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Go to www.sleephealthfoundation.org.au to download our expert-written Sleep Health Fact Sheets...
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Our Mission and Priorities

Our vision
Improving people’s lives through better sleep

Our mission
Promoting better sleep to optimise health, well-being and performance for all Australians

Aims and objectives

- **Community education and health promotion:**
  Providing evidence based community education materials and encouraging partnerships to promote sleep health.

- **Political and community advocacy:**
  Providing strong advocacy to help meet the sleep health needs of the community and people with sleep disorders.

- **Best practice in services and therapy:**
  Encouraging evidence based sleep health treatments and patient-focused services and outcomes.

- **Research:**
  Facilitating and disseminating sleep research, including knowledge translation.
I am pleased to say the Sleep Health Foundation rose to these challenges superbly. Our key face-to-face engagement, the Speaker Program, was rapidly replaced by Webinars and these have been widely taken up by industry, health professional groups, OHS services, community groups, schools etc. Our special website section on Sleep & COVID-19 was launched in mid-March and has been an especially popular resource. We worked with partner organisations such as HealthDirect, and Smiling Minds to ensure that the messages about COVID-19 were being heard by as many people in the community as possible. It has been a starting point for many journalists writing about the health implications of lockdowns and widespread rise in poor mental health. SHF is pleased to be associated with a global study surveying sleep issues during the pandemic, which commenced just as the first pandemic wave was underway.

After a lot of work and expert consultation our new, improved website was implemented in 2019. This has been very well received with many unsolicited compliments, especially around our large and informative range of fact sheets. These have been made more accessible and continue to be regularly updated and new ones added. Several important research projects facilitated by the Foundation were finalised during 2019-20 (see section on Research Activities). In line with our goal of continuous improvement we revised our Healthy Sleep Partner program and this continues to attract considerable interest and new corporate supporters. We were delighted to welcome TEVA into our fold as a new major sponsor, joining the Foundation’s long-time sponsors of ResMed, Phillips and Fisher & Paykel. Without such ‘untied’ sponsorships we could not operate.

We could also not operate without the generous time commitment of all our Board Directors and a growing group of other excellent member volunteers. They help work on projects such as fact sheets, webinars, website materials, special events and social media posts. You can read about some of their experiences and enthusiastic engagement in the pages of this Annual Report. Our much appreciated Executive Officer, Helen Burdette, pulls everything together, keeps us all on track and brings fresh ideas to our work.

Sadly, we farewell our media manager, Lucy Williams after 10 years of wonderful service. Lucy’s flair for writing engaging press releases, her deep connections in the media industry and sound strategic advice will be sorely missed.

After four years as the Foundation’s Chair I am stepping in October 2020. I look forward to continuing on the Board for a few more years and working with our new, highly capable leadership team, Professors Shantha Rajaratnam (Chair) and Darren Mansfield (Deputy Chair). A key achievement during this time has been our advocacy work, undertaken jointly with the Australasian Sleep Association. Following on from a Federal Parliamentary Inquiry (receiving well over 100 submissions), a report was tabled with 11 excellent recommendations, including that sleep health should be a national priority, along with exercise and diet. While the government response to the Bedtime Reading report has been postponed by the pandemic, our engagement with them continues, including renewed funding submissions consistent with the report’s recommendations.

Looking ahead, the Foundation is in good shape. We have been able to add some (modest) funds to our ‘safety net’ account and have renewed our vision, mission, aims and strategic plan, including greater focus on the sleep health of four especially vulnerable groups; school-aged children and young adults, older adults, at-risk occupational groups and those with poor mental health. We are also working to maximise the potential of our media engagement and will be dovetailing strategic developments in our social media operations with overall media management and monitoring. In the following pages you will also read about a new organisation embedded in the Foundation – the Australian Sleep and Alertness Consortium and the imminent relaunching of the WorkAlert® website. Both exciting initiatives arise from the Alertness CRC.

The winding up of the Alertness CRC also ends the Foundation’s important and constructive 7-year relationship, including collaborations on the WorkAlert website and numerous media activities. A highlight was the CRC’s active participation in our Federal Parliament advocacy event in 2017, engaging politicians in a ‘clinic’ providing education about sleep/wake behaviour. We thank Anthony Williams for his significant contribution through SHF Board membership, and wish him and his team all the best.

Thanks for your interest in the Foundation. I have great pleasure in presenting this 2019-2020 Annual Report. I am sure you will agree that as a not-for-profit with modest funding, one hard-working part-time employee and an engaged ‘operational-type’ Board we are over-achievers.
Advocacy Work

The bushfires and the global pandemic have made 2019-2020 especially challenging.

We have been talking regularly to decision makers, journalists and various media about sleep and mental health issues in the community. Over the summer the focus was on issues arising from the bushfire disaster and then, from March, our efforts concentrated on the huge and widespread sleep health stressors associated with COVID-19. Our staff moved in early 2020 to working from home and this will continue for the foreseeable future.

During all of this we continued our efforts to inform Government by providing feedback on a number of health-related initiatives from national preventative health care, aged care and mental health. As part of our advocacy efforts the Sleep Health Foundation has made submissions during the last financial year to the following activities:

Submission to the Productivity Commission Inquiry into Mental Health in Australia

The Sleep Health Foundation made a submission to this inquiry as well as attending webinar sessions to inform Commissioners about the many issues related to sleep and mental health.

There is a strong evidence base that ongoing inadequate sleep and untreated sleep disorders is very likely to:

- increase the risk of subsequent mental illness
- exacerbate mental illness symptoms
- decrease mental health treatment effectiveness
- decrease mental health remission rates and remission durations.

Transforming the Sleep Health of Australians

The Sleep Health Foundation and The Australasian Sleep Association worked together on this pre-budget submission to the Federal Government for funding a joint initiative to promote awareness and behaviour change for all Australians empowering and educating primary care providers. The need to promote awareness around the importance of sleep has become increasingly apparent with the emergence of compelling evidence about its impact on mental, metabolic and physical health, quality of life and workplace productivity and safety.

Pre-budget submission

A joint Sleep Health Foundation/Australasian Sleep Association two-part proposal asked for $28.9M support, staged over 5 years to deliver a world first comprehensive sleep health strategy as an integral component of a broader preventative health plan.

We can’t get good quality sleep if our body is ready to fight or flee when we go to bed. Sleep deprivation makes everyone react more emotionally to events.”
— Dr Moira Junge, Sleep Health Foundation
**NHMRC Targeted Call for Research**

Sleep Health Foundation submitted a proposal to the National Health and Medical Research Council Targeted Call for Research to address a significant research knowledge gap and unmet need in Sleep Health.

**National Preventative Health Strategy Workshops**

We were invited to attend the National Preventive Health Strategy Workshops held early November 2019 in Melbourne. The discussions were stimulating and informative and we look forward to seeing the Strategy Draft next year. We noted that consultation workshops had been held on various topics including ‘nutrition and physical activity’ and have requested that the Task Force consider adding ‘sleep’ to this topic and include sleep in any strategy development for preventative health alongside nutrition and physical activity in its future proceedings…

As well as attending the roundtable we were invited to follow feedback in a written form and took advantage of this opportunity to argue that sleep should be seen as one of the three pillars of health - along with nutrition and exercise.

