors and do not necessarily represent the views of the National Institute for Occupational Safety and Health and the Virginia Tech Transportation Institute.