Sleep Health Foundation

Improving people’s lives through better sleep

2018 ANNUAL REPORT

www.sleephealthfoundation.org.au
Special Reports prepared by the Sleep Health Foundation

Wake Up Australia: The Value of Healthy Sleep 2004

This report commissioned by the Committee of Sleep Health Australia (pre Sleep Health Foundation) and prepared by Access Economics in 2004.

Subsequent publications:

The Sleep Health Foundation national sleep survey, 2010

A national landline telephone survey of adolescents and adults (14 to > 70 years of age) across successive weekend evenings. The survey contained 14 questions about sleep: five about sleeping difficulty, two about snoring and OSA, one about restless legs, one about sleeping medication, three about daytime impairments usually associated with sleep disturbance, and two about nocturnal sleep duration. There were 1512 respondents from all states and territories, both urban and rural, with sampling proportionate to the populations of these areas, sex and age.

Subsequent publications:

Re-Awakening Australia – the economic cost of sleep disorders in Australia 2010

This economic report commissioned by the Sleep Health Foundation reveals sleep disorders cost the Australian economy more than $5.1 billion a year in health care and indirect costs. In addition, the reduction in life quality caused by sleep disorders has a further cost equivalent of $31.4 billion a year. The report, ‘Re-awakening Australia – The Economic Cost of Sleep Disorders in Australia’ highlights more than 1.5 million Australian adults, 9% of the adult population, now suffer from sleep disorders.

The report was commissioned by the Sleep Health Foundation conducted by Deloitte Access Economics.

Subsequent publications:

Sleep and Mental Wellbeing – exploring the links

A research report from health promotion foundation VicHealth and the Sleep Health Foundation has found Australian teenagers are missing out on crucial sleep, with screen time, caffeine and stress keeping them awake. The research found that the average teenager only got between 6.5 and 7.5 hours of sleep a night, well under the recommended 8-10 hours, and it was seriously impacting their mental wellbeing, with increased rates of depression, anxiety and low self-esteem among sleep-deprived teens.

Subsequent publication: in preparation

2016 Sleep Health Survey of Australian Adults

This study, commissioned by the Sleep Health Foundation and undertaken by a University of Adelaide team, surveyed the sleep health and daytime performance of Australian adults in 2016.

Subsequent publications:

Asleep on the Job: costs of inadequate sleep in Australia

The report, prepared by Deloitte Access Economics, investigated the economic consequences of inadequate sleep in the 2016-17 financial year.

Inadequate sleep and daytime excessive sleepiness can arise from poor personal sleep habits, pressure from other activities, shift work or when people experience common sleep disorders such as insomnia and obstructive sleep apnoea (OSA).

This is the third report commissioned by the Sleep Health Foundation about the costs and consequences of sleep disorders and/or poor sleep. Previous reports were published in 2003 and 2010.

Subsequent publications:

Future Funding

The Foundation has secured further funding, with the help of untied grants from the ResMed Foundation and the MSD Foundation to examine the cost-effectiveness of CPAP therapy for obstructive sleep apnea (again utilising the health economics expertise of Deloitte Access Economics) and the epidemiology of insomnia (again with the involvement of the University of Adelaide sleep epidemiology team led by Robert Adams). These projects have been commissioned and are currently in progress. We look forward to reporting the results to you and the community generally within the coming year.

All this work is vital in providing informed advice to the community and its leaders regarding the extent of sleep difficulties amongst Australians and their cost to the nation.
Our Mission and Priorities

Our mission
Improving people’s lives through better sleep

Our strategic priorities
- Advocacy
- Health Promotion
- Community Education
- Working in partnership
- Assuring sleep therapy best practice
- Research

Our collaborations
To meet our goals we work in partnership with other research, professional and patient advocacy groups including the
- Australasian Sleep Association
- Australian Men’s Shed Association
- Australian Idiopathic Hypersomnia All Help and Support
- CRC for Alertness, Safety and Productivity
- HealthDirect
- HerHeart
- Lung Foundation
- Narcolepsy Australia
- Narcolepsy and Overwhelming Daytime Sleep Society (NODSS)
- Sleep Disorders Australia
Annual reports provide an important opportunity to consider whether we have achieved what we set out to achieve.

For the 2017-2018 year we set ourselves two big-picture strategic goals. The first was to continue to use our resources to build on the successful activities we have developed in past years. You will find details of these under the sections below covering our Awareness Campaigns and Sleep Health Promotion Activities. The activities listed there show significant, and increasing, breadth and depth of engagement with the community, professionals and the media.

The second goal was to develop a Political Advocacy campaign to stimulate a national conversation about Sleep Health, with the federal government as a vital engaged participant in this conversation. The time was ripe for us to do this as our major report ‘Asleep on the Job’ needed to be launched with (hopefully) significant exposure. We wanted our politicians to take note and realise that, with four out of 10 Australians regularly having inadequate sleep plus a national price tag for inadequate sleep of $66.3 billion per year, major national action on sleep health was definitely needed. The Sleep Health Foundation invited the Australasian Sleep Association to join us in a joint campaign of political advocacy commencing with publicising the report launch and then building on its momentum. The August 2017 report launch in Canberra, by the Federal Minister of Health Greg Hunt MP, was very well attended and received fantastic media exposure. Our campaign has since focused on lobbying for a Parliamentary Inquiry into Sleep Health and we are optimistic that this will be announced by the Health Minister shortly.

Sleep has been increasingly in the media since the Sleep Health Foundation began in 2009, but of course there are many media stories about sleep that do not originate with us. Many such items are important and useful but others are more anecdotally based and of questionable validity. In this crowded space it is important that the Sleep Health Foundation maintains its current reputation as being highly credible and independent, presenting sleep health information that is based on evidence. This year we have taken up several opportunities to stimulate research about topics of direct relevance to sleep health in the community, either in partnership with others providing resources, or through direct engagement with researchers. In this regard we acknowledge generous untied support from the international foundations of ResMed and MSD as well as funds from VicHealth. Research teams from the University of Adelaide, Deloitte Access and Flinders University have created important outputs in partnership with our Foundation, including peer-reviewed publications. These are critical in both our advocacy work and our awareness campaigns and in promoting our image as being about evidence-based sleep health.

I would like to convey our congratulations to Professor David Hillman, founder of the Sleep Health Foundation, who has worked tirelessly for the Foundation, including ensuring that the above research projects obtain the credibility of international peer-reviewed publication. David’s work was acknowledged in the 2018 Australian Honours List, as a member (AM) in the General Division of the Order of Australia. The Foundation also acknowledges the fantastic support of our sponsors who make up our Business Council and enable the Foundation to undertake its work. These partnerships provide value to all parties involved and we look forward to expanding the numbers of Foundation partners in the future.