**The Aged Care Royal Commission**

The Sleep Health Foundation and the Australasian Sleep Association worked together to identify three of the most pressing issues regarding the Quality and Safety of Aged Care and Sleep. The three issues being:

- Lighting to improve cognition, mood, sleep and health in aged care facilities
- Safe prescribing of sleeping medications and regular monitoring to determine need and desirability.
- Screening for sleep disorders, especially moderate to severe sleep apnea - particularly given research linking untreated OSA with risk of dementia.

Members of the two organisations with expertise in each area were co-opted to write a submission on each topic and these were combined to form one joint submission.

This Royal Commission is ongoing at the date of printing.

All of the above reports and submissions are available on our website under News/Advocacy.

**Adding a new dimension for 2020-21**

**Australian Sleep and Alertness Consortium (ASAC) and WorkAlert**

From 1st July 2020 a new organisational group will be embedded within the Foundation’s structure, the Australian Sleep and Alertness Consortium (ASAC). With the Alertness CRC coming to the end of its 7 year funding period on June 30 this year, ASAC will continue national research and development collaborations established under the Alertness CRC maintaining a focus on sleep, health and wellbeing, and performance across three integrated programs – Occupational, Healthcare and Road Safety. These are well aligned to the goals of the SHF. ASAC brings together 5 academic nodes and key industry advisors with its goals to be facilitated and managed by a full-time consortium director. With established capability and deployment pathways, ASAC will co-develop innovative solutions, facilitate early adoption, and collaboratively pursue new and diverse opportunities to maximise impact and improve lives through better sleep.

In the second half of 2020 the Foundation will also be re-launching the WorkAlert® website, a joint research translation initiative of the Alertness CRC and the SHF first established in 2017. Following a content and structure refresh, the WorkAlert® website will be a key educational resource sharing science-driven tips and knowledge on how employers and employees can keep themselves and their workplaces alert and safe, offering easily digestible information on workplace scheduling solutions, lighting solutions, screening for sleep disorders, and managing sleep.

Dr Andrew Tucker
Director, ASAC
During the last financial year the Foundation facilitated the completion of two research studies, commenced a collaboration with a global survey and brokered two new studies.

**Chronic Insomnia Disorder in Australia**

This study was commissioned by Sleep Health Foundation and funded by the MSD Foundation with an untied grant. It was completed by a team from Adelaide based Universities consisting of Amy Reynolds, Sarah Appleton, Tiffany Gill and Robert Adams and the report, launched in early 2020, reveals how common symptoms of insomnia are across the adult population.

**Report highlights**

Prevalence of chronic insomnia was 14.8%, when classified by the International Classification of Sleep Disorders, version 3 criteria.

Almost 60% of respondents overall report experiencing at least one sleep symptom three or more times a week (high frequency). The type of symptom varied, with waking up overnight or early in the morning more common in older people and difficulty falling asleep more frequent in the young. Waking up a lot overnight was reported by 47% of those 65 years and over, compared with 22% of 18 to 24 year olds. Difficulty falling asleep was reported by 32% of 18 to 24 year olds and 25% of those 65 years and over.

Significantly more female respondents than male respondents reported “often or always” worrying about getting a good night’s sleep (31% vs 21%) and being overwhelmed by thoughts when trying to sleep (35% vs 25%).

Of respondents, 48.8% reported that their daily routine does not provide adequate opportunity to sleep all or most of the time.

**Review of Sleep Disruption in Carers**

In 2019 Carers Australia partnered with the Sleep Health Foundation to undertake a systematic review of the literature regarding the extent, causes, and consequences of sleep disruption in carers worldwide, and any identified strategies and interventions to address these issues. This work was conducted by a team from CQ University Australia’s Appleton Institute, and collaborators from the University of South Australia (Grace Vincent, Katya Kovac, Jill Dorrian, Matthew Thomas, Amy Reynolds and Sally Ferguson).

The research team identified, via a formal systematic review of the relevant literature, that inadequate sleep for many carers is a major factor affecting their health and wellbeing.

Carers are those who provide unpaid care to one or more people (usually but not always a relative) with a disability, chronic illness, mental health condition, terminal illness, or who are frail aged. While the provision of care is fundamental from both an economic and quality of life perspective for care recipients, sleep disruption is a likely repercussion for caregivers providing 24/7 support.

One of the biggest challenges that carers face is the fact that they are required to provide round-the-clock care, including overnight, in an essentially unregulated ‘workplace’. Even when sleep is regularly disturbed or restricted, carers do not necessarily have access to the equivalent of regular ‘in-shift’ or between shift breaks.

This report covers the current understanding of the impact of unpaid caring roles on sleep, and provides recommendations for managing sleep disturbances.

**SHF joins with Monash University in Global Survey on Sleep and Mental Health during the Pandemic**

The COVID-19 global pandemic has led to unprecedented changes to our lives, resulting in heightened anxiety, stress and uncertainty about the future. There have been dramatic changes to how we work and learn, how we socialise, and our general lifestyle. More and more people are working from home. The flow-on effects of the lockdown have caused changes in our occupational and financial security. Being placed in quarantine, and in isolation conditions is an unpleasant experience and can have long-term negative psychological effects, including depression, PTSD symptoms, confusion, anger, boredom and loneliness.

Emerging evidence suggests that there may be some positive effects of lockdown conditions on sleep which was likely due to the participants’ increased flexibility of social schedules during stay-at-home orders. However, many people had a
decrease in sleep quality because of the extra stressors and burden caused by the pandemic.

In a global survey, led by Melinda Jackson (Turner Institute for Brain and Mental Health, Monash University) and Moira Junge (Sleep Health Foundation), a total of 2,555 adults from 63 countries responded to questions about sleep and daily living between April 9 and May 25, 2020. Sleep disturbance was common, with 47% reporting poorer sleep than usual, compared to 25% before the pandemic. Compared to good sleepers, poor sleepers had three times higher incidence of reporting moderate-severe depression and anxiety symptoms. Factors such as less sunlight exposure, increased phone usage before bed, distress concerning their financial and/or occupational situation and reduced exercise were associated with poorer sleep.

Due to work from home guidelines, the majority of people in the survey found the opportunity to sleep as per their body clock. This meant that people who consider themselves ‘night-owls’ were able to sleep later at night and wake up later. We found that individuals who had adapted their sleep wake routine to be better aligned to their own body clock, reported lower depression, anxiety and stress symptoms and better sleep quality.

The results from these studies highlight both the positive and detrimental impact of lockdown during the pandemic on sleep quality and timing. These participants will be followed up and surveyed over the next 12 months. It is hoped that these data may help us to better understand why some people develop insomnia and other sleep disorders, and inform development of more tailored interventions for sleep issues in the community.

