



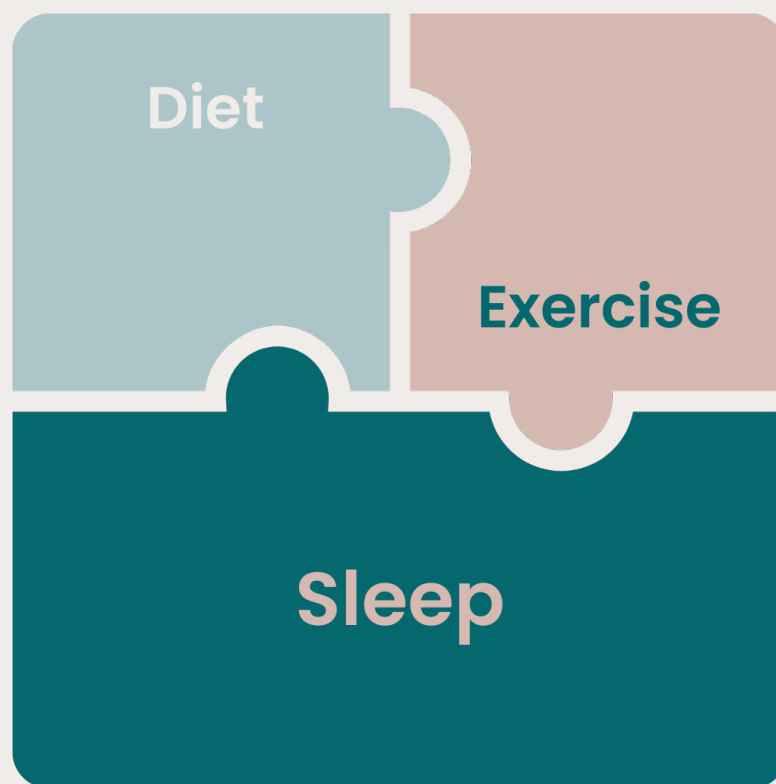
Living Well to Lead

...via Better Sleep

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Sleep Health Foundation
May, 2025



The Three Pillars of Health





What we'll cover

- The importance of sleep
- Impacts on health and longevity
- Ways to improve sleep
- Sorting facts from fads
- Sleep health goes far beyond screen use
- Q & A



What is the purpose of the Sleep Health Foundation?