Overall, to answer the question I started with… whether or not the Foundation has achieved what it set out to achieve in 2017-2018… the answer, as shown below, is a definite yes. I am thus delighted to present the highlights of our achievements and activities over the past year in this annual report.

Emeritus Professor Dorothy Bruck
Chair, Sleep Health Foundation
The Sleep Health Foundation, Australasian Sleep Association at the launch of the SHF report by Deloitte Access Economics "Asleep on the Job" report. August 2017, Parliament House Canberra

The Foundation argues that sleep should be the third pillar of good health together with a healthy diet and moderate exercise.

Good sleep is critical for alertness, productivity, well-being and quality of life. Sleep disorders are an under-recognised problem in Australia.

In building our case for more government action in improving sleep health we have undertaken a number of activities.

Launch of Asleep on the Job Report
The Sleep Health Foundation report by Deloitte Access Economics 'Asleep on the Job' was launched by the Health Minister Greg Hunt MP, at a highly successful function at Parliament House, Canberra in early August 2017. This report has provided a strong platform for our political engagement campaign to key Federal Government Ministers and policy decision makers. See details on findings below.

Direct Political Advocacy for a Sleep Health Inquiry
Over the past 12 months we have strongly advocated with Government for a national inquiry on the state of sleep health to Australia, including the impact of impaired alertness and sleep loss on workplace safety and productivity and road safety. Working with the Australasian Sleep Association delegations have gone to Canberra four times during the 2017-2018 year and put the case that Australia needs action on sleep health. See over page for more on the Sleep Health Inquiry.
Sleep Health Summit

In April 2018 the SHF/ASA jointly invited a wide range of stakeholders to a one day Sleep Health Summit in Sydney. The well attended summit included groups such as the Alertness, Productivity & Safety CRC, NSW Nursing and Midwifery Federation, Sleep Disorders Australia, Narcolepsy Australia, Pharmaceutical Society of Australia, Australian Dental Association and the Pharmacy Guild of Australia amongst others. The summit developed a strong and unanimous communique calling for the government to hold an inquiry into sleep health in Australia.

Key findings of the Asleep on the Job report

The cost of inadequate sleep in Australia (2016-2017) was estimated to be $66.3 billion over one year comprising:

- $26.2 billion in financial costs and $40.1 billion in the loss of wellbeing. The $26.2 billion in financial costs due to inadequate sleep are estimated to be as follows:
  - health system costs of $1.8 billion, or $246 per person with inadequate sleep;
  - productivity losses of $17.9 billion, or $2,418 per person with inadequate sleep;
  - informal care costs of $0.6 billion, or $82 per person with inadequate sleep; and
  - other costs (inc. welfare payments, tax losses) of $5.9 billion or $802 per person with inadequate sleep

The $40.1 billion in loss of wellbeing is estimated using World Health Organisation and Australian Government metrics which assess the non-financial costs of healthy life lost through disability and premature death from inadequate sleep and associated conditions.

How prevalent is inadequate sleep and what are its consequences?

The report found that inadequate sleep is highly prevalent in Australia with an estimated four out of 10 Australian adults experiencing some form of inadequate sleep.

- It affects Australians of all ages, with inadequate sleep affecting learning and decision-making as well as increasing the risk of mental and physical illness.
- Inadequate sleep can lead directly to fatality or work-related accidents. Two examples include falling asleep while driving, and medical staff making medication errors when on shifts.
- Chronic inadequate sleep can cause heart disease, obesity, depression and a range of other serious health conditions which impacts the health budget.

Possible Sleep Health Inquiry

At the time of going to press we are optimistic that the federal government will announce a Parliamentary Inquiry into Sleep Health, to be conducted by the Standing Committee on Health, Aging and Sport. The joint SHF/ASA working party has proposed some Terms of Reference for such an Inquiry and are hoping for recommendations that could include strategies as follows:

1. Examine the scope, feasibility and strategy for a nationwide educational campaign to improve sleep literacy and sleep health in the Australian community, across all ages, cultural groups and communities. This should include school-based education and equitable access to those in rural, regional and remote areas. Attention should be given to urban design to ensure construction of sleep-friendly environments.

2. Develop best practice models of sleep health and sleep disorders care to improve access, quality and affordability for the whole community. This will require a greater component of sleep education in the training of healthcare professionals.

3. In workplaces with long shifts, develop education programs regarding patterns of utilisation of time off duty with particular attention to adequacy of time allocated by individuals for their sleep.

4. Develop a framework to ensure appropriate access, availability and affordability of required drugs,
treatments and support for sleep disorders sufferers.
5. Develop strategies such as national prescription medicine monitoring or dedicated policy efforts to address any issues with inappropriate or over-use of these medicines.
6. Develop a strategy for reducing the human cost of drowsy driving, including the development of drowsiness tests and monitoring systems and the accompanying legal and policy framework.
7. Establish guidelines for optimal lighting levels in schools, workplaces, and health and aged care facilities, to promote alertness, sleep and health.
8. Develop mechanisms to translate sleep health research to benefit all Australians.

**Research to support our Advocacy**

Consistent with our objective to provide the community with informed advice about the state of national sleep health, problems related to it and ways of addressing these, the Foundation regularly commissions research into these areas. Recent examples include the “Asleep on the Job” Sleep Health Foundation analysis of the economic costs of inadequate sleep by Deloitte Access Economics and a national survey of sleep health, undertaken by a University of Adelaide research team led by Professor Robert Adams. Release of each of these reports has sparked enormous media interest, which is one measure of their value and success. Another is the fact that they have provided the data for subsequent peer reviewed manuscripts in international sleep journals. Apart from the scrutiny and validation provided by the peer review process, their appearance in this form provides an authoritative, referrable source to inform policy developments and future research. Australian data provide a tangibility and local relevance that cannot be obfuscated or denied.

The Foundation acted as a broker on behalf of VicHealth to enable a ‘rapid review’ to be completed on the impact of sleep/wake patterns on the mental wellbeing of our community, in particular young people. An expert team from Flinders University conducted the review, which VicHealth will use to inform its wellbeing programs. The findings of the review received significant media publicity for the Foundation and a journal paper is being prepared.

**Funding to support our Advocacy**

It is, therefore, with great satisfaction that we can report that the Foundation has secured further funding, with the help of the ResMed Foundation and the MSD Foundation, to examine the cost effectiveness of CPAP therapy for obstructive sleep apnea (again utilising the health economics expertise of Deloitte Access Economics) and the epidemiology of insomnia (again with the involvement of the University of Adelaide sleep epidemiology team led by Robert Adams). These projects have been commissioned and are currently in progress. We look forward to reporting the results to you and the community generally within the coming year.

**Resulting publications**

The following have been published in the past 12 months in various medical journals.

