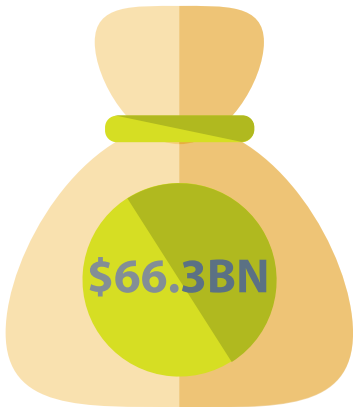


**PARTNERSHIP PROGRAM**

# COST OF POOR SLEEP



**The Issue:**

The total cost of inadequate sleep in Australia was estimated to be \$66.3 billion in 2016-17,

- comprising \$26.2 billion in financial costs and
- \$40.1 billion in the loss of wellbeing.
- This equates to approximately \$8,968 per person affected in both financial and wellbeing costs.

Sources:  
[www.sleephealthfoundation.org.au\\_asleep\\_on\\_the\\_job](http://www.sleephealthfoundation.org.au_asleep_on_the_job)

**Statistics:**



19.1% of Australian Adults suffer from excessive daytime sleepiness



39.8% of Australian adults experience some form of inadequate sleep



In total, there were estimated to be 7.4 million Australian adults who did not regularly get the sleep they need in 2016-17.

**3,017**

This lack of sleep was estimated to result in 3,017 deaths in 2016-17.



It is expected that more than one Australian will die every day (394 over the year) from falling asleep at the wheel of a vehicle or from industrial accidents due to lack of sleep.

**Impacts:**



Reduction in workplace productivity



Increase in absenteeism

**Components of total costs due to inadequate sleep in Australia:**

**Other Financial Costs 9%**

**Informal Care Costs 1%**

**Health System Costs 3%**

