

# Appendix E-1

## Canada Study Phase 1 results from Daily Diary

<b>Canada Study Phase 1 Diary results</b>
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Diary Table 1: Proportion of Days with Any Long delays for traffic				
Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	3	0.25	3	0.23
2	2	0.17	0	0.00
4	0	0.00	1	0.08
5	1	0.07	1	0.08
6	2	0.09	0	0.00
7	0	0.00	0	0.00
8	0	0.00	1	0.08
10	0	0.00	4	0.29
11	0	0.00	0	0.00
12	.	.	6	0.50
13	0	0.00	0	0.00
15	1	0.07	0	0.00
17	0	0.00	0	0.00
18	5	0.36	0	0.00
19	2	0.14	0	0.00
21	3	0.20	2	0.15
22	3	0.25	2	0.14
23	10	0.67	9	0.69
25	2	0.15	0	0.00
26	1	0.06	0	0.00
Mean		0.13		0.11

## Canada Study Phase 1 Diary results

<b>Diary Table 2: Proportion of Days with Any Weather problems while driving</b>				
<b>Driver</b>	<b>No Feedback</b>		<b>Feedback</b>	
	<b>Days</b>	<b>Proportion</b>	<b>Days</b>	<b>Proportion</b>
1	0	0.00	3	0.23
2	2	0.17	4	0.31
4	3	0.23	0	0.00
5	3	0.21	2	0.15
6	4	0.17	2	0.14
7	4	0.27	1	0.08
8	4	0.31	2	0.15
10	0	0.00	5	0.36
11	1	0.07	2	0.15
12	.	.	6	0.50
13	1	0.07	1	0.08
15	0	0.00	3	0.23
17	4	0.27	1	0.13
18	0	0.00	0	0.00
19	3	0.21	0	0.00
21	1	0.07	0	0.00
22	3	0.25	0	0.00
23	0	0.00	0	0.00
25	1	0.08	0	0.00
26	2	0.13	0	0.00
Mean		0.13		0.13

## Canada Study Phase 1 Diary results

**Diary Table 3:  
Proportion of Days with Any  
Slow moving on the road**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	2	0.17	0	0.00
2	3	0.25	2	0.15
4	2	0.15	1	0.08
5	2	0.14	1	0.08
6	4	0.17	0	0.00
7	1	0.07	0	0.00
8	1	0.08	0	0.00
10	0	0.00	3	0.21
11	0	0.00	1	0.08
12	.	.	2	0.17
13	2	0.13	0	0.00
15	1	0.07	0	0.00
17	0	0.00	0	0.00
18	0	0.00	0	0.00
19	0	0.00	1	0.08
21	2	0.13	0	0.00
22	3	0.25	3	0.21
23	11	0.73	10	0.77
25	1	0.08	0	0.00
26	1	0.06	0	0.00
Mean		0.13		0.09

## Canada Study Phase 1 Diary results

**Diary Table 4:  
Proportion of Days with Any  
Traffic jams, making it slow going**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	2	0.17	0	0.00
2	4	0.33	0	0.00
4	2	0.15	1	0.08
5	3	0.21	1	0.08
6	2	0.09	0	0.00
7	0	0.00	0	0.00
8	1	0.08	1	0.08
10	0	0.00	1	0.07
11	0	0.00	0	0.00
12	.	.	8	0.67
13	1	0.07	3	0.23
15	3	0.20	0	0.00
17	1	0.07	0	0.00
18	1	0.08	0	0.00
19	3	0.21	0	0.00
21	2	0.13	3	0.23
22	2	0.17	1	0.07
23	11	0.73	10	0.77
25	0	0.00	0	0.00
26	7	0.44	6	0.46
Mean		0.16		0.14

## Canada Study Phase 1 Diary results

**Diary Table 5:  
Proportion of Days with Any  
Numerous hilly roads, making it slow going**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	0	0.00	0	0.00
2	3	0.25	3	0.23
4	0	0.00	0	0.00
5	2	0.14	0	0.00
6	0	0.00	1	0.07
7	3	0.20	1	0.08
8	1	0.08	0	0.00
10	0	0.00	0	0.00
11	0	0.00	1	0.08
12	.	.	1	0.08
13	0	0.00	0	0.00
15	0	0.00	2	0.15
17	1	0.07	0	0.00
18	0	0.00	0	0.00
19	0	0.00	0	0.00
21	0	0.00	0	0.00
22	1	0.08	5	0.36
23	2	0.13	2	0.15
25	2	0.15	0	0.00
26	0	0.00	0	0.00
Mean		0.06		0.06