The 2016 Sleep Health Foundation national survey of sleep health, undertaken by a University of Adelaide research team led by Professor Robert Adams to determine the prevalence and impacts of poor sleep in the Australian community. Initial findings were published in Sleep Health [Adams et al., 2017, Sleep Health, 3, 35-42]. These data contributed to the Deloitte Access Economics report commissioned by the Sleep Health Foundation in 2017, where a staggering $66.3 billion dollar total cost of inadequate sleep in Australia was identified. The report is available on the Foundation website and a manuscript based on it was published in Sleep recently [Hillman et al., 2018, Sleep, Epub ahead of print].

Other publications from the 2016 survey have also appeared over the last year including an analysis of the relationship between poor sleep and workplace absenteeism [Reynolds et al., 2017, Sleep Health, 3, 357-361], correlates of social jetlag (related to poor health) [Lang et al., 2018, Sleep Medicine, 51, 133-139] and a manuscript on workplace errors and sleep problems [Ferguson et al., under review, Chronobiology International] which have all illustrated the correlates and impacts of insufficient sleep in Australia.

Together, these articles have generated significant media interest, and facilitated widespread conversation about the contributors and costs, both financial and personal, to the community.

“Estimates are 7.4 million Australians routinely missed out on adequate sleep in the 2016-2017 financial year. This lack of sleep had harmful effects on everyday function, and exacerbated health conditions from heart disease and stroke through to diabetes and depression in tens of thousands of Australians.”
— Professor Dorothy Bruck
Three of the goals relating to the Foundations commitment to raising awareness of sleep problems in 2017-2018 were to achieve:

- Greater community awareness of the benefits of healthy sleep and the impact of poor sleep on health, safety and productivity/performance.
- Improved understanding of sleep disorders, their diagnosis and treatment.
- Greater government and industry awareness of the benefits of healthy sleep and the impact on the economy, health, safety and productivity/performance.

To achieve these goals our strategies were concentrated on two health promotion media campaigns, comprising the annual World Sleep Day coordinated internationally by the World Sleep Society and Sleep Awareness Week.

### Sleep Awareness Week 2017

**Themed Sleep Better = Smarter, Safer Workplaces.**

The Sleep Health Foundation partnered with the Cooperative Research Centre for Alertness, Safety and Productivity to call for smarter, safer workplaces during Sleep Awareness Week, last year.

The nationwide sleep health campaign shone a spotlight on Australia’s worrying rates of sleep disorders, and calls on employers to take action to help their workers both sleep better and feel more alert while at work.

Poor alertness is responsible for almost 10,000 serious workplace injuries and more than 25,000 serious road crash injuries each year, costing the economy over $5 billion a year in lost productivity and healthcare costs.

Fired up over these alarming figures, the Foundation joined forces with the Alertness CRC to launch a website promoting a range of simple, savvy, science-driven tips that can dramatically improve employee experience and the company’s bottom line.

Called WorkAlert, the site advises...
employers to consider swapping out older fluorescent lights for more efficient LED bulbs that emit more light per unit of energy, reducing energy costs, and at the same time taking advantage of scientific advances to encourage selection of blue-enriched white light bulbs that increase alertness and performance.

**World Sleep Day 2018**

The key message for this year’s World Sleep Day “Join the Sleep World, preserve your rhythms to enjoy life”. Partnering with the Cooperative Research Centre for Alertness, Productivity and Safety and the Australasian Sleep Association to look at the best way to manage your body clock by keeping a regular schedule, keeping to a regular sleep and wake time each day, and in particular thinking about how we expose ourselves to light.

Changes to sleep-wake cycles or exposure to light can interfere with these rhythms, the consequences of which can be life-changing, or even fatal. The understanding and management of circadian rhythms is of growing importance in today’s society. This campaign was influenced by the award of the 2017 Nobel Prize in Physiology or Medicine to Jeffrey C. Hall, Michael Rosbash and Michael W. Young, which recognised their discoveries of the genes that create and control circadian rhythms. Maintaining stable circadian rhythms is key to good health: If we continually disrupt our rhythms, for example through shift work or burning the midnight oil, then we increase the risk of sleep disorders, mental health disorders and chronic health issues such as obesity, diabetes, and even some cancers, which can leave us struggling to enjoy life.

**Media campaigns**

The Foundation releases information to the community through the media throughout the year to highlight specific sleep health issues. The following media releases were distributed in 2017 – 2018 enabling key messages to reach the Australian community through extensive print, radio, TV and online media:

- **Sleep-smart rosters help keep doctors sharper and safer** – the country’s best sleep researchers joined forces to create a staff rostering schedule for shift work that best mitigates fatigue, based on the latest sleep and circadian rhythm research.
- **Want a smarter, safer office? Change the light bulbs, sleep experts urge** – the Sleep Health Foundation partnered with the Cooperative Research Centre for Alertness, Safety and Productivity to call for smarter, safer workplaces during Sleep Awareness Week 2017.
- **Bad Sleep and Sick Days are cosy bedfellows: study** – a study commissioned by the Sleep Health Foundation investigated the relationship between sleep and days off work for 551 working adults in Australia.

The above three media releases 2017 attracted 18 broadcast stories, 43 press stories and 200 internet stories.

- **Sleep Starved Aussies Run Up $66b**

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**Inquiry into Sleep Health Awareness in Australia announced**

As you are all aware the Sleep Health Foundation has been talking to the politicians in Canberra for over 12 months in a joint campaign with the Australasian Sleep Association seeking an inquiry into sleep health. Just as we were going to press we were advised that the Australian Parliament’s House Standing Committee on Health, Aged Care and Sport has commenced an Inquiry into Sleep Health Awareness in Australia.

The Committee is inviting submissions to its inquiry relating to the Terms of Reference and details of this were widely advertised by email to our membership and friends nationwide.

We are extremely proud of this achievement, which is yet another demonstration of our determined efforts providing value to the entire sleep health community.

This is a satisfying way for us to start the 2018-19 financial year and we encourage everyone to help us to continue the valuable work we do by either becoming a member or donating. You can do this at www.sleephealthfoundation.org.au/public-information/membership

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“There’s a large chunk of our population whose body clocks are out of alignment, a problem known to negatively impact health and wellbeing.”

— Professor Robert Adams
Bill: Report – Launching the SHF report by Deloitte Access Economics “Asleep on the Job” report. Millions of Australians are failing to get the sleep they need to live healthy, happy lives, a national scourge that costs the country $66 billion a year in health bills, lost productivity and wellbeing, a new report says.

• Stop Tired Drivers Getting Behind Wheel: Report - Sleep starved Australians should be treated like drunks and barred from getting behind the wheel of a car to stop them harming other drivers, a hard-hitting new report recommends. The above two media releases achieved on dissemination 120 radio or television stories, 23 Press stories and 165 Internet stories.

• Aussie teens forgo sleep for screens - A new research report from health promotion foundation VicHealth and the Sleep Health Foundation has found Australian teenagers are missing out on crucial sleep, with screen time, caffeine and stress keeping them awake.

