



# DOT Medical Clearance Request

Obstructive Sleep Apnea (OSA)

In accordance with Federal Motor Carrier Safety Administration (FMCSA) guidelines, we respectfully request your professional opinion regarding this driver's ability to safely operate a commercial vehicle given their diagnosis of **Obstructive Sleep Apnea (OSA)**. The medical examiner will use your clinical input to determine whether this driver's condition and treatment are unlikely to interfere with the ability to safely operate a commercial motor vehicle.

| PATIENT NAME | DATE OF BIRTH |
|--------------|---------------|
|              |               |

## FMCSA Guidelines — Obstructive Sleep Apnea (OSA)

*Note: Under the 2024 FMCSA Handbook, treated moderate-to-severe OSA does not preclude certification. The FMCSRs do not specify required diagnostic methods, treatment methods, waiting periods, or compliance assessment requirements. Certification is determined on a case-by-case basis based on whether symptoms are adequately controlled and treatment has been shown to be adequate, effective, safe, and stable.*

### For certification, please confirm:

- **OSA severity:** mild, moderate, or severe based on AHI from sleep study
- Treatment type and whether it has been shown to be adequate, effective, safe, and stable
- Driver does not experience excessive daytime sleepiness, unintended sleep episodes, or impaired alertness during waking hours
- Driver is compliant with prescribed treatment and demonstrates no return of OSA symptoms

### Please provide:

- Diagnostic sleep study results including AHI, oxygen nadir, and severity classification
- Current treatment modality — CPAP, BiPAP, oral appliance, positional therapy, or surgical intervention
- If CPAP or BiPAP: most recent compliance report confirming **usage of at least 4 hours per night for at least 70% of nights** (recommended compliance standard per the 2016 FMCSA OSA Advisory)
- Current medication list with name, dose, and frequency if applicable

### The following are disqualifying:

- **Untreated moderate-to-severe OSA with symptoms likely to impair safe driving**
- **Excessive daytime sleepiness or unintended sleep episodes despite treatment**
- **Non-compliance with prescribed treatment resulting in return of OSA symptoms**
- **Treatment side effects that impair alertness, coordination, or reaction time sufficient for commercial driving**



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## Commercial Driver Physical Demands

Commercial motor vehicle operation places substantial physical demands on drivers that extend well beyond the act of driving. Drivers are routinely required to load and unload cargo, couple and uncouple trailers requiring full range of motion to climb, grip, and pull, lift and install tire chains weighing between 35 and 90 pounds, and tarp open trailers requiring lifting motions of 50 to 100 pounds — often after extended periods of sitting without a stretching period. In addition to these labor demands, drivers must maintain sustained perceptual alertness, control an oversized steering wheel, operate manual transmissions, maneuver large vehicles in confined spaces, and safely enter and exit the cab, which is physically comparable to climbing a ladder. These combined physical and cognitive demands should be carefully considered when determining this driver's fitness for commercial driving duties.

## Provider Certification

- ☐ **CLEARED** — The driver meets the above requirements and in my clinical opinion is medically cleared to safely operate a commercial motor vehicle.
- ☐ **NOT CLEARED** — The driver does not meet the above requirements and in my clinical opinion cannot safely operate a commercial motor vehicle at this time.
- ☐ **CLEARED WITH DISCRETION** — The driver does not meet one or more guidelines; however, in my clinical opinion the driver is safe to operate a commercial motor vehicle for the following reason(s):

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PROVIDER NAME (PRINT)

SPECIALTY / TITLE

DATE

PROVIDER SIGNATURE

ADDRESS (CITY, STATE, ZIP)

PHONE / FAX