

Things you should know about sleep!

- 1** **40% of Australians** are not getting enough sleep.
- 2** For all persons over the age of 18, it is recommended that you have **7-9hrs of sleep each night.**
- 3** Children with poor sleep habits are **6 times as likely** to be hyperactive than children with good sleep habits.
- 4** Just seventeen hours of no sleep **reduces work performance** to similar levels to a 0.05 blood alcohol level.
- 5** About 12% of Australian men have undiagnosed moderate-to-severe sleep apnoea.
- 6** After menopause women have similar rates of sleep apnoea to men.
- 7** An Australian community study found a **four times higher rate of death** for people with moderate-to-severe sleep apnoea (compared to no or mild sleep apnoea) over 20 years.
- 8** Inadequate sleep increases the risk of obesity, diabetes, stroke, and heart disease.
- 9** Men who get 5 hours sleep a night for a week have **significantly lower levels of testosterone than those who get a good night's rest.** Their levels are more akin to someone 10 years older.
- 10** Growth hormone is released almost entirely during deep sleep.



Watch Dr Hannah Hensen's seminar on Sleep
www.neurataalks.org