## Canada Study Phase 1 Diary results

**Diary Table 6:  
Proportion of Days with Any  
Considerable crosswinds**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	0	0.00	5	0.38
2	5	0.42	6	0.46
4	1	0.08	2	0.15
5	7	0.50	4	0.31
6	2	0.09	1	0.07
7	5	0.33	0	0.00
8	5	0.38	6	0.46
10	0	0.00	2	0.14
11	1	0.07	1	0.08
12	.	.	8	0.67
13	1	0.07	0	0.00
15	0	0.00	0	0.00
17	3	0.20	5	0.63
18	5	0.38	2	0.15
19	2	0.14	0	0.00
21	0	0.00	3	0.23
22	0	0.00	0	0.00
23	0	0.00	2	0.15
25	0	0.00	0	0.00
26	1	0.06	0	0.00
Mean		0.14		0.19

## Canada Study Phase 1 Diary results

<b>Proportion of Days with Any Long waits for load assignments</b>				
<b>Driver</b>	<b>No Feedback</b>		<b>Feedback</b>	
	<b>Days</b>	<b>Proportion</b>	<b>Days</b>	<b>Proportion</b>
1	1	0.08	2.75	0.21
2	3	0.25	5	0.38
4	1	0.08	0	0.00
5	2	0.14	0	0.00
6	1	0.04	4	0.29
7	3	0.20	2	0.15
8	1	0.08	3	0.23
10	0	0.00	0	0.00
11	5	0.33	1	0.08
12	.	.	0	0.00
13	2	0.13	0	0.00
15	5	0.33	2	0.15
17	1	0.07	0	0.00
18	1	0.08	1	0.08
19	1	0.07	3	0.23
21	3	0.20	3	0.23
22	1	0.08	1	0.07
23	10	0.67	10	0.77
25	1	0.08	1	0.07
26	1	0.06	0	0.00
<b>Mean</b>		0.16		0.15

## Canada Study Phase 1 Diary results

**Diary Table 8:  
Proportion of Days with Any  
Rest break for eating/hygiene**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	3	0.25	3	0.23
2	10	0.83	7	0.54
4	10	0.77	9	0.69
5	7	0.50	5	0.38
6	11	0.48	8	0.57
7	10	0.67	9	0.69
8	5	0.38	6	0.46
10	0	0.00	9	0.64
11	0	0.00	1	0.08
12	.	.	8	0.67
13	4	0.27	6	0.46
15	2	0.13	3	0.23
17	4	0.27	8	1.00
18	7	0.54	1	0.08
19	7	0.50	1	0.08
21	5	0.33	4	0.31
22	2	0.17	3	0.21
23	0	0.00	1	0.08
25	1	0.08	0	0.00
26	5	0.31	0	0.00
Mean		0.34		0.37



## Canada Study Phase 1 Diary results

**Diary Table 9:  
Mean Numbers Per Day  
Rest/Eating: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
1	12	0.25	0.45	0.00	0.0	1.0	13	0.23	0.44	0.00	0.0	1.0
2	12	0.92	0.51	1.00	0.0	2.0	13	0.54	0.52	1.00	0.0	1.0
4	13	0.77	0.44	1.00	0.0	1.0	13	1.00	0.82	1.00	0.0	2.0
5	14	0.50	0.52	0.50	0.0	1.0	13	0.38	0.51	0.00	0.0	1.0
6	23	0.91	1.38	0.00	0.0	5.0	14	1.07	1.14	1.00	0.0	3.0
7	15	0.67	0.49	1.00	0.0	1.0	13	0.85	0.69	1.00	0.0	2.0
8	13	0.31	0.48	0.00	0.0	1.0	13	0.46	0.52	0.00	0.0	1.0
10	14	0.00	0.00	0.00	0.0	0.0	14	0.64	0.50	1.00	0.0	1.0
11	15	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
12	.	.	.	.	.	.	12	0.67	0.49	1.00	0.0	1.0
13	15	0.53	1.06	0.00	0.0	3.0	13	0.62	0.77	0.00	0.0	2.0
15	15	0.13	0.35	0.00	0.0	1.0	13	0.23	0.44	0.00	0.0	1.0
17	15	0.27	0.46	0.00	0.0	1.0	8	1.00	0.00	1.00	1.0	1.0
18	13	0.54	0.52	1.00	0.0	1.0	13	0.08	0.28	0.00	0.0	1.0
19	14	0.50	0.52	0.50	0.0	1.0	13	0.08	0.28	0.00	0.0	1.0
21	15	0.47	0.74	0.00	0.0	2.0	13	0.31	0.48	0.00	0.0	1.0
22	12	0.00	0.00	0.00	0.0	0.0	14	0.00	0.00	0.00	0.0	0.0
23	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
25	13	0.00	0.00	0.00	0.0	0.0	15	0.00	0.00	0.00	0.0	0.0
26	16	0.31	0.48	0.00	0.0	1.0	13	0.00	0.00	0.00	0.0	0.0
Mean		0.37		0.26				0.41		0.35		

