



# PARLIAMENT of AUSTRALIA

## MEDIA RELEASE

### HOUSE OF REPRESENTATIVES STANDING COMMITTEE ON HEALTH, AGED CARE AND SPORT Inquiry into Sleep Health Awareness in Australia

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Monday, 21 January 2019

## A good rest out west?

The Australian Parliament's Health, Aged Care and Sport Committee will be holding a public hearing in Perth on Tuesday, 29 January 2019, as part of its *Inquiry into Sleep Health Awareness in Australia*.

The Committee Chair, Mr Trent Zimmerman MP, said that 'there is a growing understanding of the importance of sleep in maintaining our health and preventing serious illness. Inadequate sleep can play a significant role in the development of a range of conditions – from coronary disease through to depression.

'While health authorities have correctly focused attention on fitness and nutrition not enough has been done to highlight the importance of sleep as part of good preventative medicine – it really is the third pillar.

'Often our modern lifestyles and work schedules are depriving Australians of adequate sleep. And for young people, going to bed with a smartphone, games or a tablet can impact sleeping patterns during critical stages of the brain's development.

'It is also estimated that at least four million Australians experience sleep apnoea and other sleeping disorders. The Committee will be meeting with researchers from the University of Western Australia and the University of Adelaide to discuss the prevalence of sleep disorders and what can be done to address the causes of these conditions.'

'The Committee will also meet with representatives of Sir Charles Gairdner Hospital to discuss the diagnosis and treatment of sleep disorders in Australia', Mr Zimmerman said.

Further information about the inquiry is available

at: [www.aph.gov.au/Parliamentary\\_Business/Committees/House/Health\\_Aged\\_Care\\_and\\_Sport/SleepHealthAwareness](http://www.aph.gov.au/Parliamentary_Business/Committees/House/Health_Aged_Care_and_Sport/SleepHealthAwareness). The hearing will be broadcast live at [www.aph.gov.au/live](http://www.aph.gov.au/live).

#### **PUBLIC HEARING DETAILS:**

##### **PERTH**

**9.00 am to 12.00 Noon, Tuesday, 29 January 2019**

**Seminar Room 1, The University Club of Western Australia,**

**The University of Western Australia, Hackett Entrance #1, Hackett Drive, Crawley, PERTH**

##### **Media enquiries:**

Please contact Flynn McDermott from the office of Mr Trent Zimmerman MP, Chair, on 0412 083 912, or [Flynn.McDermott@aph.gov.au](mailto:Flynn.McDermott@aph.gov.au).

##### **For background information:**

House of Representatives Standing Committee on Health, Aged Care and Sport  
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Interested members of the public may wish to track the committee via the <http://www.aph.gov.au/health>. Click on the blue 'Track Committee' button in the bottom right hand corner and use the forms to login to My Parliament or to register for a My Parliament account.