• Aussie Sleep Warning Goes Global – An Australian report warning of a sleep crisis Down Under has caught the attention of global health experts working to establish sleep as a top priority worldwide.

Sleep Health Promotion Achievements

Speaker Program

The Foundation Speaker Program saw presentation from sleep health experts about the importance of sleep, many common sleep problems and the treatment options available for children, adolescents and adults. During 2018, the Foundation received over 50 requests for presenters to address business, school and community audiences including older people and parent. Most of these requests could be met as we have presenters in all States except Tasmania and the Northern Territory and some in Sydney.

Fact Sheets

The Sleep Health Foundation now has 73 fact sheets featured on the website. These fact sheets offer information on aspects of sleep designed for the public by sleep experts. To ensure these fact sheets stay up to date with the latest research and treatment practices, the Sleep Health Foundation has been performing an expert review of the most popular fact sheets featured on the website. In total, 10 fact sheets have been reviewed and updated on the website since this task began.

The Sleep Health Foundation is also committed to generating new fact sheets in response to public interest in new or developing areas of sleep research. In 2018, Sleep Health Foundation launched the new Caffeine and Sleep fact sheet, which coincided with this year’s Sleep Awareness Week. Reviewing and updating current fact sheets and creating new ones are important tasks for the Sleep Health Foundation, and we would like to thank all of the experts that have contributed to this process.

Reviewing Sleep Studies and OSA Diagnosis

Recognising the benefits of working with a range of partners representing professionals, consumers and researchers, the Sleep Health Foundation and its business council joined with the Australasian Sleep Association, Australian Sleep Technologists Association and Sleep Disorders Australia to form a Working Party to develop a consensus about evidence for
The effectiveness for treating moderate to severe obstructive sleep apnoea.

The report focussed particularly on cardiovascular benefits from treatment with the conclusions supported by a synthesis of the collective of the level 1 and 2 evidence. The process involved a consensus voting system using RAND/UCLA methodology and the conclusions were summarised into a report which were submitted to Respirology. The manuscript “Obstructive sleep apnoea in the Australian community: A consensus opinion among stakeholders as to benefits of treatment for cardiovascular health” has now been approved for publication in Respirology.

Working with Australia’s Sleep Disorder Support Groups

Over the past 12 months the Sub-Committee – Community Advocacy for Sleep Health (CASH) has been focusing on defining the main challenges that impact the various sleep and hypersomnolence disorder patients in the community, in order to develop a strategic roadmap and projects that address these challenges through government engagement, media and public education. Some of the main problems identified include:

- Under recognition and miss diagnosis of disorders of hypersomnolence by clinicians
- Barriers to medication access and “bad press” surrounding medication
- Lack of education among sleep specialists and GPs on neurological sleep disorders
- Lack of public awareness

A number of potential projects and initiatives to address these problems have been identified and discussed during regular CASH committee meetings. The group decision was to focus our efforts on delivering one main project per year. The main initiative delivered by the CASH committee in 2018 is to organise a short course together with the Neuroscience Council, at the 2018 SDU meeting in Brisbane, on “Assessment and treatment of excessive daytime sleepiness: Risk, rewards and patient perspectives on stimulant use”. This is an exciting opportunity to raise awareness and start the discussion on this important topic with clinicians and researchers. This workshop will have direct input and presentation from patient representative members of the CASH committee who will also participate in a panel discussion alongside clinician and research experts. Furthermore, the CASH committee will have a presence at the Sleep Health Foundation stand at the industry exhibition towards further engaging with conference attendees, highlight the important challenges and clinical/research needs of sleep disorder patients.

The CASH committee looks forward to continuing working together in 2019 to drive new strategic projects to raise awareness, education, engagement and clinical practice through government, media and community initiatives.

Encouraging and endorsing best practice standards

The Code of Practice for the supply of CPAP therapies now endorses over 40 business across the spectrum of single centre to multi-outlet chains. This has proved to be a successful initiative. Given its size, it is believed that the processing of these applications should be performed by an independent body. To that effect it is agreed that NATA would take over the responsibility of conducting these assessments. We believe this will add further kudos to accredited facilities that will be branded with both the SHF and NATA logo. A transition process for existing accredited facilities and date of transfer will be outlined and forwarded shortly.

For Suppliers of CPAP Sleep Therapies

“Millions of Australians are failing to get the sleep they need to live healthy, happy lives, a national scourge that costs the country $66 billion a year in health bills, lost productivity and wellbeing.”

— ‘SHF Asleep on the Job’ report August 2018
Who We Are

The Sleep Health Foundation is a not for profit health promotion charity that aims to raise community awareness about sleep and its common disorders, and to improve public health and safety.

Our organisation

We strive to deepen community understanding of the importance of sleep for health and performance; why sleep disorders need professional diagnosis and treatment; and, to provide information about common sleep difficulties and how to address them.

The Foundation receives no government funding. Support is provided by membership fees including from members of the Business Council, modest corporate sponsorship and donations, and fees for expert speakers. The Foundation is endorsed to receive charity tax concessions and as a deductible gift recipient.

All of the educational resources produced by the Foundation are developed and/or reviewed by independent experts selected for their knowledge of a particular subject.
Our Governance

The Sleep Health Foundation is governed by a Board, comprising:

- Four directors appointed by the members
- Two directors appointed by the Board of the Australasian Sleep Association (the peak professional body of Australian and New Zealand sleep clinicians and scientists)*
- Three independent directors appointed by the Board itself.

Our Board

Board members as at 30 June 2018 were:
- Professor Dorothy Bruck, Chair
- Dr Siobhan Banks
- Professor David Hillman
- Dr Moira Junge
- Jennifer Low
- Associate Professor Darren Mansfield
- Professor Shantha Rajaratnam
- Mr Michael Rundus
- Mr Jason van Schie
- Mr Anthony Williams
- Ms Helen Burdette, Executive Secretary

Regrettably, this year Prof John Wheatley resignation from the Board due to work pressures. We thank him for his valuable contributions during his time on the board and wish him well in his work endeavours, he will be missed.

We welcomed a new board member in early this year, Jennifer Low. Jennifer is a lead advocate for Australian employers in the design, implementation and operation of Australia’s national framework of laws, regulations and standards governing work health and safety and works compensation with a number of appointments to national Committees and Government advisory bodies. Her professional experience with national programs such as HeadsUp, her work with the National Mental Health Commission and her stakeholder connections make her an excellent fit.

The Board meets four times a year and its work is supported by the Sleep Health Foundation Business Council and several working committees. If you are interested in volunteering for one our committees or joining the speaker program please contact the office 02 8814 8655 or email admin@sleephealthfoundation.org.au.