Social and Economic Cost of Sleep Disorders in Australia

An untied International ResMed Foundation Grant allowed the Foundation, led by David Hillman, to engage Deloitte Access Economics to re-estimate the cost of sleep disorders upon Australian society, based on updated cost information and developments in the literature. The updated estimate allows for comparison to other recent reports estimating the cost of inadequate sleep and the cost-effectiveness of continuous positive airway pressure (CPAP) for people with obstructive sleep apnoea (OSA). Providing a contemporaneous time frame from which the costs of sleep disorders have been estimated will allow the community to better understand how the costs are distributed across clinical sleep disorders and across inadequate sleep more generally. This report provides estimates for three well recognised and researched sleep disorders, OSA, insomnia and restless legs syndrome (RLS), consistent with the 2010 report.

This project is approaching completion and will be released in late 2020.

Sleep Deficits in Australian Carers

Following recommendations in the 2019 report on the sleep of carers (see above), Carers Australia funded the Sleep Health Foundation to better identify, using a survey, the causes of sub-optimal sleep in Australian carers and understand the best ways to tackle poor sleep within the carer context. The commissioned research team was led by Amy Reynolds from CQ University Australia’s Appleton Institute in collaboration with the University of South Australia and Massey University.

This report details findings from an online survey of Australian carers conducted in early 2020. Caring requirements are diverse, and have varied impacts on individuals. Sleep disturbance in carers often relates to concern, worry, or attention to the needs of the care recipients. However, carers themselves who reported health conditions of their own had particularly poor sleep and are a subgroup of Australian carers who may require individualised support to improve sleep health. Young Australian carers are sleeping substantially less than the recommended durations which is concerning.

Around 14% of carers do not currently use any sleep strategies to improve their sleep and almost half have not sought any help for their poor sleep health. This is important to note, as ALL participants included in the analysis either reported dissatisfaction with their sleep, or a habitual sleep duration below the recommended duration for healthy adults.

These findings highlight a pressing need to support the sleep health and wellbeing of Australian carers, and particularly in vulnerable sub-groups including young carers, carers with their own health concerns, and carers supporting recipients with multiple complex needs.

These reports and others are available on our website under News/Special Reports.

"Sleep is like a butterfly. You cannot reach out and grab it and catch it. If you stay quiet and still, the butterfly will come to you." — COVID-19 & Sleep Fact Sheet
The Foundation’s working committees provide forums to plan, deliver and review our various strategic goals. Our configuration is:

- Executive Committee
  - Business Council
  - ASAC Steering Committee (from 1/7/20)
- Code of Practice Committee
- Finance, Fundraising, Donations and Partnerships Committee
- Marketing, Communications and Membership Committee
- Engagement and Relationships Committee
  - Sleep-Friendly Hospitals Working Group

Assuring sleep therapy best practice - Code of Practice for Suppliers of Sleep Therapies

Endorsed by the Australasian Sleep Association

The Code is a 13 point document outlining a peak standard in delivery of CPAP therapies to patients with obstructive sleep apnoea. It is a joint initiative by the SHF and the Australasian Sleep Association, the national peak professional body of sleep clinicians, and sleep scientists. All CPAP sales facilities are encouraged to consider applying to the Code if they believe they have achieved a high standard of care delivery. Successful applications are formally endorsed by the SHF which is displayed on the Foundation website. To ensure that standards are maintained over time, businesses must renew their registration on an annual basis.

Registration as a Code of Practice adherent and annual certification gives both sleep therapy consumers and sleep physicians confidence that the Code of Practice endorsed supplier is committed to best practice. Currently the number of businesses that have been approved is 53 facilities across the nation.

Associate Professor Darren Mansfield 
Code of Practice Committee Chair

Engagement & Relationships Committee

Committee members: Dorothy Bruck (Chair), Darren Mansfield, Andrew Vakulin, Robert Adams, Shantha Rajaratnam

If you or a loved one have ever spent a night in hospital you will know that hospitals are currently not designed to be conductive to a good night’s sleep. In late 2019 the Engagement Committee set up a SHF Working Group, headed by SHF member, Teanau Reeves, with the aim to improve things in this area. Involving people nationally and from the ASA, the Sleep-Friendly Hospital Working Group is taking a stepped approach. A review paper is being compiled for publication to provide an evidence base to help persuade hospital regulators that there should be a charter, code of practice or clinical standards for hospitals to optimise the sleep quality of hospital patients. Research is also being done on what such a world-first ‘charter’ may encompass.

The committee oversees the grants that SHF facilitates, as well as partnerships in collaborative funding applications. A policy on the financial arrangements across a variety of types of funding partnerships has been recently developed.

The SHF has been involved in five research grants over the last financial year (see section on Research Activities). In addition, Foundation member, Professor Sarah Blunden spearheaded collaborative grant applications on sleep health in school children and indigenous health with several other NFP organisations. A fact sheet in the latter area is being developed with indigenous communities and including aboriginal art and designs.

Recently the committee has overseen the embedding of the Australian Sleep and Alertness Consortium within the Foundation (see separate section in this report) and welcomed the ASAC Director, Dr Andrew Tucker, to its membership.

Looking ahead, the Engagement and Relationships Committee is managing the search for a high profile ambassador, or patron, to help raise the Foundation’s public

“Failing to get the quality or quantity of sleep you need affects your mood, safety, and health, not to mention your relationships with family and friends. It’s very important to get it right.” — Professor Robert Adams
presence and be a key spokesperson about the benefits of good sleep health.

Emeritus Professor Dorothy Bruck
Engagement and Relationships
Committee Chair

Marketing and Communications Committee

Committee members: Moira Junge (Chair), Alex Wolko, Jennifer Low, Gemma Paech, Rita Harding, Dorothy Bruck, Helen Burdette

Sub-committee volunteers: Bei Bei, Jennifer Walsh, Katya Kovac, Elle Nguyen, Laura Astbury, Jennifer Walsh, Kath Maddison, Christopher Worsnop, Stephanie Yiallourou

The Marketing & Communications committee has been very busy throughout the 2019-2020 period. Two sub-committees have been developed in the 2019-2020 period which has involved volunteers working on 1) social media posts and 2) hosting and creating webinars as a part of our existing Speaker Program. With the devastating bushfire season plus the impacts from the COVID-19 global pandemic, there has been a great need to respond quickly and provide the community with information about sleep. We were quick to create and share these new resources and fact sheets on our website and via social media. In addition, 2019-2020 has seen us continue our annual celebrations of Sleep Awareness Week, World Sleep Day, as well as keeping up a regular high-quality presence on social and traditional media. We have also expanded our popular Speaker Program to have a range of Webinars delivered across the nation as the widespread restrictions and working from home arrangements necessitated the need to deliver online only during certain periods of this year.

Sleep Health Foundation activity at Sleep DownUnder conference Sydney in 2019

Once again the committee submitted two successful sessions at the Annual ASA Sleep DownUnder conference. The first was a breakfast symposium titled: A national health behaviour change campaign targeting sleep health? Where do we start? A panel discussion. This was well attended and generated a great deal of discussion regarding what steps will be necessary should we see federal funding one day for a large-scale awareness campaign. This topic was based on one of the recommendations from the Parliamentary Enquiry into Sleep Health which was ‘that the Australian Government, in partnership with the states, territories and key stakeholder groups, work to develop and implement a national sleep health awareness campaign’. We would like to sincerely thank our panel members for generously providing their time and expert opinions: Professor Dorothy Bruck, Professor Ron Grunstein, Professor David Hillman, Dr Jon Quach, Donna Van Bueren and Rita Harding.

