

Time for a Good Nights Sleep.

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The Australian Parliamentary inquiry final report into Australia's sleep health 'Bedtime Reading' has been well received by both Sleep Disorders Australia (SDA) and Hypersomnolence Australia (HA). SDA-HA now urge the Government to implement the recommendations of the committee.

This world leading Inquiry by the House of Representatives Standing Committee on Health, Aged Care and Sport is the first real investigation by a government committee at Sleep Health Awareness and the way sleep issues impact on our lives, the affect they have on society, and how the Australian Health system is structured to deal with these issues.

The Chairman of Sleep Disorders Australia, Australia's major patient support organisation, Joseph Soda, has said he is pleased with the report and the recommendations however the recommendations now need to be implemented.

"These recommendations if acted on will have a positive impact on a large number of people with sleep disorders.

The current cost of diagnosis, medical equipment and accessories required to treat obstructive sleep apnea (OSA) has a major impact on patients particularly those who hold a pension and or a health concession card.

The recommendation to have rebates for these costs through Medicare is strongly supported by SDA, and is essential to ensure that the majority of patients remain compliant in continuing treatment. The benefit to society is that treated sleep apnea actually saves money and it also leads to substantial improvements in wellbeing"

Director of Sleep Disorders Australia and Founder and Director of Hypersomnolence Australia, Michelle Chadwick, said the inquiry and the subsequent report and recommendations are important to all people affected by sleep disorders, particularly narcolepsy and idiopathic hypersomnia.

Michelle agrees with Committee Chair, Trent Zimmerman MP who said in the final report 'While not as prevalent as OSA, narcolepsy and associated conditions such as idiopathic hypersomnia can have a debilitating impact on a person's quality of life. There is a need to improve the awareness of these conditions both within the community and among medical practitioners.'

"I agree with the Chair Mr Zimmerman. We need to improve awareness and the education of the sleep specialists that are responsible for diagnosing and treating these conditions. People are suffering because many of our doctors do not have the knowledge or experience to properly care for us. The recommendations of the inquiry are good, what we need now is for them to be actioned." Michelle said.

"SDA-HA supports the recommendation that the Australian Government fund research focused on the prevalence, causes, and mechanisms of rare or not well understood sleep disorders, including narcolepsy and idiopathic hypersomnia. Australian research will lead to better education of Australian doctors which is something that the report identified is sorely lacking."

The full inquiry report can be viewed [here](#).

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About Sleep Disorders Australia

Sleep Disorders Australia (SDA) is Australia's only Not for Profit organisation that represents all sleep disorders. Founded in 1996 from a group of organisations that supported sleep apnea, SDA now provides information and offers support and assistance to people and their families who are affected by all sleep disorders throughout Australia. SDA also 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. <https://www.sleepoz.org.au>

About Hypersomnolence Australia

Hypersomnolence Australia (HA) is the only not for profit organisation in Australia and was the first in the world to specifically represent and support the neurological sleep wake disorder Idiopathic Hypersomnia (IH). Our primary purpose is to support the medical community work towards a better understanding of IH, effective treatment options, and identifying biomarkers that will lead to more appropriate diagnostic tools and ultimately a cure. HA is committed to being a strong advocacy, raising awareness and educating others about IH. HA's goal is to change not just the process to diagnosis but also the level of care and services available to patients post diagnosis. <https://www.hypersomnolenceaustralia.org.au>