

# Facts About Sleep Apnea and DOT Certification

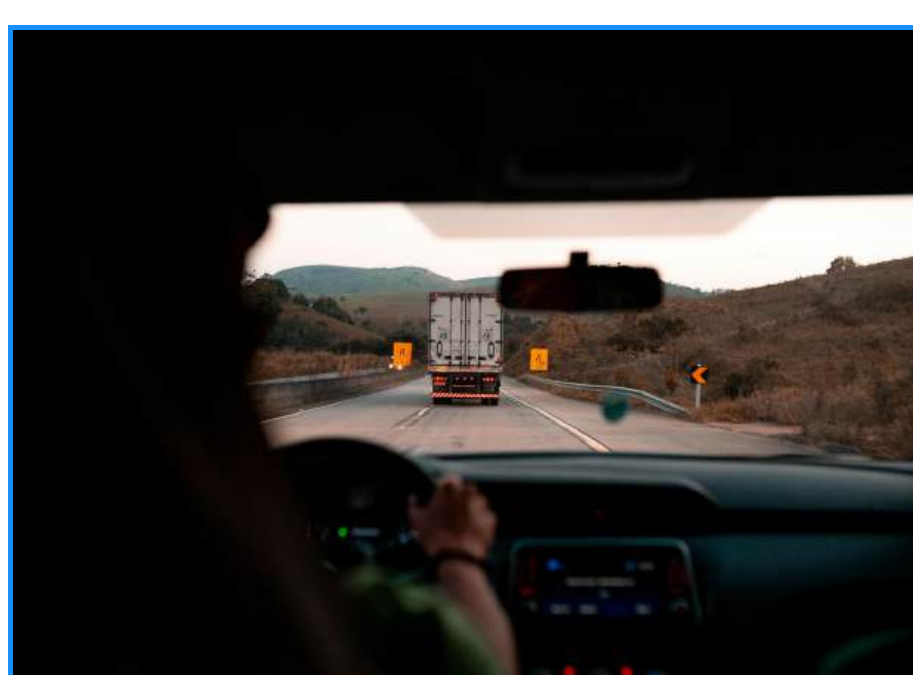
## 1. What is Sleep Apnea?

Sleep apnea is a common but serious sleep disorder where a person repeatedly stops breathing for short periods during sleep. These pauses in breathing can happen dozens or even hundreds of times a night, often without the person even realizing it.



## 2. Can Sleep Apnea Affect Your Driving?

Sleep apnea doesn't just interfere with your sleep. It also impacts how alert and focused you are during the day. When left untreated, it can make it harder for you to stay awake, keep your eyes focused, and react quickly behind the wheel.



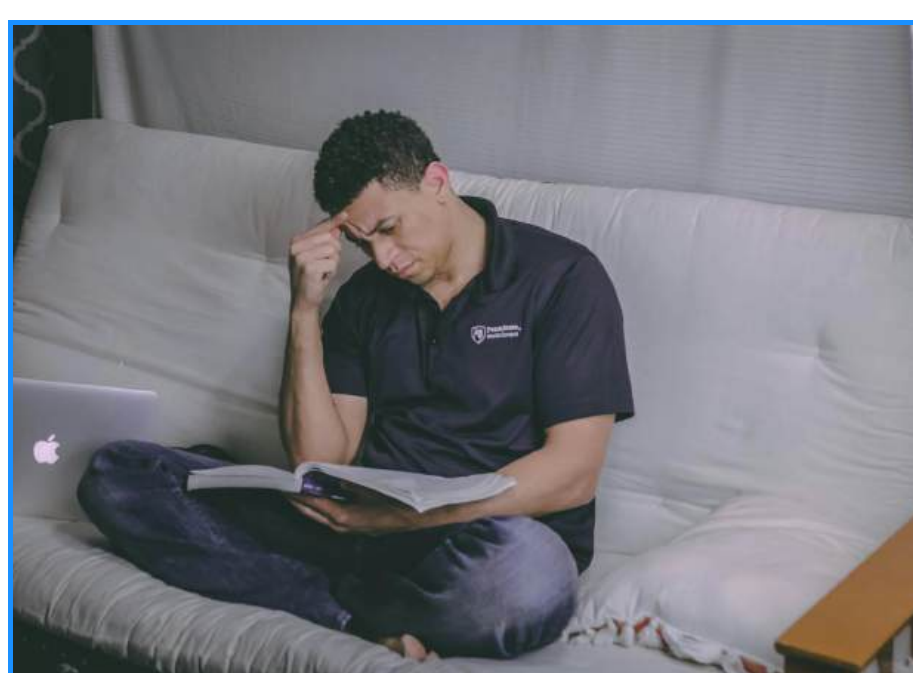
## 3. Can You Still Drive if You Have Sleep Apnea?

Yes, many drivers have sleep apnea and still qualify to drive commercially. To receive a DOT medical certificate you will need to meet specific criteria and demonstrate that you follow the prescribed treatment protocol, and that it is effective. Adhering to your treatment as prescribed is critical if you want to continue to drive.



## 4. Do I Need a Sleep Study as Part of My DOT Physical?

A sleep study isn't required for the DOT physical, but medical examiners may request one if certain criteria are met. If the medical examiner orders a sleep study, it will not automatically freeze your driving certification unless you are showing signs it may be affecting your ability to drive, such as falling asleep behind the wheel or excessive daytime sleepiness.



## 5. How Can I Manage Sleep Apnea on the Job?

Managing sleep apnea on the road is tough without a consistent bedtime routine, but sticking to your treatment is vital for your health and job. Talk to your doctor about a portable CPAP machine—these compact devices are travel-friendly, often include battery packs, and can be used wherever your hauls take you.

