

2018 SLEEP CENSUS



FACT SHEET

THE SLEEP STATISTICS

- + 77 per cent of the Australian population isn't getting enough sleep each week. In fact, 1 in 5 fail to get enough sleep every night of the week
- + 45 per cent of Australians are getting six hours or less of sleep each night, only 25 per cent are getting the recommended eight hours of sleep or more
- + More than 4 in 5 Australians have trouble getting to sleep or staying asleep during the night
- + In fact, almost a third (32 per cent) have trouble getting to sleep, and of the 70 per cent who wake up during the night, 35% report difficulty getting back to sleep
- + Women were 1.3 times more likely to report sleep difficulties, and 1.1 times more likely to take sick leave because they were too tired
- + The top five reasons we're having difficulty falling asleep:
 - Stress about finances (34%)
 - Analysing things that happened earlier that day (30%)
 - Stress about work or study (26%)
 - Worrying about situations that haven't even happened yet (26%)
 - Worrying about friends and family (20%)
- + The top five disruptions waking us up during the night:
 - Need to go to the bathroom (46%)
 - Distracted or overwhelmed by thoughts (42%)
 - Feeling too hot or cold (40%)
 - Partner snoring (18%)
 - Children crying out or coming into the bedroom (14%)
- + Added to this, more than 1 in 10 Australians say job security is keeping them awake at night
- + 16 per cent of Australians say spending time on their phones is impacting their ability to sleep
- + Women are far more susceptible to the impact of climate - 41 per cent report that being too hot or too cold wakes them up during the night, compared to 35% of men
- + When it came to what is keeping Australians up at night, there were only two areas where men suffered more than women:
 - + Concern about work impacting the amount of time spent with kids
 - + Concern over job security
- + Getting more sleep is the number one thing Australians believe would make the biggest improvement to their life - ahead of earning extra money, being thinner/more attractive, having an extra hour in the day, and working less hours

THE INFLUENCE OF AGE:



- + Young adults struggle the most with getting to sleep, in fact 25-34 year olds have the most difficulty
- + Younger people are three times more likely to be sleeping in an uncomfortable bed
- + Being distracted or overwhelmed by thoughts is also more common in younger age groups, and tracks down with age
- + Those under 35 years are most susceptible to stress-related lack of sleep. In fact, it was the under 35 year olds who were more likely to worry about friends and family, stress about work or study, stress about finances, worry about job security and spend time analysing past or future situations
- + Young adults (under 35) are also the most impacted by lack of sleep - they are more likely to skip exercise, eat more, snap at friends/family or coworkers, cancel plans and notice an impact on their driving capabilities
- + It's also this age group who have the highest reports of feeling low, depressed or anxious because of sleep issues
- + Those aged under 35 are also three times more likely for their mobile phone use to impact their ability to sleep
- + The older we get the less environmental noise and noisy neighbours impacts our ability to sleep
- + Those aged 65+ years are most likely to get the recommended eight hours of sleep



IMPACT ON OUR HEALTH AND WELLBEING

- + Sleep is impacting our ability to be fit and healthy. In fact, in a typical week, a third of Australians skip exercise because of feeling tired, and almost 3 in 10 (29 per cent) find themselves eating more
- + More than 3 in 10 Australians purport to being anxious, low or depressed because of lack of sleep
- + For 38 per cent of the population, lack of sleep impacts their productivity on a weekly basis
- + While 1 in 10 have cottoned on to the digital detox for at least 30 minutes before bed, a quarter of Australians watch TV in bed before sleep
- + 15 per cent of the population take some sort of sleep aid (prescribed or over the counter) to help them sleep
- + Dangers of sleep - 8 per cent of the population have crashed their car into another vehicle or stationary object because they were tired

IMPACT ON BUSINESS

- + More than half the working population take sick leave every year just because they're too tired to work. In fact:
 - 17 per cent take one day off a year due to fatigue
 - 17 per cent take two days off a year due to fatigue
 - 10 per cent take three days off a year due to fatigue
 - 10 per cent take four days off a year due to fatigue
- + Sleep absenteeism is costing businesses \$3.72 billion Working:
 - There are 12,681,600 employed persons in Australia and the average wage and the average total weekly earnings are \$1,206.90 - an average \$241.38 per day. So according to the sleep census:
 - 1 day leave: 2,155,872 people x \$241.38 = \$520,384,383.36
 - 2 day leave = 2,155,872 people x \$482.76 = 1,040,768,766.72
 - 3 days leave = 1,268,160 people x \$742.14 = \$941,152,262.40
 - 4 days leave = 1,268,260 people x \$965.52 = \$1,224,530,395.20
 - ...Total leave taken due to lack of sleep = \$3,726,835,808.

PARENTING AND SLEEP

- + Those with children under five are twice as likely to suffer from lack of sleep every night, compared to those without
- + However, despite parents being the most sleep deprived, they are 1.7 times less likely to take time off work because of fatigue
- + More than half of parents with children under 18 only get 6 hours or less sleep each night, compared to 40 per cent of those without
- + However, it's those without children who are more likely to be woken up by external factors including environmental noise, noisy neighbours, feeling too hot or cold, an irresistible urge to scratch or move legs and being overwhelmed by thoughts or worries

WORK AND SLEEP

- + Despite the fact that full-time workers are more sleep deprived, part-time workers are more likely to call in sick because of fatigue
- + In fact, 7 in 10 full-time workers get six or less hours per sleep a night, compared to four in 10 part-time workers
- + Full-time workers are four times more likely to have trouble falling to sleep
- + Sleep deprivation also has a bigger effect on full-time workers - who are more likely to blow off exercise, eat more, snap at coworkers/friends and family, be less productive, cancel plans, and feel low, depressed and anxious
- + A quarter of the full-time workforce takes prescription medication or over the counter medication to help themselves sleep
- + Full-time workers are twice as likely to drink alcohol, watch TV and use their phone within 30 minutes of going to bed
- + Despite night shift workers getting less sleep than day shift workers, the latter are 1.2 times more likely to take sick leave because of fatigue
- + In fact, night workers are 1.6 times more likely to only get six hours or less sleep every night and half as likely to get the recommended 8 hours
- + Night workers are more susceptible to external sleep disruptions such as environmental noise, noisy neighbours, children and pets crying out or coming into the room but have fewer issues with partners snoring or tossing and turning
- + Night shift workers are also less inclined to have sleep disrupted because of stress and worry
- + Employees required to stand for the majority of their shift were the most likely to take sick leave because of fatigue, although desk workers were more likely than those in physically demanding roles
- + It was also those with standing or physically demanding jobs that were most likely to only get 6 hours or less sleep
- + Lack of sleep seems to have a bigger impact on desk workers - who are 1.25 more likely to skip out on exercise when feeling tired and 1.36 times more likely to eat more