The Annual Sleep Health Foundation Great Debate was also well attended and generated humour, light-hearted banter and entertainment. The 2019 topic was “In terms of sleep health the body clock trumps the upper airway”. The negative team won the debate and the People’s Choice Award (as voted live by the attending audience) was awarded to Amy Reynolds. Many thanks go to our esteemed adjudicator Professor Sean Drummond who brings great humour and insight annually to this important role. Also, very big thanks to the negative team of Professor Sally Ferguson, Professor Siobhan Banks and Dr Amy Reynolds and the affirmative team comprising Professor Matthew Naughton, Associate Professor Darren Mansfield and Dr Michael Hlavac.

Membership

The Sleep Health Foundation membership totalled 176 at 30 June 2019. 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 and government about the importance of sleep our membership has disappointingly dropped.

We are working on ways in the coming year to grow the membership numbers.

Sleep Health Foundation (SHF) Fact sheets

The number of new fact sheets on the Sleep Health Foundation (Foundation) website has continued to grow in 2020. In total, there has been the addition of 8 new fact sheets this year which have covered a range of topics including COVID-19 and sleep, COVID-19 and using CPAP, pain and sleep, sleep for emergency workers, mindfulness and sleep, sleep for high school students, preventing chronic insomnia and bushfire threat and sleep.

The Foundation is also committed to ensuring our current fact sheets stay up to date with the latest research and 60% of parents of Australian children with development disabilities reported poor sleep had a significant negative impact on their daily lives.” — Sleep Deficits In Australian Carers Report, Dr Amy Reynolds et al.
In times of recovery from traumatic events, sleep is vital to refresh and calm the body and mind, leaving you energised to cope in the new day. But the anxiety that often goes hand-in-hand with trauma leaves a person in an ongoing ‘hyper-aroused’ state.”

— Dr Moira Junge

World Sleep Day (WSD) March 13, 2020


This year the Foundation wanted to contribute to the Community Rebuilding Initiative after the devastating fires in Australia and we developed three new fact sheets to provide helpful information to assist emergency services workers and all of those community members affected by the fires having trouble readjusting their sleep patterns after days and weeks of relentless sleeplessness, stress and anxiety.

Sleep Health for emergency services personnel
www.sleephealthfoundation.org.au/sleep-health-for-emergency-services-personnel.html

Preventing chronic insomnia

Bushfire threat and sleep health: coping with uncertainty and anxiety

The 2020 call to action encouraged everyone to share these fact sheets with friends and family affected by the recent crisis to help highlight the importance of sleep in the disaster recovery phase.

Sleep Awareness Week (SAW) August 5-11, 2019

Theme: ‘Sleep on it - memory and problem solving’

The Sleep Health Foundation turned its attention to the relationship between memory and sleep during Sleep Awareness Week, 5-11 August 2019 raising awareness using a range of media and social media channels to promote the value of sleep to our brain function, including our ability to learn, think clearly and be productive. Reduced sleep can result in our neurons not firing optimally and increases the risk of accidents or injury. From infancy to old age, sleep is essential for optimal cognitive functioning.

We would like to sincerely thank Dr Melinda Jackson, Dr Angela D’Rozario and Professor Sharon Naismith for volunteering to be available as media spokespeople for the Sleep Health Foundation during this week.
Daylight Savings – April and October

Twice a year the Foundation runs a campaign, typically a social media campaign, to raise awareness for people living in NSW, VIC, SA, TAS or the ACT about changing their clocks either forward (in Spring) or back (in Autumn).

Community Education - Speaker Program and Webinars

During 2019-2020, due to the COVID-19 restrictions, the Foundation Speaker Program was mostly delivered via webinar. During 2019-2020, the Foundation fulfilled over 100 requests for presenters to address business, school and community audiences including older people and parents.

While we delivered only 35 this year due to the initial cancellation of many of the face-to-face workshops we have been extremely busy in the second half of the year delivering workshops/presentations as webinars. While we endeavour to provide a speaker for all of these requests some organisations have budget restrictions. We aim to provide our volunteer speakers free to community organisations but this is not always possible.

Although we have access to presenters in Queensland, New South Wales, Victoria, ACT, South Australia and Western Australia the webinar format has meant no travel costs and more ease with filling requests.

Within the Marketing & Communications Committee we formed a sub-committee to work on the webinar program thank Katya Kovac, Bei Bei, Laura Astury and Elle Nguyen for volunteering their time and expertise. We are now able to host our own events and oversee all aspects of a webinar including the advertising, the registration process, engaging the speaker, hosting the event via our zoom platform, and we can provide, collate and distribute follow up feedback. The webinars will be an important ongoing revenue stream for the Foundation and also will be an important vehicle for enhancing our brand and our messaging about sleep health across the country. We are also often the guest speaker using the delivery platform of the host organisation.

We have received some great feedback this year with our webinar format such as:

Qenos – “We definitely plan on working with the Sleep Health Foundation going forward based on the great feedback I received – would be great to get Moira to some of our sites in the future but in the meantime we’ll probably just go for more webinars at opportune times.”

Northrop Grumman – “Moira gave a fantastic presentation earlier with around 120 people dialling in – so a real success!”

When you lose that trust and become overly concerned about sleep, you are making it harder for your sleep system to do its job.” — Dr Bei Bei et al, Sleep Blog on Tips when in Isolation Indoors.
Enhancing our Social Media

SHF board member Gemma Paech coordinated a subcommittee that was formed to assist our Executive Officer, Helen Burdette, with our social media presence. The posts need to be regular, related to sleep health and as eye-catching as possible and this is often time consuming. Gemma recruited volunteers Katya Kovac and Dr Jen Walsh to help with the drafting of the posts, ensuring the evidence-base was accurate. This team also developed a calendar of monthly themes to make the posts more consistent and ensured there was variety of content that was in keeping with the strategic objectives of the Foundation. We are very grateful to Gemma for taking on this role and doing it so ably. Towards the end of this financial year, the Committee sought permission from the SHF Board to engage a professional social media/digital media expert to help steam-line and professionalise our ongoing approach to social media. The company hired, the scope of their work and their impact will be reported on in next years’ annual report.

Dr Moira Junge
Marketing and Communications Committee Chair

Over the last 12 months we have worked hard to get more members involved in the general running of the Sleep Health Foundation (Foundation) through our volunteer program.

While still in its infancy, the volunteer program aims to match the experience and skills of our volunteers with various roles and duties within the Foundation. We also aim to help our volunteers expand on their skills and expertise by being involved in various tasks and duties to support the goal of the Foundation.

In 2020, our volunteers have been pivotal in assisting Alex Wolko with the factsheets. Their involvement has enabled the SHF to continue to produce and update factsheets across a wide range of topics. Our volunteers also have been central in increasing our social media presence and have worked hard to come up with interesting and informative social media posts across different social media platforms. Finally, with the changes in our speaker program evolving to include webinars, a webinar working party involving a group of volunteers was started. I am grateful to all of our volunteers who have given up their valuable time, expertise and skills in 2020. A special thanks goes to: Kathleen Maddison, Christopher Worsnop, Stephanie Yiallourou, Jennifer Walsh, Katya Kovac, Elle Nguyen, Laura Astbury, Bei Bei and Jasneek Chawla.

