

Regular
sleep
routines
help to
ensure a
healthier
future.



REGULAR SLEEP HEALTHY FUTURE

World Sleep Day® is designed to raise awareness of sleep as a human privilege that is often compromised by the habits of modern life.



**Sleep
Health
Foundation**

Improving people's lives through better sleep

WORLD
SLEEP
DAY
2021

Friday March 19

For helpful information, visit
www.sleephealthfoundation.org.au/fact-sheets