Our Business Council

As Australia’s leading sleep health advocate the Foundation strives to develop policy informed by multiple perspectives including consumers of sleep health services, the sleep therapy industry and a broad range of clinicians. The Foundation’s Business Council was established in 2012 in order to provide a formal consultative process with the wider sleep therapy industry.

As at 30 June 2018, the Business Council was made up of representatives of the following organisations:
- Air Liquide
- CRC for Alertness, Safety and Productivity
- Fisher and Paykel Healthcare
- MSD
- Oventus Medical
- Philips Home Healthcare Solutions
- ResMed Asia Pacific Ltd

While the members of the Business Council are currently working on updating their terms of reference, the responsibilities of the Business Council remain at this point:
- To identify unmet needs in public education, advocacy and research relating to sleep and its disorders
- To identify funding opportunities and/or resources to assist the Foundation achieve its aims
- To identify other potential corporate partners to help extend the role and influence of the Foundation for the public good
- To assess and evaluate the quality of business practices relevant to the provision of services or products relevant to improving sleep quality and/or length
- Development of a communications plan for the Foundation’s key commercial activities
- Identify opportunities for the Foundation to lobby government at all levels to improve sleep health funding
- Review, monitor and report to the board on business development opportunities
- To assist the Board in evaluation of SHF business practices and in other matters for which the Board seeks its advice.

Our Working Committees

The Foundation’s Working Committees has helped focus the efforts of the Foundation. Each committee develops a work plan for the year and achievements are reviewed annually. The current configuration is:
- Executive Committee
  - Business Council
- Code of Practice Committee
- Finance, Fundraising, Donations and Partnerships Committee
- Marketing, Communications and Membership Committee
- Engagement and Relationships Committee
  - Community Advocacy for Sleep sub-committee (CASH)

Our Membership

The Sleep Health Foundation membership totalled 234 as at 30 June 2018. Membership fees support the community education work of the Foundation and the network of members enable us to recruit new speakers for our Speaker Program. While the Foundation is gaining ground in its efforts to educate the community, industry (business) and government about the importance of sleep to a healthy and happy life our membership continues to drop rather than grow.

Our thanks

The SHF Board is grateful to all those who support the Foundation financially. In
particular we acknowledge our members, the Business Council members, and the Australasian Sleep Association for its annual contribution to our operating budget.

We are also very grateful to all those who are part of our Speaker’s Program, presenting in 2018 to business, community and school groups in NSW, Victoria, Queensland, South Australia and Western Australia.

Special thanks to Andrew Vakulin who Chairs the Community, Advocacy for Sleep Health subcommittee, Alex Volkow member of the Marketing Communications and Membership Committee and who has taken on the task of managing the update of the odd 70+ Fact sheets on the Foundation website and Rajeev Ratnavadivel, Richard Lee and Chris Kosky who volunteered their time to review the SHF Code of Practice Applications under the guidance of Darren Mansfield.

The Board would also like to extend their thanks to Executive Secretary Helen Burdette, who provides secretariat support for the Board and all its committees and the Business Council; plans and executes health promotion and community education initiatives and manages communications including the media, the website and social media platforms.
Sleep Health Foundation is supported by

Air Liquide Healthcare

CRC for Alertness, Safety and Productivity

Fisher and Paykel Healthcare

MSD

Oventus Medical

Philips Sleep and Respiratory Care

ResMed Asia Pacific Ltd

Healthy Sleep Partner

Adjusta Mattress
Financial Report

FOR THE YEAR ENDED 30 JUNE 2018

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Directors’ Report

The directors present their report on the company for the financial year ended 30 June 2018.

Information on directors
The names of each person who has been a director during the year and to the date of this report are:

- David Russell Hillman
- Dorothy Bruck
- Siobhan Banks
- Jason Lee Van Schie
- Shantha Rajaratnam
- Anthony Williams
- Darren Mansfield
- Moira Francis Junge
- Michael Rundus
- John Wheatley (resigned on 1 May 2018)
- Jennifer Ellen Low (appointed on 19 February 2018)

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

Operating results
The profit of the company amounted to $14,744 (2017: $10,240).

Significant changes in the state of affairs
There have been no significant changes in the state of affairs of the Company during the year.

Principal activities
The principal activities of the company during the financial year were:

- Advocacy of sleep health issues to government, employer bodies, road safety authorities and other organisations;
- Raising public awareness and community involvement about sleep health issues and their resolution; and
- Undertaking targeted education and service delivery programmes in relation to sleep health issues.

No significant change in the nature of the company’s activity occurred during the financial year.

Events after the reporting date
No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

Environmental issues
The company’s operations are not regulated by any significant environmental regulations under a law of the Commonwealth or of a state or territory of Australia.

Indemnification and insurance of officers and auditors
No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.

Auditor’s independence declaration
The lead auditor’s independence declaration in accordance with section 307C of the Corporations Act 2001, for the year ended 30 June 2018 has been received and can be found on the following page.

Signed in accordance with a resolution of the Board of Directors:

Director:

[Signature]

Prof David Russell Hillman

Director:

[Signature]

Prof Dorothy Bruck

Dated this 28th day of August 2018
We hereby declare, that to the best of our knowledge and belief, during the financial year ended 30 June 2018 there have been no:

(i) contraventions of the auditor independence requirements as set out in the Corporations Act 2001 in relation to the audit; and

(ii) contraventions of any applicable code of professional conduct in relation to the audit.

Name of Firm: Boyd Audit
Chartered Accountants

Name of Auditor: Nathan Boyd
Registered Company Auditor No. 471054

Address: Suite 24, 4 Station Street Fairfield NSW 2165

Dated this 28th day of August 2018
Statement of Profit or Loss and Other Comprehensive Income
for the Year ended 30 June 2018

<table>
<thead>
<tr>
<th>Note</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Revenue</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Audit fees</td>
<td>(3,800)</td>
<td>(3,200)</td>
</tr>
<tr>
<td>Advertising expenses</td>
<td>(55,036)</td>
<td>(34,548)</td>
</tr>
<tr>
<td>Depreciation and amortisation expenses</td>
<td>(207)</td>
<td>(155)</td>
</tr>
<tr>
<td><strong>Other expenses</strong></td>
<td>(254,553)</td>
<td>(242,414)</td>
</tr>
<tr>
<td><strong>Profit for the year</strong></td>
<td>14,744</td>
<td>10,240</td>
</tr>
<tr>
<td><strong>Retained earnings at the beginning of the financial year</strong></td>
<td>131,531</td>
<td>121,291</td>
</tr>
<tr>
<td><strong>Profit</strong></td>
<td>146,275</td>
<td>131,531</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.
# Statement of Financial Position