## Canada Study Phase 1 Diary results

**Diary Table 10:  
Cumulative Durations Per Day  
Rest/Eating: Duration**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
1	12	0.19	0.36	0.00	0.0	1.0	13	0.29	0.61	0.00	0.0	2.0
2	12	1.46	2.01	1.00	0.0	7.5	13	0.38	0.43	0.50	0.0	1.3
4	13	0.50	0.44	0.50	0.0	1.5	13	0.48	0.41	0.50	0.0	1.3
5	14	0.55	0.82	0.00	0.0	2.5	13	0.38	0.66	0.00	0.0	1.8
6	23	1.38	2.25	0.00	0.0	7.3	14	1.54	1.99	0.63	0.0	6.0
7	15	0.00	0.00	0.00	0.0	0.0	13	0.52	0.61	0.25	0.0	1.5
8	13	1.31	2.87	0.00	0.0	10.0	13	0.48	0.63	0.00	0.0	1.8
10	14	0.00	0.00	0.00	0.0	0.0	14	0.64	0.50	1.00	0.0	1.0
11	15	0.00	0.00	0.00	0.0	0.0	13	0.02	0.07	0.00	0.0	0.3
12	.	.	.	.	.	.	12	0.06	0.11	0.00	0.0	0.3
13	15	0.20	0.45	0.00	0.0	1.5	13	0.53	0.80	0.00	0.0	2.3
15	15	0.10	0.28	0.00	0.0	1.0	13	0.25	0.50	0.00	0.0	1.5
17	15	0.17	0.31	0.00	0.0	1.0	8	0.50	0.00	0.50	0.5	0.5
18	13	0.46	0.52	0.00	0.0	1.0	13	0.15	0.55	0.00	0.0	2.0
19	14	0.21	0.58	0.00	0.0	2.0	13	0.06	0.21	0.00	0.0	0.8
21	15	0.50	0.78	0.00	0.0	2.0	13	0.35	0.56	0.00	0.0	1.5
22	12	0.00	0.00	0.00	0.0	0.0	14	0.00	0.00	0.00	0.0	0.0
23	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
25	13	0.00	0.00	0.00	0.0	0.0	15	0.00	0.00	0.00	0.0	0.0
26	16	0.31	0.66	0.00	0.0	2.5	13	0.00	0.00	0.00	0.0	0.0
Mean		0.39		0.08				0.33		0.17		

## Canada Study Phase 1 Diary results

**Diary Table 11:  
Proportion of Days with Any  
Rest break including a sleep period**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	3	0.25	3	0.23
2	4	0.33	8	0.62
4	0	0.00	1	0.08
5	2	0.14	1	0.08
6	7	0.30	0	0.00
7	0	0.00	1	0.08
8	0	0.00	0	0.00
10	0	0.00	9	0.64
11	0	0.00	0	0.00
12	.	.	0	0.00
13	1	0.07	0	0.00
15	1	0.07	0	0.00
17	0	0.00	0	0.00
18	8	0.62	2	0.15
19	7	0.50	0	0.00
21	4	0.27	3	0.23
22	0	0.00	1	0.07
23	2	0.13	1	0.08
25	0	0.00	0	0.00
26	0	0.00	1	0.08
Mean		0.14		0.12

