

Why Do I Have to Rest Even After a Good Night's Sleep?

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This is the most common question we get on the support line:

“I got plenty of rest last night and started driving this morning, so why is it telling me I need to pull over?”

The answer is simple — it's about the **24-hour rule**.

What Is the 24-Hour Rule?

Every time you take a **major rest break** (usually 7 hours or more), it starts a new 24-hour period.

But that doesn't mean the previous 24-hour period disappears.

Let's say yesterday you started driving at 6:00 AM. That started a 24-hour period. If today you start driving earlier, like 5:00 AM, you are **still within the same 24-hour period** as yesterday's driving.

So if you drove a lot yesterday and start early today, the hours you worked yesterday are still counting towards your limit until the 24-hour period from yesterday ends.

Why Is This Confusing?

Many drivers think that once they've had a 7-hour rest, they've reset everything. That's only partly true. You've started a new 24-hour period, **but the previous one is still running**.

That means you can have **two overlapping 24-hour periods**, both counting your driving hours.

What Can You Do?

- Look at when you started driving yesterday.
- Count 24 hours forward from that time — are you still inside that window?
- If yes, then hours you drove yesterday **still count** today.
- That's why you might be told to rest — you're approaching your daily hour limit.

Don't worry — this rule is meant to keep you safe and legal. Once the full 24 hours since yesterday's start time has passed, you'll be back to a clean slate.

Want to Know More?

You can learn more from the official source, the National Heavy Vehicle Regulator (NHVR):

Visit:

