

Sleep plays an important role in good health and well-being. Getting enough good quality sleep can help protect your physical and mental health and improve your quality of life.

The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your health and wellbeing. In children and teens, sleep also helps support growth and development.

The damage from insufficient sleep or poor quality sleep can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing poor sleep and sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

If you are feeling tired during the day, nod off at inconvenient or inappropriate times or have trouble initiating or staying asleep see your GP and ask for a referral to a sleep specialist.

Accurate diagnosis is important, not only because of the negative impacts of sleepiness and its root causes on health and social function but because excessive sleepiness is generally remediable with appropriate treatment.



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Sleep Disorders Australia

Support • Awareness • Education





Sleep Disorders affect both children and adults.

Signs that may indicate you have a sleep disorder:

- Snoring
- Trouble falling asleep and/or staying asleep
- Wake up feeling tired or are tired and fatigued during the day
- Nod off at times during the day, sometimes without realising it
- Sleep a lot but still feel tired
- Memory problems, trouble thinking and concentrating

Signs to look for in children:

- Daytime tiredness
- Snoring
- Restless sleep
- Poor behaviour
- Failure to thrive

Children and teens need between 10-12 hours sleep. If you suspect your child isn't sleeping enough, or they show any of the signs above despite getting enough sleep it is important that you talk to your doctor. There may be an underlying sleep disorder or another medical condition at play. Your doctor may refer you to a sleep specialist.

Support and Information

Website Resources

- **FACT SHEETS:** A range of Fact Sheets that cover all major sleep disorders, including sleep apnea treatment (CPAP and oral appliance), and sleep health
- **SLEEP CLINICS:** A list of sleep clinics throughout Australia.
- **HEALTH FUNDS AND OTHER REBATES:** Information about health fund and other rebates for CPAP users.
- **NEWS:** Information about current research and other sleep related news.
- **USEFUL LINKS:** Links to our social media including our Facebook Support Group and other relevant links.

sleepoz.org.au

Other resources:

- Free information booklet
- Quarterly member newsletter
- Sleep Awareness Programs
- Public Presentations and Information Seminars
- Facebook Page and Twitter
- Online Support Group
- Telephone, Mail and Email Support
- Buddy Program

We have buddies in all states to put new CPAP users in contact with more experienced users, for advice and encouragement during the difficult period of initial treatment.

Sleep Disorders Australia (SDA) is a voluntary Not for Profit organisation that provides information and offers support and assistance to people affected by sleep disorders throughout Australia. SDA advocates for the needs of people with sleep disorders and raises awareness of sleep disorders and the significance they can have on the lives of those affected by them. We also provide support and education with regards to the prevention and treatment of sleep disorders. We work with a range of sleep health professionals, organisations, research centres and peak bodies.

We would be delighted if you would join us. Membership is available to all sufferers, members of their family, medical professionals, and any member of the public who has an interest in the area of sleep disorders.

You can join SDA via our website or email us for an application form at membership@sleepoz.org.au. If you would like to support us with a donation. You can send a cheque to:

Sleep Disorders Australia
PO Box 5278 Algester Qld 4115

Other payment options include:

Direct Debit

Sleep Disorders Australia
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Sleep Disorders Australia has full DGR Item 1 status. Donations over \$2 are tax deductible.
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