## Canada Study Phase 1 Diary results

**Diary Table 12:  
Mean Numbers Per Day  
Rest/Sleep: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
1	12	0.25	0.45	0.00	0.0	1.0	13	0.23	0.44	0.00	0.0	1.0
2	12	0.33	0.49	0.00	0.0	1.0	13	0.62	0.51	1.00	0.0	1.0
4	13	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
5	14	0.14	0.36	0.00	0.0	1.0	13	0.08	0.28	0.00	0.0	1.0
6	23	0.91	1.53	0.00	0.0	4.0	14	0.00	0.00	0.00	0.0	0.0
7	15	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
8	13	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
10	14	0.00	0.00	0.00	0.0	0.0	14	0.64	0.50	1.00	0.0	1.0
11	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
12	.	.	.	.	.	.	12	0.00	0.00	0.00	0.0	0.0
13	15	0.07	0.26	0.00	0.0	1.0	13	0.00	0.00	0.00	0.0	0.0
15	15	0.07	0.26	0.00	0.0	1.0	13	0.00	0.00	0.00	0.0	0.0
17	15	0.00	0.00	0.00	0.0	0.0	8	0.00	0.00	0.00	0.0	0.0
18	13	0.62	0.51	1.00	0.0	1.0	13	0.15	0.38	0.00	0.0	1.0
19	14	0.57	0.65	0.50	0.0	2.0	13	0.00	0.00	0.00	0.0	0.0
21	15	0.27	0.46	0.00	0.0	1.0	13	0.23	0.44	0.00	0.0	1.0
22	12	0.00	0.00	0.00	0.0	0.0	14	0.07	0.27	0.00	0.0	1.0
23	15	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
25	13	0.00	0.00	0.00	0.0	0.0	15	0.00	0.00	0.00	0.0	0.0
26	16	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
Mean		0.17		0.08				0.12		0.10		

## Canada Study Phase 1 Diary results

**Diary Table 13:  
Cumulative Durations Per Day  
Rest/Sleep: Duration**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
1	12	1.00	2.34	0.00	0.0	8.0	13	1.15	2.82	0.00	0.0	8.0
2	12	0.83	1.29	0.00	0.0	3.3	13	1.83	1.89	2.00	0.0	6.0
4	13	0.00	0.00	0.00	0.0	0.0	13	0.23	0.83	0.00	0.0	3.0
5	14	0.59	1.52	0.00	0.0	4.8	13	0.50	1.80	0.00	0.0	6.5
6	23	1.35	3.28	0.00	0.0	12.3	14	0.00	0.00	0.00	0.0	0.0
7	15	0.00	0.00	0.00	0.0	0.0	13	0.12	0.42	0.00	0.0	1.5
8	13	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
10	14	0.00	0.00	0.00	0.0	0.0	14	5.18	4.01	8.00	0.0	8.5
11	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
12	.	.	.	.	.	.	12	0.00	0.00	0.00	0.0	0.0
13	15	0.05	0.19	0.00	0.0	0.8	13	0.00	0.00	0.00	0.0	0.0
15	15	0.62	2.39	0.00	0.0	9.3	13	0.00	0.00	0.00	0.0	0.0
17	15	0.00	0.00	0.00	0.0	0.0	8	0.00	0.00	0.00	0.0	0.0
18	13	1.69	2.27	1.00	0.0	7.5	13	0.71	1.99	0.00	0.0	7.0
19	14	1.96	4.13	0.00	0.0	15.0	13	0.00	0.00	0.00	0.0	0.0
21	15	1.50	3.06	0.00	0.0	9.0	13	1.04	2.18	0.00	0.0	6.5
22	12	0.00	0.00	0.00	0.0	0.0	14	0.00	0.00	0.00	0.0	0.0
23	15	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
25	13	0.00	0.00	0.00	0.0	0.0	15	0.00	0.00	0.00	0.0	0.0
26	16	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
Mean		0.50		0.05				0.55		0.50		

## Canada Study Phase 1 Diary results

**Diary Table 14:  
Proportion of Days with Any  
Sleep/Nap out of vehicle**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	2	0.17	0	0.00
2	6	0.50	7	0.54
4	12	0.92	13	1.00
5	3	0.21	0	0.00
6	1	0.04	0	0.00
7	4	0.27	4	0.31
8	2	0.15	1	0.08
10	0	0.00	0	0.00
11	11	0.73	12	0.92
12	.	.	0	0.00
13	4	0.27	3	0.23
15	3	0.20	1	0.08
17	11	0.73	8	1.00
18	2	0.15	8	0.62
19	2	0.14	0	0.00
21	3	0.20	4	0.31
22	0	0.00	1	0.07
23	0	0.00	0	0.00
25	4	0.31	0	0.00
26	2	0.13	1	0.08
Mean		0.27		0.26