I encourage all members of the Foundation, especially junior members, to think about signing up for our volunteer program. Participating in these tasks can help improve expand and develop leadership and communication skills and can help broaden your professional exposure within the sleep community. Volunteering can also be a great way to learn about other sleep topics that you may not be as familiar with. If you are passionate about sleep, want to add to your skills, build your connections or just need a break from your day to day tasks, please consider becoming a volunteer. Registration for the volunteer program can be found on our website.

Dr Gemma Paech
Volunteer Co-ordinator

What our volunteers have to say

Apart from our amazing Board (all who are volunteers themselves) we are extremely lucky to have a small but dedicated band of volunteers who also put an enormous effort into the Sleep Health Foundation in various ways. Some of them have provided a few words about their experience for us to share.

Laura Astbury
My name is Laura and I have been a volunteer with the Sleep Health Foundation (SHF) since June 2020. I am part of the

“Sleep helps to prepare our brain for learning new things. When we are well rested we can pay better attention to new information that we come across in our daily experiences.” — Professor Dorothy Bruck, Sleep Health Foundation Chair.
webinar team who help host online events for SHF members as well as the general public. This opportunity has given me a stronger appreciation for how we can improve people’s lives through education in a cost effective way. Furthermore, I have been exposed to meeting excellent clinicians and researchers in the sleep field who have all been very welcoming and appreciative of my volunteering. The information the SHF provides has the ability to equip individuals with the power and motivation to engage in positive lifestyle trends that will help them prevent and intervene against sleep and other mental health challenges. I am very honoured to be a part of it.

Elle Nguyen

I joined the Sleep Health Foundation (SHF) as a volunteer to develop webinars and help increase community engagement. We began developing webinars to provide greater accessibility to sleep education for the public. These webinars make it possible to promote sleep health to a wide range of audiences, from anywhere across Australia. Working with a group of enthusiastic and inspiring people who share the same goal of promoting sleep health has been a rewarding experience. This opportunity has allowed me to learn a variety of skills, from developing webinars using Zoom to creating infographics for social media. Most importantly, it has given me the platform to help inform the public about the importance of sleep and how they can improve their sleep to maintain good health. It has been a wonderful experience and I really encourage anyone interested in sleep health to join the SHF.

Katya Kovac

I am a recent Sleep Health Foundation volunteer recruit, beginning in June 2020. In this time, I have been lucky to be involved in a number of the Foundations’ events and activities. As part of my volunteer role, I have been involved in the new ‘webinar working party’ which was put together to continue the Foundations’ Speaker Program online in response to the COVID pandemic. As part of the webinar working party I have contributed to the development of the guidelines for the running of the Webinars (e.g., guidelines for speakers, moderators, attendees etc.). I have also assisted in the set-up, administration, and communication of some of the first official webinars which were held in August this year. It has been great to learn how everything works behind the scenes and I have a great appreciation for all the hard work involved in running larger scale seminars, events and conferences! In addition to my involvement in the webinar working party, I have also assisted in developing social media content/posts for the Sleep Health Foundation, which are released each month on the Foundations various social media accounts (Twitter, LinkedIn, Facebook etc.). The aim of these short posts is to engage and inform the public about various sleep related topics with links to our relevant fact sheets. For example, in July we focused on ‘Women’s sleep’ with post topics ranging from ‘sleep during pregnancy’ to ‘how sleep is affected by the menstrual cycle’. Recent feedback suggests that these posts have helped to further engage the public with a general increase in ‘likes’ and ‘followers’ to the Foundations’ social media pages.

Outside of my volunteer work, I am a current PhD student at CQUniversity investigating sleep inertia countermeasures for emergency service workers. While very different to my PhD work, my volunteering with the Sleep Health Foundation has been valuable in allowing me to grow my skills in the advocacy of sleep health. I have learnt more about the important work that the Foundation does with the community and I look forward to continuing on as a volunteer!

Dr Alex Wolkow

I first became involved in the Sleep Health Foundation (Foundation) as a member,

“Nearly half of respondents reported that their daily routine does not provide adequate opportunity to sleep all or most of the time.” — Chronic Insomnia in Australia Report, Dr Amy Reynolds et al.
and later joined the Marketing and Communications Committee in 2016. My primary role on this committee is to manage the fact sheets. This role provides me with the unique opportunity to lead the development and review of a wide range of fact sheets designed to enhance sleep health in the Australian community. My role on the committee also provides me with the opportunity to be involved in planning various events, such as World Sleep Day and Sleep Awareness Week. Through these rewarding experiences, I have developed new skills and expertise in effective science communication and leadership. Moreover, the opportunity to connect with experts to update and create new fact sheets on a range of topics has broaden my knowledge and expertise in sleep and health.

My experience volunteering on this committee has also greatly expanded and strengthened my professional and social networks across different areas of sleep research. It is an absolute pleasure, and an immense privilege to be a part of the Foundation and have this opportunity to work with such a supportive, talented and inspiring team who are committed to achieving the Foundation goal of improving people’s lives through better sleep. The Foundation provides a range of volunteering opportunities to its members, and I strongly encourage anyone who is thinking about volunteering to get in touch with the Foundation office to find out how they can join and contribute.

- **Sleep to boost your immunity – World Sleep Day 2020**
  Sleep experts urging Australians to get their 40 winks to help boost immunity with a growing body of research suggesting sleep-deprived people may have suppressed immunity, potentially putting them at great risk of catching viruses.

- **Aussies lose sleep after bushfire trauma**
  In the aftermath of Australia’s Black Summer sleep experts report many people in the community left with troubling sleep problems as they struggle to deal with unresolved stress and anxiety.

- **Sleep struggles chronic and widespread: Study**
  More than half of adult Australians are suffering from at least one chronic sleep symptom that is affecting their ability to live a healthy, happy life, new research shows.
  A report commissioned by the Sleep Health Foundation reveals how common symptoms of insomnia is across the adult population. It found almost 60 per cent of people regularly experience at least one sleep symptom (like trouble falling asleep), and 14.8 per cent have symptoms which could result in a diagnosis of clinical insomnia.

- **How to boost your grey matter in the bedroom – Sleep Awareness Week 2019**
  Specialists at the Sleep Health Foundation are raising concerns many adults don’t understand just how much their sleep is affecting their daytime functioning, particularly their memory and their mood.

- **Parliamentary Sleep Inquiry outcomes**
  A national campaign to get Australians sleeping better gets government support.

  The Inquiry’s report (called Bedtime Reading) recommends that the Australian Government, in partnership with the states, territories and key stakeholder groups, work to develop and implement a national sleep health awareness campaign.

> “Almost 60 per cent of people regularly experience at least one sleep symptom (like trouble falling asleep), and 14.8 per cent have symptoms which could result in a diagnosis of clinical insomnia.” — Chronic Insomnia in Australia Report, Dr Amy Reynolds et al.
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.

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, corporate sponsorship, partnership programs, donations, brokering research grants 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.