as at 30 June 2018

<table>
<thead>
<tr>
<th></th>
<th>Note</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSETS</strong></td>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>5</td>
<td>205,738</td>
<td>186,749</td>
</tr>
<tr>
<td>Trade and other receivables</td>
<td>6</td>
<td>39,348</td>
<td>43,562</td>
</tr>
<tr>
<td><strong>TOTAL CURRENT ASSETS</strong></td>
<td></td>
<td>245,086</td>
<td>230,311</td>
</tr>
<tr>
<td><strong>Non-Current Assets</strong></td>
<td>7</td>
<td>827</td>
<td>1,034</td>
</tr>
<tr>
<td>Property, plant and equipment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL NON-CURRENT ASSETS</strong></td>
<td></td>
<td>827</td>
<td>1,034</td>
</tr>
<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td></td>
<td>245,913</td>
<td>231,345</td>
</tr>
<tr>
<td><strong>Liabilities</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Current Liabilities</strong></td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade and other payables</td>
<td></td>
<td>99,638</td>
<td>99,814</td>
</tr>
<tr>
<td><strong>TOTAL CURRENT LIABILITIES</strong></td>
<td></td>
<td>99,638</td>
<td>99,814</td>
</tr>
<tr>
<td><strong>TOTAL LIABILITIES</strong></td>
<td></td>
<td>99,638</td>
<td>99,814</td>
</tr>
<tr>
<td><strong>NET ASSETS (LIABILITIES)</strong></td>
<td></td>
<td>146,275</td>
<td>131,531</td>
</tr>
<tr>
<td><strong>Equity</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retained surplus</td>
<td>9</td>
<td>146,275</td>
<td>131,531</td>
</tr>
<tr>
<td><strong>TOTAL EQUITY</strong></td>
<td></td>
<td>146,275</td>
<td>131,531</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.
### Statement of Changes in Equity

for the Year ended 30 June 2018

<table>
<thead>
<tr>
<th>Note</th>
<th>Retained earnings $</th>
<th>Total $</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Balance at 1 July 2016</td>
<td>121,291</td>
<td>121,291</td>
</tr>
<tr>
<td>Total comprehensive income attributable to members of the entity</td>
<td>10,240</td>
<td>10,240</td>
</tr>
<tr>
<td>Balance at 30 June 2017</td>
<td>131,531</td>
<td>131,531</td>
</tr>
<tr>
<td>Total comprehensive income attributable to members of the entity</td>
<td>14,744</td>
<td>14,744</td>
</tr>
<tr>
<td>Balance at 30 June 2018</td>
<td>146,275</td>
<td>146,275</td>
</tr>
</tbody>
</table>

### Statement of Cash Flows

for the Year ended 30 June 2018

<table>
<thead>
<tr>
<th>Note</th>
<th>2018 $</th>
<th>2017 $</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cash Flows from Operating Activities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Membership &amp; partnership fees received</td>
<td>175,795</td>
<td>201,988</td>
</tr>
<tr>
<td>Donations received</td>
<td>97,658</td>
<td>29,087</td>
</tr>
<tr>
<td>Grants received</td>
<td>43,670</td>
<td>24,750</td>
</tr>
<tr>
<td>Payments to suppliers &amp; others</td>
<td>(339,570)</td>
<td>(291,201)</td>
</tr>
<tr>
<td>Interest received</td>
<td>581</td>
<td>860</td>
</tr>
<tr>
<td>Other income received</td>
<td>40,855</td>
<td>83,059</td>
</tr>
<tr>
<td>Net cash provided by (used in) operating activities</td>
<td>18,989</td>
<td>48,543</td>
</tr>
<tr>
<td><strong>Cash Flows from Investing Activities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payments for property, plant and equipment</td>
<td>-</td>
<td>(1,189)</td>
</tr>
<tr>
<td>Net cash provided by (used in) investing activities</td>
<td>-</td>
<td>(1,189)</td>
</tr>
<tr>
<td>Net increase in cash held</td>
<td>18,989</td>
<td>47,354</td>
</tr>
<tr>
<td>Cash at beginning of financial year</td>
<td>186,749</td>
<td>139,395</td>
</tr>
<tr>
<td>Cash at end of financial year</td>
<td>205,738</td>
<td>186,749</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.
Notes to the Financial Statements

for the Year ended 30 June 2018

The financial statements cover the business of The Sleep Health Foundation as individual entity incorporated and domiciled in Australia. The Sleep Health Foundation is a company limited by guarantee.

The financial statement was authorised for issue on 28 August 2018 by the directors of the company.

1 Basis of preparation

The directors have prepared the financial statements on the basis that the company is non-reporting since there are unlikely to be any users who would rely on the general purpose financial statements. These financial statements are therefore special purpose financial statements that have been prepared in order to meet the requirements of the Corporations Act 2001. The company is a not-for-profit entity for financial reporting purpose under Australian Accounting Standard.

The special purpose financial statements have been prepared in accordance with the mandatory Australian Accounting Standards applicable to entities reporting under the Corporation Act 2001 and the significant accounting policies described below, which the directors have determined are appropriate to meet the needs of the members.

The financial statements, except for the cash flow information, have been prepared on an accruals basis and are based on historical costs modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities.

Significant accounting policies adopted in the preparation of these financial statements are presented below and are consistent with prior reporting periods unless otherwise stated.

2 Summary of significant accounting policies

Property, plant and equipment

Each class of property, plant and equipment is carried at cost or fair value less, where applicable, any accumulated depreciation and impairment.

Plant and equipment

Plant and equipment are measured using the cost model.

Depreciation

Property, plant and equipment excluding freehold land, is depreciated on a straight line basis over the asset’s useful life to the Company, commencing when the asset is ready for use.

The depreciable amount of all property, plant and equipment, except for freehold land is depreciated on a straight line method from the date that management determine that the asset is available for use.

The depreciation rates used for each class of depreciable asset are shown below:

- Plant & Equipment: 20%

Financial instruments

Financial instruments are recognised initially using trade date accounting, i.e. on the date that company becomes party to the contractual provisions of the instrument.

On initial recognition, all financial instruments are measured at fair value plus transaction costs (except for instruments measured at fair value through profit or loss where transaction costs are expensed as incurred).

Loans and receivables

Loans and receivables are non-derivative financial assets with fixed or determinable payments that are not quoted in an active market. They arise principally through the provision of goods and services to customers but also incorporate other types of contractual monetary assets.

After initial recognition these are measured at amortised cost using the effective interest method, less provision for impairment. Any change in their value is recognised in profit or loss.

The company’s trade and most other receivables fall into this category of financial instruments.

In some circumstances, the company renegotiates repayment terms with customers which may lead to changes in the timing of the payments, the company does not necessarily consider the balance to be impaired, however assessment is made on a case-by-case basis.

Available-for-sale financial assets

Available-for-sale financial assets are non-derivative financial assets that do not qualify for inclusion in any of the other categories of financial assets or which have been designated in this category. The company’s available-for-sale financial assets comprise listed securities.

Purchases and sales of available-for-sale investments are recognised on settlement date.