## Canada Study Phase 1 Diary results

**Diary Table 15:  
Mean Numbers Per Day  
Sleep/Nap out of vehicle: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
1	12	0.17	0.39	0.00	0.0	1.0	13	0.00	0.00	0.00	0.0	0.0
2	12	0.42	0.51	0.00	0.0	1.0	13	0.54	0.52	1.00	0.0	1.0
4	13	0.92	0.28	1.00	0.0	1.0	13	1.00	0.00	1.00	1.0	1.0
5	14	0.21	0.43	0.00	0.0	1.0	13	0.00	0.00	0.00	0.0	0.0
6	23	0.04	0.21	0.00	0.0	1.0	14	0.00	0.00	0.00	0.0	0.0
7	15	0.27	0.46	0.00	0.0	1.0	13	0.31	0.48	0.00	0.0	1.0
8	13	0.15	0.38	0.00	0.0	1.0	13	0.08	0.28	0.00	0.0	1.0
10	14	0.00	0.00	0.00	0.0	0.0	14	0.00	0.00	0.00	0.0	0.0
11	15	0.93	0.70	1.00	0.0	2.0	13	0.85	0.38	1.00	0.0	1.0
12	.	.	.	.	.	.	12	0.00	0.00	0.00	0.0	0.0
13	15	0.33	0.62	0.00	0.0	2.0	13	0.23	0.44	0.00	0.0	1.0
15	15	0.20	0.41	0.00	0.0	1.0	13	0.08	0.28	0.00	0.0	1.0
17	15	0.73	0.46	1.00	0.0	1.0	8	1.00	0.00	1.00	1.0	1.0
18	13	0.15	0.38	0.00	0.0	1.0	13	0.62	0.51	1.00	0.0	1.0
19	14	0.14	0.36	0.00	0.0	1.0	13	0.00	0.00	0.00	0.0	0.0
21	15	0.20	0.41	0.00	0.0	1.0	13	0.31	0.48	0.00	0.0	1.0
22	12	0.00	0.00	0.00	0.0	0.0	14	0.00	0.00	0.00	0.0	0.0
23	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
25	13	0.08	0.28	0.00	0.0	1.0	15	0.00	0.00	0.00	0.0	0.0
26	16	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
Mean		0.26		0.16				0.25		0.25		

## Canada Study Phase 1 Diary results

**Diary Table 16:  
Cumulative Durations Per Day  
Sleep/Nap out of vehicle: Duration**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
1	12	0.83	2.33	0.00	0.0	8.0	13	0.00	0.00	0.00	0.0	0.0
2	12	2.40	3.18	0.50	0.0	7.0	13	3.31	3.84	1.50	0.0	9.0
4	13	5.88	2.00	6.25	0.0	9.0	13	6.08	1.73	5.50	2.5	10.0
5	14	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
6	23	0.35	1.67	0.00	0.0	8.0	14	0.00	0.00	0.00	0.0	0.0
7	15	1.93	3.33	0.00	0.0	7.5	13	2.50	3.92	0.00	0.0	9.0
8	13	1.15	2.82	0.00	0.0	7.5	13	0.00	0.00	0.00	0.0	0.0
10	14	0.00	0.00	0.00	0.0	0.0	14	0.00	0.00	0.00	0.0	0.0
11	15	5.85	4.00	8.00	0.0	9.5	13	5.81	3.39	7.75	0.0	8.5
12	.	.	.	.	.	.	12	0.00	0.00	0.00	0.0	0.0
13	15	2.35	4.06	0.00	0.0	9.8	13	1.31	2.99	0.00	0.0	8.5
15	15	2.13	4.44	0.00	0.0	12.0	13	0.77	2.77	0.00	0.0	10.0
17	15	5.58	3.62	7.00	0.0	10.0	8	7.63	0.23	7.50	7.5	8.0
18	13	1.19	3.20	0.00	0.0	11.0	13	4.88	5.59	6.00	0.0	20.0
19	14	1.64	4.70	0.00	0.0	17.0	13	0.00	0.00	0.00	0.0	0.0
21	15	0.77	1.80	0.00	0.0	6.0	13	1.35	2.13	0.00	0.0	5.0
22	12	0.00	0.00	0.00	0.0	0.0	14	0.00	0.00	0.00	0.0	0.0
23	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
25	13	0.56	2.01	0.00	0.0	7.3	15	0.00	0.00	0.00	0.0	0.0
26	16	0.34	0.94	0.00	0.0	3.0	13	0.08	0.28	0.00	0.0	1.0
Mean		1.74		1.14				1.69		1.41		