**Sleep Health Foundation Organisational Chart 2020**

<table>
<thead>
<tr>
<th>Committee</th>
<th>Chair</th>
<th>Current Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board</td>
<td>Dorothy Bruck</td>
<td>Darren Mansfield (deputy chair), Moira Junge, Jennifer Low, Darren Mansfield, Shantha Rajaratnam, Michael Rundus, Gemma Paech, Rita Harding, Robert Adams (Helen Burdette, Executive Officer)</td>
</tr>
<tr>
<td>Executive Committee</td>
<td>Dorothy Bruck</td>
<td>Darren Mansfield, Helen Burdette</td>
</tr>
<tr>
<td>(incl Political Engagement)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Code of Practice Committee</td>
<td>Darren Mansfield</td>
<td>Helen Burdette</td>
</tr>
<tr>
<td>Finance Committee</td>
<td>Michael Rundus</td>
<td>Helen Burdette</td>
</tr>
<tr>
<td>Marketing, Communications &amp; Membership</td>
<td>Moira Junge</td>
<td>Dorothy Bruck, Alex Wolkow, Jennifer Low, Gemma Paech, Rita Harding, Helen Burdette</td>
</tr>
<tr>
<td>Engagement &amp; Relationships Committee</td>
<td>Dorothy Bruck</td>
<td>Shantha Rajaratnam, Andrew Vakulin, Moira Junge, Darren Mansfield, Robert Adams, Helen Burdette</td>
</tr>
<tr>
<td>Sleep Friendly Hospitals Working Group</td>
<td>Teanau Roebuck</td>
<td>Amy Reynolds, Robert Adams, Shantha Rajaratnam, Jill Dorrian, Peter Catcheside, Branko Zajamsek, Dorothy Bruck, Alan Young, Kristy Hansen, Catherine Buchanan, Rowen Ogeil, Denise O’Driscol, Helen Burdette</td>
</tr>
<tr>
<td>Business Council</td>
<td>Darren Mansfield</td>
<td>Justin Mitchell (Fisher &amp; Paykel), Penny Stewart (Philips), Catherine Delamare (Resmed), Angus Hastie (Teva), Dorothy Bruck, Darren Mansfield and Helen Burdette (SHF)</td>
</tr>
</tbody>
</table>
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 Executive Officer (as a non-voting member)

Our Board
Board members as at 30 June 2020 were:
- Emeritus Professor Dorothy Bruck, Chair
- Associate Professor Darren Mansfield (Deputy Chair)
- Professor Robert Adams
- Rita Harding
- Dr Moira Junge
- Ms Jennifer Low
- Dr Gemma Paech
- Professor Shantha Rajaratnam
- Mr Michael Rundus
- Ms Helen Burdette, Company Secretary and Executive Officer

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 of our committees or joining the speaker program please contact the office 02 8814 8655 or email: admin@sleephealthfoundation.org.au.

Our Partners
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 and comprises representatives from our major sponsors. As at 30 June 2020 the members of the Business Council are:
- Alertness CRC for Alertness, Productivity and Safety
- Fisher & Paykel
- Philips
- Resmed
- Teva Pharmaceutical Industries Ltd

The terms of reference, and responsibilities of the Business Council are:
- 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

The Sleep Health Foundation is a charity that provides free, evidence based public education via its website fact sheet resources and promotes and funds sleep-related research and advocacy. It is supported by a number of sources, including individual and company donors, memberships and corporate sponsorships.

Our Healthy Sleep Partners
The Sleep Health Foundation encourages businesses who have direct contact with consumers interested in a good night’s sleep to partner with the Foundation and become informed advocates for healthier sleep. We are keen to help businesses with a customer focus to help spread the healthy sleep message. Our current partners are:
- Adjusta Mattress
- SleepCheck
- Tontine (John Cotton Pty Ltd)

We wish to add to the list of companies who support the Foundation’s strategic aims to raise awareness of the importance of getting a good night’s sleep.

Our Collaborations and Information Partners
We work in partnership with other community, health service, research, professional and patient advocacy groups and others to meet our goals. All of our fact sheets are available on the HealthDirect website, we provide regular articles to Kiddipedia on various important areas of children’s sleep health, including articles on helping baby sleep better, tips for new mothers, sleep awareness week, world sleep day and managing trauma and sleep and a guide for newborns. Australasian Sleep Association
- Australian Men’s Shed Association
- Australian Idiopathic Hypersomnia All Help and Support
- Black Sparrow Group – Vigour Media
- Carers Australia
- CRC for Alertness, Safety and Productivity
- Happy Body at Work
- HealthDirect
- Healthily
- HerHeart
- Kiddipedia
- Lung Foundation
- Narcolepsy Australia
Our Thanks

The Foundation Board is grateful to all those who support the Foundation financially. In particular we acknowledge our members, the Business Council members, Healthy Sleep Partners and our Volunteers who contribute their time and energy to helping us grow and develop more resources to share with the community.

We are also very grateful to all those who are part of our Speaker and Webinar Program, presenting in 2019-20 to business, community and school groups throughout Australia.

Narcolepsy and Overwhelming Daytime Sleep Society (NODSS)
Smiling Minds
Wellbeing in Schools
Dorothy joined the first elected Board of the Sleep Health Foundation in October 2010 as it evolved out of the Australasian Sleep Association (ASA), within which it was started in 2009. She has been a driving force behind this group ever since, assuming the chair in October 2016.

The Foundation has so much to thank her for. Her energy, intellect, integrity, and approachability have been key assets for it as it has developed into Australia’s leading advocate for healthy sleep over the years since foundation. This progress has required the development of educational resources for the community, media outreach activity, research into the public health aspects of sleep problems and engagement with other professional organisations and community leaders. In all of these areas she has excelled.

The website is now a great library of information with development and revision of fact sheets an ongoing task in which she has been heavily engaged from the outset. She has the admirable capacity to both persuade and inspire others to contribute while providing much of the energy and leg work herself. She truly leads by example. Her clever understanding of human psychology is clearly an asset here, in ensuring that both the work gets done and that it is appropriately pitched to the lay audience for which it is intended. Her sensitivity to the needs of the community is typified by the speed with which she ensured that sleep-specific advice was provided during the sleep-threatening bushfire and COVID-19 crises of this year.

In collaboration with the ASA, she led the Foundation into a deeper engagement with the nation’s political leaders, culminating in the 2019 parliamentary inquiry into sleep health awareness, a defining moment for Australia’s sleep health. The inquiry provides a blueprint for the future development of administrative and public health measures to improve the nation’s sleep with recognition of it as a national priority. The inquiry would not have happened without her purpose, drive and leadership.

She has also been directly involved in brokering research, with recent achievements including instigation of the sleep and mental wellbeing study with VicHealth, the carer’s sleep review with Carers Australia, a survey of the distribution and determinants of insomnia, funded by Merck Sharp and Dohme Australia, and a number of economic reports with Deloitte Access Economics.

In association with all these activities she has maintained a constant presence in the national media. Her calm, well-reasoned and compelling advice has been very well received by print, radio and television media both educating the community and increasing the influence of the Foundation on sleep-related public policy.

She has also used her considerable diplomatic skills and persuasiveness to forge constructive relationships with other community groups advocating for issues related to sleep health.

