

*Smartphone OMB Display text:*

### **Public Burden Statement**

A federal agency may not conduct or sponsor, and a person is not required to respond to, nor shall a person be subject to a penalty for failure to comply with a collection of information subject to the requirements of the Paperwork Reduction Act unless that collection of information displays a current valid OMB Control Number. The OMB Control Number for this information collection is **XXXX-XXXX**.

Public reporting for this collection of information is estimated to be approximately 30 minutes per day, including three or four PVT-Bs/day; three or four KSSs/day; sleep logs before and after each sleep period, including naps; and the caffeine log whenever drivers consume caffeine. All responses to this collection of information are voluntary. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: Information Collection Clearance Officer, Federal Motor Carrier Safety Administration, MC-RRA, 1200 New Jersey Avenue, SE, Washington, D.C. 20590.

*Smartphone Home Screen text (background image):*

**Call us**

**(844) 885-6633**

Call us for your weekly check in

Call any other time you have questions

**Daily to-do list**

**Complete Reaction Time Tests**

Work days: Just before the start, in the middle (on a break), and after the end of your shift.

When using the split sleep exemption: One additional test after your sleeper berth period before coming back on duty.

Days off: Within 2 hours after waking, midday, and within 2 hours before bed.

**Fill out sleep diary & caffeine logs**

**Use StudyAdmin to sync watch data**

**Use study-provided electronic duty log.**

**Charge**

**Keep your devices charged**

Phone: daily    Watch: weekly

Smartphone Sleep Diary text:

Start sleeping

*(driver documents the current date and time or the date and time of a previous sleep period, then selects options for):*

- In sleeper berth
- Mid-duty nap using flexible sleeper berth allowance

*(if driver selects using sleeper berth allowance, present options for):*

Reason for using allowance:

- Sleepy
- Waiting to load/unload
- Avoiding heavy traffic
- Other: \_\_\_\_\_

Stop sleeping

*(driver documents the current date and time or the date and time of a previous sleep period, then select options for):*

How would you rate your quality of sleep in the current sleep period?

- Excellent
- Good
- Average
- Fair
- Poor

Smartphone Caffeine Log text:

Log Caffeine

*(driver documents the current date and time or the date and time of previously consumed caffeine, then select options for):*

Source:


- Coffee
- Tea
- Soda
- Energy Drink
- Other: \_\_\_\_\_

Smartphone PVT Instructions and Comments Screens (before and after reaction time test)


12:20

PVT Test Instructions

1. **WATCH** the box




2. **TAP ANYWHERE** as **QUICKLY** as possible when numbers appear



see your response time in milliseconds

Avoid false starts



3. **FOCUS!** Be fast with no false starts until the test ends.

**TAP SCREEN TO BEGIN**

6:39

PVT Test Comments

Test completed.

Were there any significant distractions during the test?

Done

Smartphone KSS (shown immediately after PVT comments screen)

The image shows a smartphone screen displaying a questionnaire. At the top, the status bar shows the time as 1:11 PM and various icons. Below the status bar, a blue header bar contains the text "Questions" on the left and "2/2" on the right. The main content area has a black background with the question "How sleepy are you now?" in white text. Below the question are seven radio button options, each with a corresponding label. The second option, "alert", is selected, indicated by a blue radio button. At the bottom of the screen, there are two blue buttons: "Back" on the left and "Done" on the right.

Questions 2/2

How sleepy are you now?

- extremely alert
- alert
- neither alert nor sleepy
- sleepy, but no effort to stay awake
- extremely sleepy - fighting sleep

Back Done