## Canada Study Phase 1 Diary results

**Diary Table 17:  
Proportion of Days with Any  
Sleep/Nap in vehicle**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	4	0.33	7	0.54
2	7	0.58	7	0.54
4	0	0.00	1	0.08
5	6	0.43	6	0.46
6	15	0.65	9	0.64
7	10	0.67	8	0.62
8	0	0.00	0	0.00
10	0	0.00	1	0.07
11	0	0.00	0	0.00
12	.	.	1	0.08
13	10	0.67	9	0.69
15	8	0.53	9	0.69
17	1	0.07	0	0.00
18	8	0.62	5	0.38
19	4	0.29	1	0.08
21	3	0.20	5	0.38
22	7	0.58	6	0.43
23	2	0.13	1	0.08
25	9	0.69	14	0.93
26	10	0.63	6	0.46
Mean		0.37		0.36

## Canada Study Phase 1 Diary results

**Diary Table 18:  
Mean Numbers Per Day  
Sleep/Nap in vehicle: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
1	12	0.33	0.49	0.00	0.0	1.0	13	0.62	0.65	1.00	0.0	2.0
2	12	0.58	0.51	1.00	0.0	1.0	13	0.54	0.52	1.00	0.0	1.0
4	13	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
5	14	0.50	0.65	0.00	0.0	2.0	13	0.69	0.85	0.00	0.0	2.0
6	23	1.00	0.80	1.00	0.0	2.0	14	0.79	0.70	1.00	0.0	2.0
7	15	0.67	0.49	1.00	0.0	1.0	13	0.62	0.51	1.00	0.0	1.0
8	13	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
10	14	0.00	0.00	0.00	0.0	0.0	14	0.07	0.27	0.00	0.0	1.0
11	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
12	.	.	.	.	.	.	12	0.08	0.29	0.00	0.0	1.0
13	15	0.73	0.59	1.00	0.0	2.0	13	0.92	0.76	1.00	0.0	2.0
15	15	0.53	0.52	1.00	0.0	1.0	13	0.69	0.48	1.00	0.0	1.0
17	15	0.07	0.26	0.00	0.0	1.0	8	0.00	0.00	0.00	0.0	0.0
18	13	0.62	0.51	1.00	0.0	1.0	13	0.38	0.51	0.00	0.0	1.0
19	14	0.29	0.47	0.00	0.0	1.0	13	0.08	0.28	0.00	0.0	1.0
21	15	0.20	0.41	0.00	0.0	1.0	13	0.54	0.78	0.00	0.0	2.0
22	12	0.25	0.45	0.00	0.0	1.0	14	0.14	0.36	0.00	0.0	1.0
23	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
25	13	0.00	0.00	0.00	0.0	0.0	15	0.93	0.26	1.00	0.0	1.0
26	16	1.13	0.96	1.50	0.0	2.0	13	0.85	1.07	0.00	0.0	3.0
Mean		0.36		0.39				0.40		0.35		

