

FACT SHEET

Interesting facts and statistics on sleep

- Over 1.2 million Australians experience sleep disordersⁱ
- In 2004, the estimated cost of sleep disorders in Australia was \$10.3 billionⁱⁱ
- In Australia, sleep disorders underlie 9.1% of work-related injuries, 8.3% of depression, 7.6% of non work-related motor vehicle accidents, 2.9% of diabetes, 0.9% of kidney disease and 0.6% of cardiovascular diseaseⁱⁱⁱ
- According to the Australian Bureau of Statistics, in 1999 almost 4% of the population had recently used a sleeping medication^{iv}
- A newborn infant typically sleeps about 70% of every 24 hours. Adults spend 25-30% of their lives sleeping^v
- A new baby typically results in 400-750 hours lost sleep for parents in the first year^{vi}
- Seventeen hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol-level of 0.05%^{vii}
- Chronic insomnia can adversely impact individuals across a range of areas including increased use of medical services, family problems, increased use of alcohol, reduced work performance and emotional problems^{viii}
- Sleep disorders, such as insomnia, can have damaging effects on home life. Research has shown that insomnia patients report decreased enjoyment of relationships, are less likely to help their children with homework, and tend to avoid exercise in favour of TV^{ix x xi}
- Insomnia patients receive fewer promotions at work, fewer pay raises, and are less optimistic about future career opportunities^{xii}
- According to research conducted by the Better Sleep Council, poor sleep is detrimental to performance at work. 44% of employees surveyed in the research said they were likely to be in a bad mood at work as a result of poor sleep^{xiii}
- Some of the major disasters in history have been attributed to sleep deprivation. The 1989 Exxon Valdez oil spill off Alaska, the Challenger space shuttle disaster and the Chernobyl nuclear accident have all been linked to human errors where sleep deprivation played a role.
- We sleep about 1 to 1.5 hours less than we did 100 years ago^{xiv}

- Today's '24 hour society', including all hours availability of the Internet has been viewed by many as disrupting sleeping patterns across the world
- A study undertaken by researchers at University College London and Warwick University has discovered that a constant lack of sleep can almost double the risk of developing heart disease^{xv}
- Poor sleep is not just a problem for adults. Adolescents and young adults are at risk of poor academic performance, mood swings and increased car crashes as a result of excessive sleepiness^{xvi}
- Adolescents with clinical mood disorders experience higher rates of sleep disturbances^{xvii}
- In a survey of Australian university students it was noted that the most common sleep complaints were difficulty falling asleep (18%), early morning awakening (13%), general sleep difficulties (12%), and difficulty staying asleep (9%).^{xviii}

Sleep is a vital biological function. It is essential to physical and emotional wellness. No matter what age you are, limited sleep can affect every aspect of your lifestyle – from work to home to personal relationships. When your body works well, you sleep well.

ⁱ Access Economics (2004). *Wake Up Australia: The Value Of Healthy Sleep*, report to Sleep Health Australia, October.

ⁱⁱ Access Economics (2004). *Wake Up Australia: The Value Of Healthy Sleep*, report to Sleep Health Australia, October.

ⁱⁱⁱ Access Economics (2004). *Wake Up Australia: The Value Of Healthy Sleep*, report to Sleep Health Australia, October.

^{iv} Australian Bureau of Statistics (1999) *National Health Survey: Use of Medications, Australia*, ABS Cat.No.4377.0, January.

^v Sheldon, S.H. (2005). Sleep in Infants and Children. In T. Lee-Chiong (Ed.), *Sleep: A Comprehensive Handbook* (pp. 507-510). Hoboken: John Wiley & Sons, Inc.

^{vi} *The National Sleep Research Project – 40 amazing facts about sleep.* (2000). Retrieved from www.abc.net.au/science/sleep/facts.htm

^{vii} *The National Sleep Research Project – 40 amazing facts about sleep.* (2000). Retrieved from www.abc.net.au/science/sleep/facts.htm

^{viii} David Brown Jr., W. (2005). Insomnia Prevalence and Daytime Consequences. In T. Lee-Chiong (Ed.), *Sleep: A Comprehensive Handbook* (pp. 91-98). Hoboken: John Wiley & Sons, Inc.

^{ix} Zammit, G., Weiner, J., Damato, N., Sillup, G., & McMillan, C. (1999). Quality of life in people with insomnia. *Sleep*, 22 [Suppl 2], S379-S385.

^x Roth, T., & Ancoli-Israel, S. (1999). Daytime consequences and correlates of insomnia in the United States: results of the 1991 National Sleep Foundation survey. II. *Sleep*, 22 [Suppl 2], S354-S358.

^{xi} Leger, D., Scheuermaier, K., Philip, P., Paillard, M., & Guilleminault, C. (2001). SF-36: evaluation of quality of life in severe and mild insomniacs compared with good sleepers. *Psychosom Med*, 63(1), 49-55.

^{xii} David Brown Jr., W. (2005). Insomnia Prevalence and Daytime Consequences. In T. Lee-Chiong (Ed.), *Sleep: A Comprehensive Handbook* (pp. 91-98). Hoboken: John Wiley & Sons, Inc.

^{xiii} *Poor Sleep Affecting Accuracy And Attitude On The Job.* (2007). Retrieved from www.bettersleep.org/Pressroom/poor-sleep-pr.asp

^{xiv} *An Intro to Sleep: What is Sleep?*(2007). Retrieved from www.talkaboutsleee.com/sleep-disorders/archives/intro.htm

^{xv} *Researchers say lack of sleep doubles risk of death...but so can too much sleep.* (2007). Retrieved from http://www2.warwick.ac.uk/newsandevents/pressreleases/researchers_say_lack/

^{xvi} Millman, R.P. (2005). Excessive sleepiness in adolescents and young adults: causes, consequences, and treatment strategies. *Pediatrics*, 115(6), 1774-1786

^{xvii} Birmaher, B, Ryan, N.D., Williamson, D.E., Brent, D.A., & Kaufman, J. (1996). Childhood and adolescent depression: a review of the past 10 years. Part II. *Journal of American Academic Child Adolescent Psychiatry*, 35, 1575-1583

^{xviii} Lack, L.C. (1986). Delayed sleep and sleep loss in university students. *Journal of American College Health*, 35, 105-110.