Available-for-sale financial assets are measured at fair value, with subsequent changes in value recognised in other comprehensive income.
Notes to the Financial Statements
for the Year ended 30 June 2018

Gains and losses arising from financial instruments classified as available-for-sale are only recognised in profit or loss when they are sold or when the investment is impaired.

In the case of impairment or sale, any gain or loss previously recognised in equity is transferred to the profit or loss.

A significant or prolonged decline in value of an available-for-sale asset below its cost is objective evidence of impairment, in this case, the cumulative loss that has been recognised in other comprehensive income is reclassified from equity to profit or loss as a reclassification adjustment. Any subsequent increase in the value of the asset is taken directly to other comprehensive income.

Impairment of non-financial assets
At the end of each reporting period the company determines whether there is an evidence of an impairment indicator for non-financial assets.

Where this indicator exists and regardless for goodwill, indefinite life intangible assets and intangible assets not yet available for use, the recoverable amount of the assets is estimated.

Where assets do not operate independently of other assets, the recoverable amount of the relevant cash-generating unit (CGU) is estimated.

The recoverable amount of an asset or CGU is the higher of the fair value less costs of disposal and the value in use. Value in use is the present value of the future cash flows expected to be derived from an asset or cash-generating unit.

Where the recoverable amount is less than the carrying amount, an impairment loss is recognised in profit or loss.

Reversal indicators are considered in subsequent periods for all assets which have suffered an impairment loss, except for goodwill.

Cash and Cash Equivalents
Cash and cash equivalents comprise cash on hand, demand deposits and short-term investments which are readily convertible to known amounts of cash and which are subject to an insignificant risk of change in value.

Revenue and other income
Revenue is recognised when the company is entitled to it.

Interest revenue
Interest revenue is recognised using the effective interest rate method.

Rendering of services
Revenue in relation to rendering of services is recognised depends on whether the outcome of the services can be measured reliably. If this is the case then the stage of completion of the services is used to determine the appropriate level of revenue to be recognised in the period. If the outcome cannot be reliably measured then revenue is recognised to the extent of expenses recognised that are recoverable.

Other income
Other income is recognised on an accruals basis when the company is entitled to it.

Comparative amounts
Comparatives are consistent with prior years, unless otherwise stated.

Where a change in comparatives has also affected the opening retained earnings previously presented in a comparative period, an opening statement of financial position at the earliest date of the comparative period has been presented.
### Notes to the Financial Statements
for the Year ended 30 June 2018

<table>
<thead>
<tr>
<th></th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>3 Income</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Membership fees</td>
<td>13,132</td>
<td>13,800</td>
</tr>
<tr>
<td>Partnership fees</td>
<td>163,751</td>
<td>171,250</td>
</tr>
<tr>
<td>Donations</td>
<td>49,132</td>
<td>29,088</td>
</tr>
<tr>
<td>Special projects</td>
<td>71,025</td>
<td>52,467</td>
</tr>
<tr>
<td>Interest received</td>
<td>582</td>
<td>860</td>
</tr>
<tr>
<td>Other income</td>
<td>30,718</td>
<td>23,092</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td>328,340</td>
<td>290,557</td>
</tr>
<tr>
<td>4 Other expenses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bank charges</td>
<td>778</td>
<td>695</td>
</tr>
<tr>
<td>Accounting &amp; bookkeeping fees</td>
<td>8,900</td>
<td>8,460</td>
</tr>
<tr>
<td>Consultants fees</td>
<td>7,075</td>
<td>17,546</td>
</tr>
<tr>
<td>Donations</td>
<td></td>
<td>500</td>
</tr>
<tr>
<td>Dues &amp; subscriptions</td>
<td>2,198</td>
<td>745</td>
</tr>
<tr>
<td>Fees - partnerships</td>
<td>40,000</td>
<td>40,000</td>
</tr>
<tr>
<td>Grant educational</td>
<td>9,294</td>
<td></td>
</tr>
<tr>
<td>Office expenses</td>
<td>1,815</td>
<td>1,601</td>
</tr>
<tr>
<td>Insurance</td>
<td>1,900</td>
<td>1,819</td>
</tr>
<tr>
<td>Meetings</td>
<td>7,182</td>
<td>5,475</td>
</tr>
<tr>
<td>Printing &amp; stationery</td>
<td>3,086</td>
<td>4,596</td>
</tr>
<tr>
<td>Research grants</td>
<td>9,000</td>
<td></td>
</tr>
<tr>
<td>Secretarial fees</td>
<td>66,160</td>
<td>60,619</td>
</tr>
<tr>
<td>Special projects</td>
<td>76,932</td>
<td>85,649</td>
</tr>
<tr>
<td>Speakers - education</td>
<td>6,789</td>
<td>3,446</td>
</tr>
<tr>
<td>Staff training &amp; conferences</td>
<td>4,415</td>
<td>3,638</td>
</tr>
<tr>
<td>Travelling</td>
<td>1,046</td>
<td>1,134</td>
</tr>
<tr>
<td>Website costs</td>
<td>7,983</td>
<td>6,491</td>
</tr>
<tr>
<td><strong>Total Other Expenses</strong></td>
<td>254,553</td>
<td>242,414</td>
</tr>
</tbody>
</table>
## Notes to the Financial Statements

for the Year ended 30 June 2018

<table>
<thead>
<tr>
<th></th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>5 Cash and cash equivalents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash at bank</td>
<td>84,323</td>
<td>72,916</td>
</tr>
<tr>
<td>Savings accounts</td>
<td>121,415</td>
<td>113,833</td>
</tr>
<tr>
<td></td>
<td>205,738</td>
<td>186,749</td>
</tr>
</tbody>
</table>

Reconciliation of cash

Cash and cash equivalents reported in the cash flow statement are reconciled to the equivalent items in the balance sheet as follows:

<table>
<thead>
<tr>
<th></th>
<th>2018 $</th>
<th>2017 $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and cash equivalents</td>
<td>205,738</td>
<td>186,749</td>
</tr>
<tr>
<td></td>
<td>205,738</td>
<td>186,749</td>
</tr>
</tbody>
</table>

6 Trade and other receivables

<table>
<thead>
<tr>
<th></th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Trade debtors</td>
<td>30,385</td>
<td>43,562</td>
</tr>
<tr>
<td>Other debtors</td>
<td>8,963</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>205,738</td>
<td>186,749</td>
</tr>
</tbody>
</table>

7 Property, plant and equipment

<table>
<thead>
<tr>
<th></th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Plant and equipment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>At cost</td>
<td>1,189</td>
<td>1,189</td>
</tr>
<tr>
<td>Accumulated depreciation</td>
<td>(362)</td>
<td>(155)</td>
</tr>
<tr>
<td>TOTAL PLANT AND EQUIPMENT</td>
<td>827</td>
<td>1,034</td>
</tr>
</tbody>
</table>