## Canada Study Phase 1 Diary results

**Diary Table 19:  
Cumulative Durations Per Day  
Sleep/Nap in vehicle: Duration**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
1	12	2.13	3.57	0.00	0.0	8.0	13	4.48	4.38	7.00	0.0	10.3
2	12	2.67	2.89	2.38	0.0	8.0	13	2.50	2.92	1.50	0.0	7.0
4	13	0.00	0.00	0.00	0.0	0.0	13	0.12	0.42	0.00	0.0	1.5
5	14	1.41	3.07	0.00	0.0	10.0	13	3.48	4.30	0.00	0.0	10.0
6	23	5.21	4.16	6.00	0.0	11.8	14	5.57	4.57	7.13	0.0	12.5
7	15	3.43	4.94	0.00	0.0	17.0	13	4.17	3.77	6.00	0.0	10.0
8	13	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
10	14	0.00	0.00	0.00	0.0	0.0	14	0.00	0.00	0.00	0.0	0.0
11	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
12	.	.	.	.	.	.	12	0.00	0.00	0.00	0.0	0.0
13	15	4.53	3.87	6.00	0.0	10.5	13	4.65	3.35	5.50	0.0	8.0
15	15	2.90	3.74	0.00	0.0	9.0	13	5.48	3.93	8.00	0.0	10.0
17	15	0.03	0.13	0.00	0.0	0.5	8	0.00	0.00	0.00	0.0	0.0
18	13	2.77	2.61	3.50	0.0	8.0	13	3.81	5.96	0.00	0.0	18.0
19	14	0.93	2.02	0.00	0.0	6.0	13	0.00	0.00	0.00	0.0	0.0
21	15	0.67	1.68	0.00	0.0	6.0	13	1.37	2.39	0.00	0.0	7.5
22	12	0.38	1.15	0.00	0.0	4.0	14	0.00	0.00	0.00	0.0	0.0
23	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
25	13	0.00	0.00	0.00	0.0	0.0	15	0.00	0.00	0.00	0.0	0.0
26	16	3.34	3.00	4.50	0.0	8.0	13	2.19	2.75	0.00	0.0	6.5
Mean		1.60		1.18				1.89		1.76		

## Canada Study Phase 1 Diary results

**Diary Table 20:  
Proportion of Days with Any  
Day off from driving**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	3	0.25	3	0.23
2	3	0.25	3	0.23
4	3	0.23	1	0.08
5	4	0.29	3	0.23
6	5	0.22	6	0.43
7	2	0.13	1	0.08
8	2	0.15	5	0.38
10	0	0.00	5	0.36
11	4	0.27	2	0.15
12	.	.	1	0.08
13	2	0.13	3	0.23
15	3	0.20	2	0.15
17	4	0.27	0	0.00
18	3	0.23	2	0.15
19	4	0.29	6	0.46
21	5	0.33	2	0.15
22	1	0.08	4	0.29
23	2	0.13	3	0.23
25	1	0.08	0	0.00
26	4	0.25	5	0.38
Mean		0.20		0.22

## Canada Study Phase 1 Diary results

**Diary Table 21:  
Proportion of Days with Any  
Activity on day off**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	1	0.08	1	0.08
2	4	0.33	3	0.23
4	2	0.15	1	0.08
5	4	0.29	3	0.23
6	5	0.22	5	0.36
7	1	0.07	1	0.08
8	1	0.08	3	0.23
10	0	0.00	4	0.29
11	4	0.27	2	0.15
12	.	.	2	0.17
13	4	0.27	2	0.15
15	3	0.20	2	0.15
17	3	0.20	0	0.00
18	2	0.15	4	0.31
19	5	0.36	6	0.46
21	5	0.33	3	0.23
22	1	0.08	2	0.14
23	9	0.60	9	0.69
25	3	0.23	0	0.00
26	2	0.13	5	0.38
Mean		0.21		0.22

## Canada Study Phase 1 Diary results

**Diary Table 22:  
Proportion of Days with Any  
FMT device gets driver's attention**

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	1	0.08	4	0.31
2	0	0.00	1	0.08
4	3	0.23	3	0.23
5	6	0.43	6	0.46
6	1	0.04	1	0.07
7	6	0.40	3	0.23
8	0	0.00	1	0.08
10	0	0.00	3	0.21
11	0	0.00	0	0.00
12	.	.	2	0.17
13	0	0.00	5	0.38
15	0	0.00	3	0.23
17	11	0.73	7	0.88
18	4	0.31	1	0.08
19	5	0.36	4	0.31
21	5	0.33	10	0.77
22	2	0.17	1	0.07
23	8	0.53	5	0.38
25	1	0.08	0	0.00
26	1	0.06	0	0.00
Mean		0.20		0.25