She has led the Board in an efficient, effective and highly collegial manner. Her measured and insightful comments and decisions have resulted in the Foundation making tremendous progress across a range of areas, and going from strength to strength.

In all these endeavours she has demonstrated the essence of great leadership: the ability to motivate and inspire those around her, to listen hard and to act decisively. All delivered with charm and good humour! We are thrilled that she has agreed to remain on the Board to contribute her many talents to the serve the Foundation and the community.
Financial Report

FOR THE YEAR ENDED 30 JUNE 2020

Sleep Health Foundation ABN 91 138 737 854
Suite 114, 30 Campbell Street, Blacktown NSW 2148
T 61 02 8814 8655 www.sleephealthfoundation.org.au

Liability limited by a scheme approved under Professional Standards Legislation

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Statement of changes in equity 26
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Auditor’s report 34
The directors present their report on the company for the financial year ended 30 June 2020.

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

- Dorothy Bruck
- Shantha Rajaratnam
- Darren Mansfield
- Moira Junge
- Michael Rundus
- Jennifer Low
- Robert Adams
- Gemma Paech (appointed 19 October 2019)
- Rita Harding (appointed 18 December 2019)

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 $27,071 (2019 loss: $21,218). The operating profit this year was primarily due to the support from our sponsors.

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.

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 2020 has been received and can be found on the following page.

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

Director:

Prof Dorothy Bruck

Dated this 17th day of September 2020
Auditor’s Independence Declaration

UNDER SECTION 307C OF THE CORPORATIONS ACT 2001
TO THE DIRECTORS OF THE SLEEP HEALTH FOUNDATION

I hereby declare, that to the best of our knowledge and belief, during the financial year ended 30 June 2020 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: 1.06, 10 Century Circuit Norwest NSW 2153

Dated this 17th day of September 2020
### Statement of Profit or Loss and Other Comprehensive Income

for the Year ended 30 June 2020

<table>
<thead>
<tr>
<th>Note</th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Income</strong></td>
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</tr>
<tr>
<td>Revenue</td>
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<td>331,414</td>
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<tr>
<td><strong>Expenditure</strong></td>
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</tr>
<tr>
<td>Audit fees</td>
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<td>(3,637)</td>
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<tr>
<td>Advertising expenses</td>
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<td>(39,089)</td>
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<tr>
<td>Depreciation and amortisation expenses</td>
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<td>(132)</td>
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<tr>
<td>Other expenses</td>
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<td>(261,485)</td>
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<tr>
<td><strong>(Loss) Profit for the year</strong></td>
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<td>27,071</td>
</tr>
<tr>
<td>Retained surplus at the beginning of the financial year</td>
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<td>125,066</td>
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<tr>
<td><strong>Retained surplus at the end of the financial year</strong></td>
<td></td>
<td>152,137</td>
</tr>
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The accompanying notes form part of these financial statements.
Statement of Financial Position

as at 30 June 2020

<table>
<thead>
<tr>
<th>Note</th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>ASSETS</td>
<td></td>
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</tr>
<tr>
<td>Current Assets</td>
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<tr>
<td>Cash and cash equivalents</td>
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<td>273,029</td>
</tr>
<tr>
<td>Trade and other receivables</td>
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<td>26,377</td>
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<tr>
<td>TOTAL CURRENT ASSETS</td>
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<td>299,406</td>
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<tr>
<td>Non-current Assets</td>
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<tr>
<td>Property, plant and equipment</td>
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<td>530</td>
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<tr>
<td>TOTAL NON-CURRENT ASSETS</td>
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<tr>
<td>TOTAL ASSETS</td>
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<td>299,936</td>
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<tr>
<td>LIABILITIES</td>
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<td>Current Liabilities</td>
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<tr>
<td>Trade and other payables</td>
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<td>123,021</td>
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<tr>
<td>Provisions</td>
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<tr>
<td>TOTAL CURRENT LIABILITIES</td>
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<tr>
<td>Non-Current Liabilities</td>
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<td>Provisions</td>
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<tr>
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<td>TOTAL LIABILITIES</td>
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</tr>
<tr>
<td>NET ASSETS (LIABILITIES)</td>
<td></td>
<td>152,137</td>
</tr>
<tr>
<td>EQUITY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retained surplus</td>
<td>10</td>
<td>152,137</td>
</tr>
<tr>
<td>TOTAL EQUITY</td>
<td></td>
<td>152,137</td>
</tr>
</tbody>
</table>

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

for the Year ended 30 June 2020

<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><strong>Balance at 1 July 2018</strong></td>
<td>146,275</td>
<td>146,275</td>
</tr>
<tr>
<td>Total comprehensive income attributable to members of the entity</td>
<td>(21,209)</td>
<td>(21,209)</td>
</tr>
<tr>
<td><strong>Balance at 30 June 2019</strong></td>
<td>125,066</td>
<td>125,066</td>
</tr>
<tr>
<td>Total comprehensive income attributable to members of the entity</td>
<td>27,071</td>
<td>27,071</td>
</tr>
<tr>
<td><strong>Balance at 30 June 2020</strong></td>
<td>152,137</td>
<td>152,137</td>
</tr>
</tbody>
</table>

The accompanying notes form part of these financial statements.
## Statement of Cash Flows

for the Year ended 30 June 2020

<table>
<thead>
<tr>
<th>Note</th>
<th>2020</th>
<th>2019</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>140,594</td>
<td>180,867</td>
</tr>
<tr>
<td>Donations received</td>
<td>27,230</td>
<td>5,285</td>
</tr>
<tr>
<td>Grants received</td>
<td>222,086</td>
<td>74,238</td>
</tr>
<tr>
<td>Payments to suppliers &amp; others</td>
<td>(281,602)</td>
<td>(358,495)</td>
</tr>
<tr>
<td>Interest received</td>
<td>111</td>
<td>545</td>
</tr>
<tr>
<td>Other income received</td>
<td>23,412</td>
<td>33,020</td>
</tr>
<tr>
<td><strong>Net cash used in operating activities</strong></td>
<td>131,831</td>
<td>(64,540)</td>
</tr>
<tr>
<td><strong>Net Increase (Decrease) in cash held</strong></td>
<td>131,831</td>
<td>(64,540)</td>
</tr>
<tr>
<td><strong>Cash at beginning of financial year</strong></td>
<td>141,198</td>
<td>205,738</td>
</tr>
<tr>
<td><strong>Cash at end of financial year</strong></td>
<td>273,029</td>
<td>141,198</td>
</tr>
</tbody>
</table>

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

for the Year ended 30 June 2020

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 17 September 2020 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.

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.

**Employee Benefits**

Provision is made for the company’s liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits that are expected to be wholly settled within one year have been measured at the amounts expected to be paid when the liability is settled.

Employee benefits expected to be settled more than one year after the end of the reporting period have been measured at the present value of the estimated future cash outflows to be made for those benefits. In determining the liability, consideration is given to employee wage increases and the probability that the employee may satisfy vesting requirements. Cash flows are discounted using market yields on high quality corporate bond rates incorporating bonds rated AAA or AA by credit agencies, with terms to maturity that match the expected timing of cash flows. Changes in the measurement of the liability are recognised in profit or loss.

