



Australia a sleep-deprived nation

The Age
August 4, 2011

AUSTRALIANS are not spending enough time in the land of nod, raising fears that many people think sleeping has become a waste of time.

A survey of 1500 people aged 14 to 70 found the average Australian sleeps for only seven hours instead of the recommended eight. And long, lazy weekend sleep-ins seem to be a thing of the past, with the average lie-in stretching to only 45 minutes.

One third of the group did not feel refreshed when they woke up, with 19 per cent saying their sleepiness interfered with their daily activities. The problem was particularly evident among 14 to 24-year-olds, nearly half of whom woke up unrefreshed most days.

Sleep Health Foundation chairman David Hillman said it appeared many Australians believed sleep was a waste of time without realising the impact that a lack of sleep could have on their health.

<http://www.theage.com.au/national/australia-a-sleepdeprived-nation-20110803-1ibnz.html#ixzz1U19x7Bp6>