## Canada Study Phase 1 Diary results

**Diary Table 23:  
Mean Numbers Per Day  
Number of delivery stops: Frequency**

Driver	No Feedback						Feedback					
	N	Mean	Std	Med	Min	Max	N	Mean	Std	Med	Min	Max
1	12	2.75	2.26	3.00	0.0	8.0	13	3.15	2.15	3.00	0.0	6.0
2	12	0.58	0.79	0.00	0.0	2.0	13	0.77	0.93	0.00	0.0	2.0
4	13	0.23	0.60	0.00	0.0	2.0	13	0.38	0.96	0.00	0.0	3.0
5	14	1.21	1.12	1.00	0.0	3.0	13	1.15	1.52	1.00	0.0	5.0
6	23	0.87	0.87	1.00	0.0	3.0	14	1.29	1.54	1.00	0.0	5.0
7	15	0.87	0.92	1.00	0.0	2.0	13	1.23	1.01	1.00	0.0	3.0
8	13	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
10	14	0.00	0.00	0.00	0.0	0.0	14	0.71	0.47	1.00	0.0	1.0
11	15	0.00	0.00	0.00	0.0	0.0	13	0.08	0.28	0.00	0.0	1.0
12	.	.	.	.	.	.	12	1.33	0.98	2.00	0.0	2.0
13	15	0.80	1.15	0.00	0.0	3.0	13	1.08	1.04	1.00	0.0	3.0
15	15	0.00	0.00	0.00	0.0	0.0	13	0.00	0.00	0.00	0.0	0.0
17	15	2.00	1.93	2.00	0.0	5.0	8	2.88	0.35	3.00	2.0	3.0
18	13	1.15	0.99	2.00	0.0	2.0	13	0.77	0.73	1.00	0.0	2.0
19	14	1.57	2.21	0.00	0.0	6.0	13	0.15	0.55	0.00	0.0	2.0
21	15	1.13	1.25	1.00	0.0	3.0	13	1.54	0.88	2.00	0.0	2.0
22	12	0.00	0.00	0.00	0.0	0.0	14	0.00	0.00	0.00	0.0	0.0
23	15	2.73	2.69	1.00	0.0	6.0	13	2.69	2.63	1.00	0.0	6.0
25	13	1.15	1.21	1.00	0.0	3.0	15	1.53	1.81	1.00	0.0	5.0
26	16	1.44	1.03	2.00	0.0	3.0	13	0.92	1.04	0.00	0.0	2.0
Mean		0.97		0.79				1.08		0.90		

## Canada Study Phase 1 Diary results

Diary Table 24:

### Proportion of Days with Any Loading/Unloading done by others

Driver	No Feedback		Feedback	
	Days	Proportion	Days	Proportion
1	4	0.33	2	0.15
2	8	0.67	7	0.54
4	0	0.00	0	0.00
5	8	0.57	2	0.15
6	7	0.30	6	0.43
7	6	0.40	7	0.54
8	1	0.08	0	0.00
10	0	0.00	9	0.64
11	0	0.00	0	0.00
12	.	.	1	0.08
13	1	0.07	4	0.31
15	7	0.47	2	0.15
17	8	0.53	3	0.38
18	0	0.00	6	0.46
19	5	0.36	1	0.08
21	8	0.53	10	0.77
22	6	0.50	3	0.21
23	1	0.07	5	0.38
25	1	0.08	1	0.07
26	10	0.63	7	0.54
Mean		0.29		0.29



## Canada Study Phase 1 Diary results

<b>Diary Table 25: Proportion of Days with Any Personal physical activity in Loading/Unloading</b>				
<b>Driver</b>	<b>No Feedback</b>		<b>Feedback</b>	
	<b>Days</b>	<b>Proportion</b>	<b>Days</b>	<b>Proportion</b>
1	1	0.08	0	0.00
2	4	0.33	2	0.15
4	0	0.00	0	0.00
5	0	0.00	0	0.00
6	0	0.00	0	0.00
7	0	0.00	2	0.15
8	0	0.00	0	0.00
10	0	0.00	0	0.00
11	0	0.00	0	0.00
12	.	.	0	0.00
13	1	0.07	0	0.00
15	0	0.00	0	0.00
17	1	0.07	0	0.00
18	5	0.38	1	0.08
19	0	0.00	1	0.08
21	1	0.07	0	0.00
22	2	0.17	2	0.14
23	2	0.13	3	0.23
25	2	0.15	2	0.13
26	0	0.00	0	0.00
<b>Mean</b>		<b>0.08</b>		<b>0.05</b>