



# PARLIAMENT of AUSTRALIA

## MEDIA RELEASE

**HOUSE OF REPRESENTATIVES STANDING COMMITTEE ON HEALTH, AGED CARE AND SPORT**  
Inquiry into Sleep Health Awareness in Australia

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Friday, 8 February 2019

## Sleep Talking in Canberra

The Australian Parliament's Health, Aged Care and Sport Committee will be holding a roundtable public hearing in Canberra on Monday, 11 February 2019, as part of its *Inquiry into Sleep Health Awareness in Australia*.

The Committee Chair, Mr Trent Zimmerman MP, said that 'as many as four out of every ten Australians are getting insufficient sleep at least a couple of nights a week. In addition, it is estimated that 9 per cent of Australians have sleep disorders such as sleep apnoea and insomnia.'

'The Committee will meet with medical groups, researchers, and government agencies to discuss how to raise awareness of the importance of sleep health in the Australian community and how people with sleeping disorders are supported and treated.'

'In addition, the Committee will hear personal accounts from individuals who have a sleep disorder, or are caring for a family member with a sleep disorder, regarding the social, financial, and physical impacts of living with a sleep disorder', Mr Zimmerman said.

Further information about the inquiry, including the public hearing program, is available at: [www.aph.gov.au/Parliamentary\\_Business/Committees/House/Health\\_Aged\\_Care\\_and\\_Sport/SleepHealthAwareness](http://www.aph.gov.au/Parliamentary_Business/Committees/House/Health_Aged_Care_and_Sport/SleepHealthAwareness). The hearing will be broadcast live at [www.aph.gov.au/live](http://www.aph.gov.au/live).

### **PUBLIC HEARING DETAILS:**

#### **CANBERRA**

**9.15 am to 12.15 pm, Monday, 11 February 2019**

**Committee Room 1R1, Australian Parliament House, Canberra**

#### **Media enquiries:**

Please contact Flynn McDermott from the office of Mr Trent Zimmerman MP, Chair, on 0412 083 912, or [Flynn.McDermott@aph.gov.au](mailto:Flynn.McDermott@aph.gov.au).

#### **For background information:**

House of Representatives Standing Committee on Health, Aged Care and Sport  
(02) 6277 4145, [health.reps@aph.gov.au](mailto:health.reps@aph.gov.au), <http://www.aph.gov.au/health>

Interested members of the public may wish to track the committee via the <http://www.aph.gov.au/health>. Click on the blue 'Track Committee' button in the bottom right hand corner and use the forms to login to My Parliament or to register for a My Parliament account.