



4985 Hoffner Avenue Suite 2 Orlando, FL 32812
Phone: 407.859.1880 Fax: 844.748.0839

MR # _____

Driver Name: _____ DOB: _____

The above driver came to our clinic for a DOT medical certificate to drive a commercial motor vehicle. Before being qualified to drive, FMCSA medical guidelines require us to ask for your assistance to determine if the driver is safe to operate a commercial vehicle and that they meet the following FMCSA medical guidelines for drivers with a **history of sleep apnea, loud snoring, or pauses in breathing at night.**

Drivers with OSA may be qualified to drive a commercial vehicle if they meet the following FMCSA medical guidelines:

1. Non-Surgical treatment:

CPAP-

- a. Minimum 1 month waiting period after starting CPAP for the first time, or continuous successful therapy for one month for drivers previously on CPAP
- b. Multiple sleep latency testing values within the normal range.
- c. Resolution of apneas confirmed by repeated sleep study during tx.
- d. Compliance with continuing nonsurgical therapy. FMCSA defines driver compliance as 70% which is equal to 4 hrs per night 5 nights a week.
- e. Undergo yearly objective testing (e.g. multiple sleep latency test, maintenance of wakefulness test, current Epworth or Stanford scales, or functional outcomes of sleep questionnaire)
- f. Annual follow-up and clearance by treating provider.

Oral appliance-

MRB-MCSAC Recommendation: A driver with a diagnosis of moderate to severe OSA should try PAP therapy before oral appliance therapy, unless a board-certified sleep specialist has determined that an alternative therapy such as PAP is intolerable for a driver, in which case the driver should have the option to pursue oral appliance therapy to treat OSA.

A driver may be **certified or re-certified** for up to 1 year (per Section III.A) if the following conditions are met:

- a. A repeat sleep study shows resolution of moderate to severe OSA, and
- b. The driver has been cleared by the treating clinician, and
- c. The driver does not report excessive sleepiness during the major wake period.

- 2. Surgical treatment:
 - a. Minimum 3 months waiting period, symptom free
 - b. Resolution of symptoms following completion of post-surgical waiting period.

Drivers with the following conditions do not meet the medical standard to drive:

- 1. Hypoxemia at rest.
- 2. Narcolepsy
- 3. Untreated symptomatic OSA
- 4. Primary (idiopathic alveolar hypoventilation syndrome
- 5. Idiopathic central nervous system hypersomnolence
- 6. Restless leg syndrome associated with EDS

Drivers with 15 or more Apnea-hypoapnea episodes per hour must be treated for sleep apnea and meet the above standards. Asymptomatic drivers with less than 15 hypoapnea episodes per hour are not required as long as the treating physician does not believe they pose a risk to safe driving.

Yes, the driver meets the above requirements.

No, the driver does not meet the above requirements.

Comment: _____

 Provider Name

 Date

 Provider Signature

 License #

 Address

 Phone

FMCSA regulations state that although the DOT Medical Examiner must have and consider the opinions of treating physicians, the DOT Medical Examiner is responsible for making the final determination of driver status. Please contact our office if you have any questions or concerns. Thank you for your assistance.

Please fax this form to our office at (844) 748-0839

THE DRIVER'S ROLE

49 CFR 391.43

Responsibilities, work schedules, physical and emotional demands, and lifestyles among commercial drivers vary by the type of driving that they do. Some of the main types of drivers include the following: turn around or short relay (drivers return to their home base each evening); long relay (drivers drive 9-11 hours and then have at least a 10-hour off-duty period), straight through haul (cross country drivers); and team drivers (drivers share the driving by alternating their 5-hour driving periods and 5-hour rest periods.) The following factors may be involved in a driver's performance of duties: abrupt schedule changes and rotating work schedules, which may result in irregular sleep patterns and a driver beginning a trip in a fatigued condition; long hours; extended time away from family and friends, which may result in lack of social support; tight pickup and delivery schedules, with irregularity in work, rest, and eating patterns, adverse road, weather and traffic conditions, which may cause delays and lead to hurriedly loading or unloading cargo in order to compensate for the lost time; and environmental conditions such as excessive vibration, noise, and extremes in temperature. Transporting passengers or hazardous materials may add to the demands on the commercial driver. There may be duties in addition to the driving task for which a driver is responsible and needs to be fit. Some of these responsibilities are: coupling and uncoupling trailer(s) from the tractor, loading and unloading trailer(s) (sometimes a driver may lift a heavy load or unload as much as 50,000 lbs. of freight after sitting for a long period of time without any stretching period); inspecting the operating condition of tractor and/or trailer(s) before, during and after delivery of cargo; lifting, installing, and removing heavy tire chains; and, lifting heavy tarpaulins to cover open top trailers. The above tasks demand agility, the ability to bend and stoop, the ability to maintain a crouching position to inspect the underside of the vehicle, frequent entering and exiting of the cab, and the ability to climb ladders on the tractor and/or trailer(s). In addition, a driver must have the perceptual skills to monitor a sometimes complex driving situation, the judgment skills to make quick decisions, when necessary, and the manipulative skills to control an oversize steering wheel, shift gears using a manual transmission, and maneuver a vehicle in crowded areas.

Signature of Certified Medical Examiner

Date

Printed Name of Certified Medical Examiner