8 Trade and Other Payables

<table>
<thead>
<tr>
<th></th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Current</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade creditors</td>
<td>33,065</td>
<td>34,549</td>
</tr>
<tr>
<td>Other creditors</td>
<td>6,880</td>
<td>9,675</td>
</tr>
<tr>
<td>Income in advance</td>
<td>55,875</td>
<td>54,858</td>
</tr>
<tr>
<td>Credit card liabilities</td>
<td>3,818</td>
<td>732</td>
</tr>
<tr>
<td></td>
<td>99,638</td>
<td>99,814</td>
</tr>
</tbody>
</table>
### Notes to the Financial Statements

for the Year ended 30 June 2018

<table>
<thead>
<tr>
<th></th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>9 Retained Surplus</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retained surplus at the beginning of the financial year</td>
<td>131,531</td>
<td>121,291</td>
</tr>
<tr>
<td>Net profit attributable to members of the company</td>
<td>14,744</td>
<td>10,240</td>
</tr>
<tr>
<td>Retained surplus at the end of the financial year</td>
<td>146,275</td>
<td>131,531</td>
</tr>
</tbody>
</table>

**10 Cash Flow Information**

**Reconciliation of cash flow from operations with profit for the year**

<table>
<thead>
<tr>
<th></th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Profit for the year</td>
<td>14,744</td>
<td>10,240</td>
</tr>
<tr>
<td><strong>Non-cash flows in profit</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depreciation</td>
<td>207</td>
<td>155</td>
</tr>
<tr>
<td><strong>Changes in assets and liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decrease/(Increase) in trade and other receivables</td>
<td>4,214</td>
<td>(3,996)</td>
</tr>
<tr>
<td>(Decrease)/Increase in payables</td>
<td>(1,194)</td>
<td>19,036</td>
</tr>
<tr>
<td>(Decrease)Increase in income in advance</td>
<td>1,018</td>
<td>23,108</td>
</tr>
<tr>
<td></td>
<td>18,989</td>
<td>48,543</td>
</tr>
</tbody>
</table>

**11 Company details**

The registered office and principal place of business is:

Suite 114, 30 Campbell Street
Blacktown NSW 2148

**12 Members’ Guarantee**

The entity is incorporated under the Corporations Act 2001 and is a company limited by guarantee. If the company is wound up, the constitution states that each member is required to contribute a maximum of $10 each towards meeting any outstanding and obligations of the entity. At 30 June 2018 the number of members was 234 (2017: 224).
Director’s Declaration

The directors have determined that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies described in Note 1 to the financial statements.

The directors of the company declare that:

1. The financial statements and notes, as set out in this report, are in accordance with the Corporations Act 2001 and:
   a. comply with the Australian Accounting Standards applicable to the company; and
   b. give a true and fair view of the financial position of the company as at 30 June 2018 and of its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements.

2. In the directors’ opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Directors.

Director:

Prof David Russell Hillman

Director:

Prof Dorothy Bruck

Dated this 28th day of August 2018
TO THE MEMBERS OF
THE SLEEP HEALTH FOUNDATION
ABN 91 138 737 854

BOYD
AUDIT

Opinion
We have audited the financial report of The Sleep Health Foundation which comprises the statement of financial position as at 30 June 2018, and the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flow for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the directors’ declaration by those charged with governance.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the Company as at 30 June 2018, and of its financial performance and its cash flows for the year then ended in accordance with Australian Accounting Standards.

Basis for Opinion
We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor’s Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Entity in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board’s APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Information Other than the Financial Report and Auditor’s Report Thereon
Those charged with governance are responsible for the other information. The other information comprises the information included in the Company’s annual report for the year ended 30 June 2018, but does not include the financial report and our auditor’s report thereon.

Our opinion on the financial report does not cover the other information and accordingly we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial report, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial report or our knowledge obtained in the audit or otherwise appears to be materially misstated.

If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Responsibilities of Management and Those Charged with Governance for the Financial Report
Management is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards, and for such internal control as management determines is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the Company’s ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Company’s financial reporting process.
Independent Auditor’s Report

Auditor’s Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor’s report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

Name of Firm: Boyd Audit
Chartered Accountants

Name of Auditor: Nathan Boyd
Registered Company Auditor No. 471054

Address: Suite 24, 4 Station Street Fairfield NSW 2165

Dated this 28th day of August 2018
Go to www.sleephealthfoundation.org.au to download our expert-written Sleep Health Fact Sheets...

ADHD and Sleep in Children
Advanced Sleep Phase Disorder (ASPD)
Ageing and Sleep
Anaesthesia, Sleep and Sleep Apnea
Anxiety and Sleep
Bedwetting
Behavioural Sleep Problems in School Aged Children
Body Clock
Caffeine and Sleep
Caffeine, Food, Alcohol, Smoking and Sleep
Caring for your CPAP Equipment
Central Sleep Apnea
Childhood Snoring and Sleep Apnea
Chronic Fatigue Syndrome and Sleep
Common Causes of Inadequate Sleep
Common Sleep Disorders
CPAP - Continuous Positive Airway Pressure
CPAP Making it Work for You
Delayed Sleep Phase Syndrome (DSPS)
Dementia and Sleep
Depression and Sleep
Drowsy Driving
Excessive Daytime Sleepiness
Facts About Dreaming
Facts about Sleep
Fatigue as an Occupational Hazard
Good Sleep Habits
Herbal Remedies and Sleep
How Much Sleep Do You Really Need?
Idiopathic Hypersomnia
Incontinence (Nocturia)
Insomnia
Melatonin
Melatonin and Children
Menopause and Sleep
Menstrual Cycle and Sleep
Napping
Narcolepsy
Nightmares
Obstructive Sleep Apnea
Oral Appliances to Treat Snoring and Obstructive Sleep Apnea
Periodic Limb Movements of Sleep (PMLS)
Post Traumatic Stress Disorder
Pregnancy and Sleep
REM Sleep Behaviour Disorder
Restless Legs Syndrome
Schizophrenia and Sleep
Shiftwork
Sleep Mistakes
Sleep Myths
Sleep Problems and Sleep Disorders in School Aged Children
Sleep Specialists
Sleep Study
Sleep Terrors
Sleep Tips for Children
Sleep Tips for New Mothers
Sleep Tracker Technology
Sleeping Better in Your Hotel
Sleeping Tablets
Sleepwalking
Snoring
Surgery for Obstructive Sleep Apnea (OSA)
Technology & Sleep
Teenage Sleep
Teeth Grinding/Bruxism
Ten Tips for a Good Night Sleep
Tips to Help Baby Sleep Better
Tips to Help Combat Jet Lag
Travelling with CPAP
Treatment Options for Obstructive Sleep Apnea (OSA)
Understanding and Helping Poor Sleep