



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**



UWA
Public Policy
Institute

To: Committee Secretariat, Standing Committee on Health, Aged Care and Sport

UWA Public Policy Institute submission to Inquiry into Sleep Health Awareness in Australia

The University of Western Australia Public Policy Institute (UWA PPI) works to enhance the translation of UWA expertise and research into evidence to assist policy decision makers in government, businesses, and not-for-profits.

UWA's Centre for Sleep Science has been a leader in Australian sleep medicine for many years. Headed by Professor Peter Eastwood, the Centre recently has undergone a \$1 million upgrade and is equipped with state-of-the-art sleep recording and analysis equipment. A clinical partnership with the West Australian Sleep Disorders Research Institute at Sir Charles Gairdner Hospital supports academic courses from graduate certificates to PhD programs.

UWA PPI notes the findings of last year's Sleep Health Foundation report *Asleep on the job; costs of inadequate sleep in Australia*¹, which show that four in ten Australians are suffering from inadequate sleep. Worryingly, the data also indicates that this inadequate sleep reduces healthy life in Australia, leads to premature death, and as a result of these and direct financial and productivity impacts has a \$66.3 billion annual cost to Australia.

UWA PPI commends the Standing Committee on Health, Aged Care and Sport for tackling this issue, which is a serious national problem and needs addressing.

Our Centre for Sleep Science will be providing a more detailed response, but our input is that the university sector could usefully be involved by an increased government investment in:

- research on the causes, impacts and costs of inadequate sleep and sleep disorders;
- research on the uptake of support and treatment by different groups of Australians; and
- Commonwealth funding support for post graduate and continuing professional development courses in sleep disorders and their treatment.

¹ https://www.sleephealthfoundation.org.au/files/Asleep_on_the_job/Asleep_on_the_Job_SHF_report-WEB_small.pdf