

Quick Fact: Cost of Poor Sleep

A partnership between:



List of References

1. Sleep Health Foundation. (2017). *Asleep on the job, costs of inadequate sleep in Australia*. https://www.sleephealthfoundation.org.au/files/Asleep_on_the_job/Asleep_on_the_Job_SHF_report-WEB_small.pdf
2. NRSP. (2021). *With My Eyes Closed... (Driver Sleepiness) Package*. <https://www.nrspp.org.au/product/withmyeyesclosed/>