COMMERCIAL DRIVER'S LICENSE – OBSTRUCTIVE SLEEP APNEA

CDL Driver's Name: _____   CDL License: _____

1. Are you aware of the driver's prescribed medications and/or any over the counter medication that the driver currently uses?
    a. List those used to keep the driver awake/alert: _____
    b. List those used to help the driver sleep: _____
    c. Your professional medical opinion on whether the effects of these medication on the individual will medically interfere with the drivers' ability to operate any /all commercial motor vehicle(s) safely. _____
    _____
    d. List all other medications: _____

2. Date of the diagnostic polysomnogram (PSG) or split night PSG: _____
    a. What was the diagnostic apnea/hypopnea index (AHI)? _____ Lowest oxygen saturation? _____

3. Date of the Positive Airway Pressure Titration Study? _____
    a. What was the AHI at recommended pressure from either of these or the split night? _____
    Lowest oxygen saturation? _____ What was the recommended pressure? _____

4. Date of any other sleep tests: MSLT_____   MWT _____
   Was it 4 nap opportunities of 40 min. each? _____
    a. What was the result of the MSLT and/or the MWT? _____

5. Method of OSA treatment: Positive Airway Pressure _____ Dental Appliance _____
   Positional _____ Surgery _____ Other (please specify)_____
    a. Did the driver have symptoms of daytime sleepiness? _____ Was there sleepiness while driving? _____
    b. Is the current method of treatment effective in resolving the driver's excessive sleepiness, including while driving? _____
    _____
    c. If driver had surgery, was a post PSG given? _____ If yes, what was the new AHI?_____ If no, please give explanation: _____
    d. Is the driver still required to use a positive airway pressure machine after surgery?_____

The final question is only for CDL drivers who use a positive airway pressure machine such as a CPAP, APAP, BPAP or ASV:

A CDL driver with OSA using a positive airway pressure machine as treatment may be certified if being successfully treated. For the CDL driver to show successful treatment, the CDL driver must demonstrate good compliance with treatment. *Compliance* is defined as using the machine for the duration of sufficient total sleep time. Additionally, if the CDL driver had excessive sleepiness when driving, the CDL driver must demonstrate resolution of the excessive sleepiness. Optimal treatment efficacy occurs with seven (7) hours or more of use during sleep every night at recommended pressure.

6. As the CDL driver's treating physician for sleep apnea, I confirm that I have reviewed a minimum of six (6) months of the driver's positive airway pressure machine data downloads: _____
    a. What is the AHI recorded on the data download? _____
    Is the average use at pressure for "ALL" night (not just "nights used") 4 hours or greater?   Yes ❑   No ❑
    If no, please provide percentage that is over 4 hours _____
    What is being done to increase nightly use? _____

7. Your professional opinion as to whether the driver's sleep disorder is satisfactorily controlled, and whether the driver is medically able to safety operate a commercial motor vehicle:
    a. ❑ Yes , driver's OSA is controlled and the recommended treatment plan is being followed.
    b. ❑ No, driver's OSA is not currently controlled and the recommended treatment plan is not being followed.

Doctor's Signature: _____   Printed name: _____

Date: _____   License Number: _____

MD0001(052014)OCCMED