

The Cost of Poor Sleep

Introduction

An estimated 7.4 million Australian adults did not regularly get the sleep they required in 2016-17. Insufficient sleep is an issue for many adults, but it can become dangerous when driving is involved.

The Cost

In 2016-17 the total cost of inadequate sleep in Australia was estimated to be \$66.3 billion.



\$26.2 billion in financial costs

\$40.1 billion in the loss of well-being

This equates to financial and well-being costs of approximately \$8,968 per person affected.

Who is at Risk?

19.1%

of Australian adults suffer from excessive daytime sleepiness.

39.8%

of Australian adults experience some type of inadequate sleep.



The Dangers

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

It's estimated >1 Australian dies every day from falling asleep at the wheel, or from industrial accidents due to lack of sleep.



Other Impacts

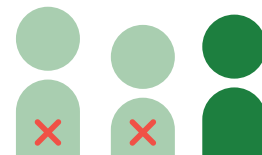
Workplace errors and injuries, an estimated 1 in 5 crashes are due to fatigue



Reduction in workplace productivity



Increase in staff absenteeism



Cost Breakdown Due to Inadequate Sleep in Australia

Loss of Well-being	60%
Productivity Losses	27%
Other Financial Costs	9%
Health System Costs	3%
Informal Care Costs	1%