**Provisions**

Provisions are recognised when the company has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured.

**Revenue and other income**

Revenue is recognised when the business 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.

**Cash and Cash Equivalents**

Cash and cash equivalents comprises 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.

**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 2020

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>3 Income</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Membership fees</td>
<td>12,757</td>
<td>15,169</td>
</tr>
<tr>
<td>Partnership fees</td>
<td>110,416</td>
<td>131,591</td>
</tr>
<tr>
<td>Donations</td>
<td>27,230</td>
<td>5,285</td>
</tr>
<tr>
<td>Special projects/grants</td>
<td>159,486</td>
<td>117,907</td>
</tr>
<tr>
<td>Interest received</td>
<td>111</td>
<td>546</td>
</tr>
<tr>
<td>Other income</td>
<td>21,414</td>
<td>34,095</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td>331,414</td>
<td>304,593</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4 Other expenses</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bank charges</td>
<td>562</td>
<td>880</td>
</tr>
<tr>
<td>Audit, accounting &amp; bookkeeping fees</td>
<td>9,420</td>
<td>9,450</td>
</tr>
<tr>
<td>Annual leave provision expense</td>
<td>5,433</td>
<td>-</td>
</tr>
<tr>
<td>Computer expenses</td>
<td>760</td>
<td>120</td>
</tr>
<tr>
<td>Conference costs</td>
<td>1,127</td>
<td>2,872</td>
</tr>
<tr>
<td>Consultants fees</td>
<td>800</td>
<td>1,250</td>
</tr>
<tr>
<td>Donations</td>
<td>40,000</td>
<td>40,000</td>
</tr>
<tr>
<td>Office expenses</td>
<td>309</td>
<td>818</td>
</tr>
<tr>
<td>Insurance</td>
<td>1,831</td>
<td>1,830</td>
</tr>
<tr>
<td>Meetings</td>
<td>2,818</td>
<td>3,918</td>
</tr>
<tr>
<td>Printing &amp; stationery</td>
<td>-</td>
<td>4,470</td>
</tr>
<tr>
<td>Secretarial fees</td>
<td>69,249</td>
<td>67,427</td>
</tr>
<tr>
<td>Special projects</td>
<td>115,323</td>
<td>121,449</td>
</tr>
<tr>
<td>Speakers - education</td>
<td>6,800</td>
<td>10,940</td>
</tr>
<tr>
<td>Staff training &amp; conferences</td>
<td>1,050</td>
<td>1,156</td>
</tr>
<tr>
<td>Travelling</td>
<td>-</td>
<td>318</td>
</tr>
<tr>
<td>Website costs</td>
<td>5,003</td>
<td>11,376</td>
</tr>
<tr>
<td><strong>Total Other Expenses</strong></td>
<td>261,485</td>
<td>280,173</td>
</tr>
</tbody>
</table>
## Cash and cash equivalents

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash at bank</td>
<td>$125,958</td>
<td>$19,238</td>
</tr>
<tr>
<td>Savings accounts</td>
<td>$147,071</td>
<td>$121,960</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$273,029</strong></td>
<td><strong>$141,198</strong></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>Cash and cash equivalents</th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$273,029</td>
<td>$141,198</td>
</tr>
</tbody>
</table>

## Trade and other receivables

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trade debtors</td>
<td>$23,247</td>
<td>$18,846</td>
</tr>
<tr>
<td>Other debtors</td>
<td>$3,130</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$26,377</strong></td>
<td><strong>$18,846</strong></td>
</tr>
</tbody>
</table>

## Property, plant and equipment

### Plant and equipment

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>At cost</td>
<td>$1,189</td>
<td>$1,189</td>
</tr>
<tr>
<td>Accumulated depreciation</td>
<td>-(659)</td>
<td>-(527)</td>
</tr>
<tr>
<td><strong>Total plant and equipment</strong></td>
<td><strong>530</strong></td>
<td><strong>662</strong></td>
</tr>
</tbody>
</table>

## Trade and Other Payables

### Current

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trade creditors</td>
<td>$2,478</td>
<td>$18,253</td>
</tr>
<tr>
<td>Other creditors</td>
<td>$20,367</td>
<td>$5,015</td>
</tr>
<tr>
<td>Income in advance</td>
<td>$100,176</td>
<td>$11,125</td>
</tr>
<tr>
<td>Credit card liabilities</td>
<td>-</td>
<td>$1,247</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$123,021</strong></td>
<td><strong>$35,640</strong></td>
</tr>
</tbody>
</table>
Notes to the Financial Statements

for the Year ended 30 June 2020

<table>
<thead>
<tr>
<th>9 Provisions</th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provision for annual leave</td>
<td>9,055</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>9,055</td>
<td>-</td>
</tr>
<tr>
<td>Non-current</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provision for long service leave</td>
<td>15,723</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>15,723</td>
<td>-</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>10 Retained Surplus</th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retained surplus at the beginning of the financial year</td>
<td>125,066</td>
<td>146,275</td>
</tr>
<tr>
<td>(Net loss) net profit attributable to members of the company</td>
<td>27,071</td>
<td>(21,209)</td>
</tr>
<tr>
<td>Retained surplus at the end of the financial year</td>
<td>152,137</td>
<td>125,066</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>11 Cash flow information</th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reconciliation of cash flow from operations with profit for the year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Profit (loss) for the year</td>
<td>27,071</td>
<td>(21,209)</td>
</tr>
<tr>
<td>Non-cash flows in profit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depreciation</td>
<td>132</td>
<td>165</td>
</tr>
<tr>
<td>Changes in assets and liabilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decrease/(increase) in trade and other receivables</td>
<td>(7,033)</td>
<td>20,502</td>
</tr>
<tr>
<td>(Decrease)increase in payables</td>
<td>(2,168)</td>
<td>(19,248)</td>
</tr>
<tr>
<td>(Decrease)increase in income in advance</td>
<td>89,052</td>
<td>(44,750)</td>
</tr>
<tr>
<td>(Decrease)increase in employee provisions</td>
<td>24,778</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>131,832</td>
<td>(64,540)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>12 Statutory information</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>The registered office and principal place of business is:</td>
<td></td>
</tr>
<tr>
<td>Suite 114, 30 Campbell Street</td>
<td></td>
</tr>
<tr>
<td>Blacktown NSW 2148</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>13 Members’ Guarantee</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>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 2020 the number of members was 176 (2019: 302).</td>
<td></td>
</tr>
</tbody>
</table>
Directors’ 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 2020 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 Dorothy Bruck

Dated this 17th day of September 2020

Director: Michael Rundus
Independent Auditor’s Report

TO THE MEMBERS OF
THE SLEEP HEALTH FOUNDATION
ABN 91 138 737 854

Opinion
We have audited the financial report of The Sleep Health Foundation which comprises the statement of financial position as at 30 June 2020, and the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows 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 2020, 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 2020, 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.

The accompanying notes form part of these financial statements.
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: 1.06, 10 Century Circuit Norwest NSW 2153

Dated this 17th day of September 2020

The accompanying notes form part of these financial statements.