SPOTLIGHT ON SLEEP

- Raise profile
- Lived experience
- Resources

INSPIRE ACTION ACROSS COMMUNITIES

- Schools
- Workplaces
- Aged Care

MAKE SLEEP A NATIONAL PRIORITY

- Whole of society approach

TAKE A SLEEP PULSE CHECK EVERY YEAR

- Surveys
- Influential reports

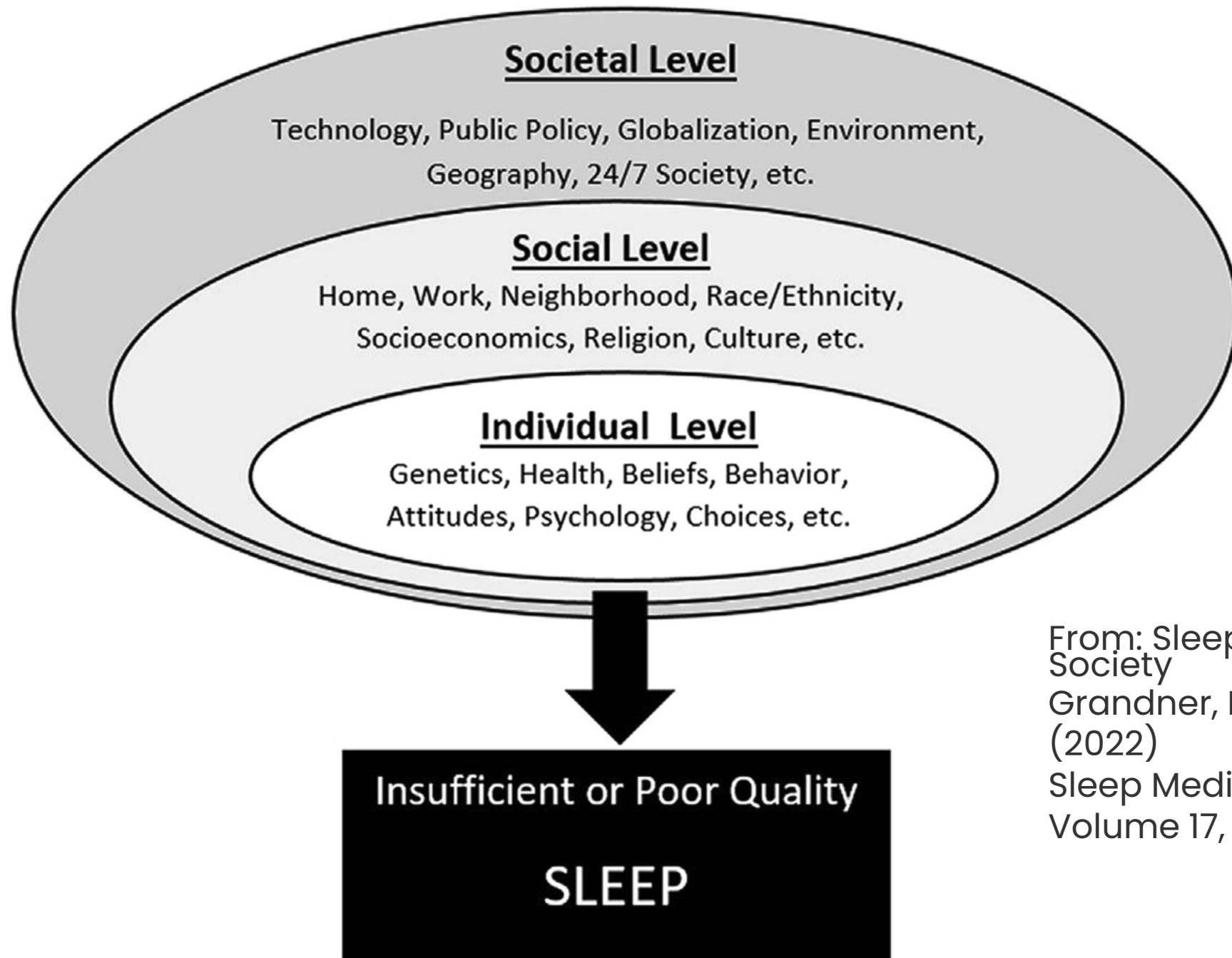
SHAPE POLICY FOR BETTER SLEEP

- Advocacy



**These are the things
keeping us awake at
night.....**





From: Sleep, Health, and
Society
Grandner, Michael A.
(2022)
Sleep Medicine Clinics,
Volume 17, Issue 2, 117 – 139

Harms associated with inadequate sleep

Increased risk of mental health conditions

Increased risk of cardiovascular disease

Increased risk of accidents and injuries

Increased risk of obesity and overweight

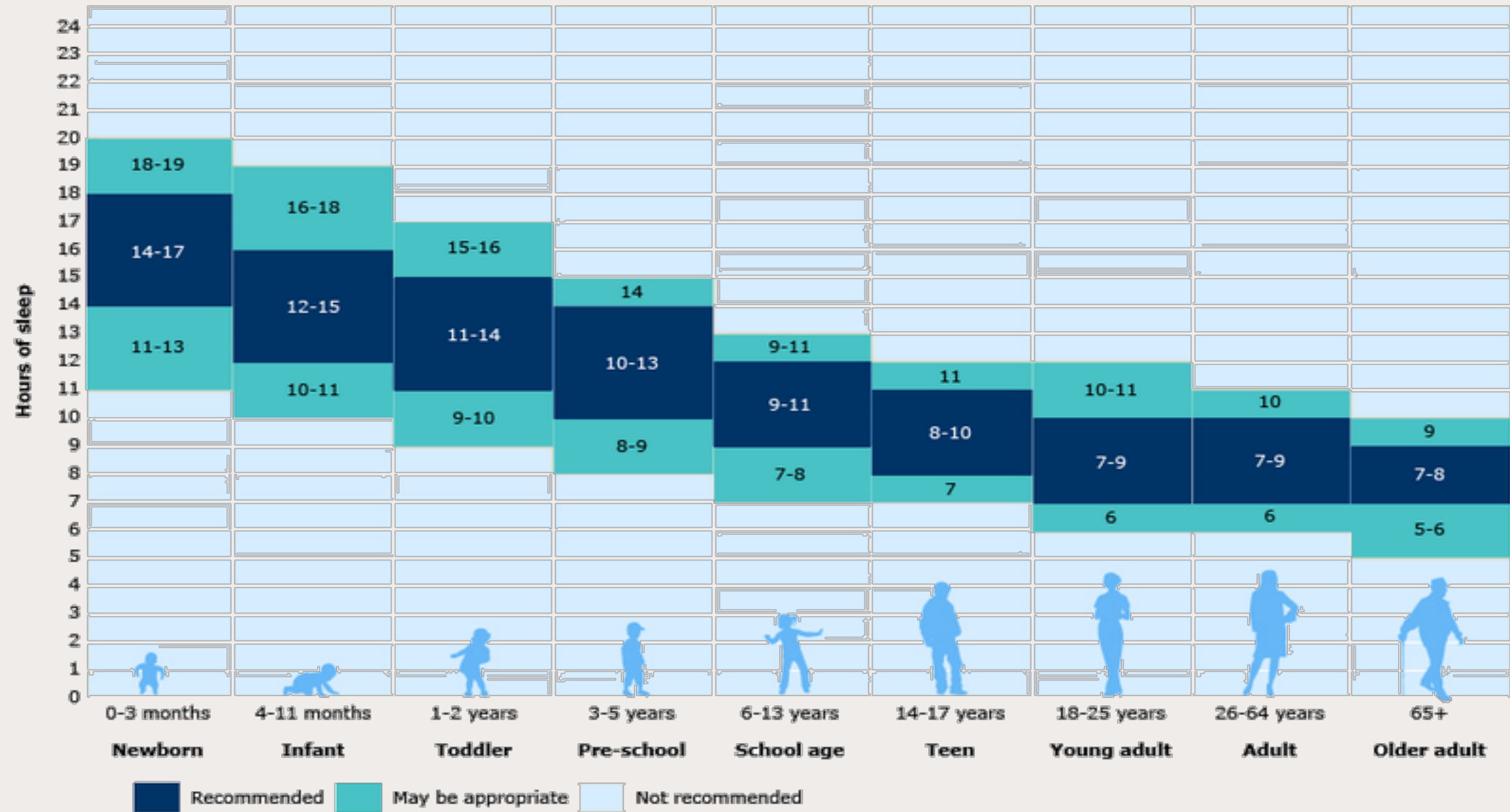
Increased risk of some dementias and some cancers

Reduced immune function

Reduced productivity

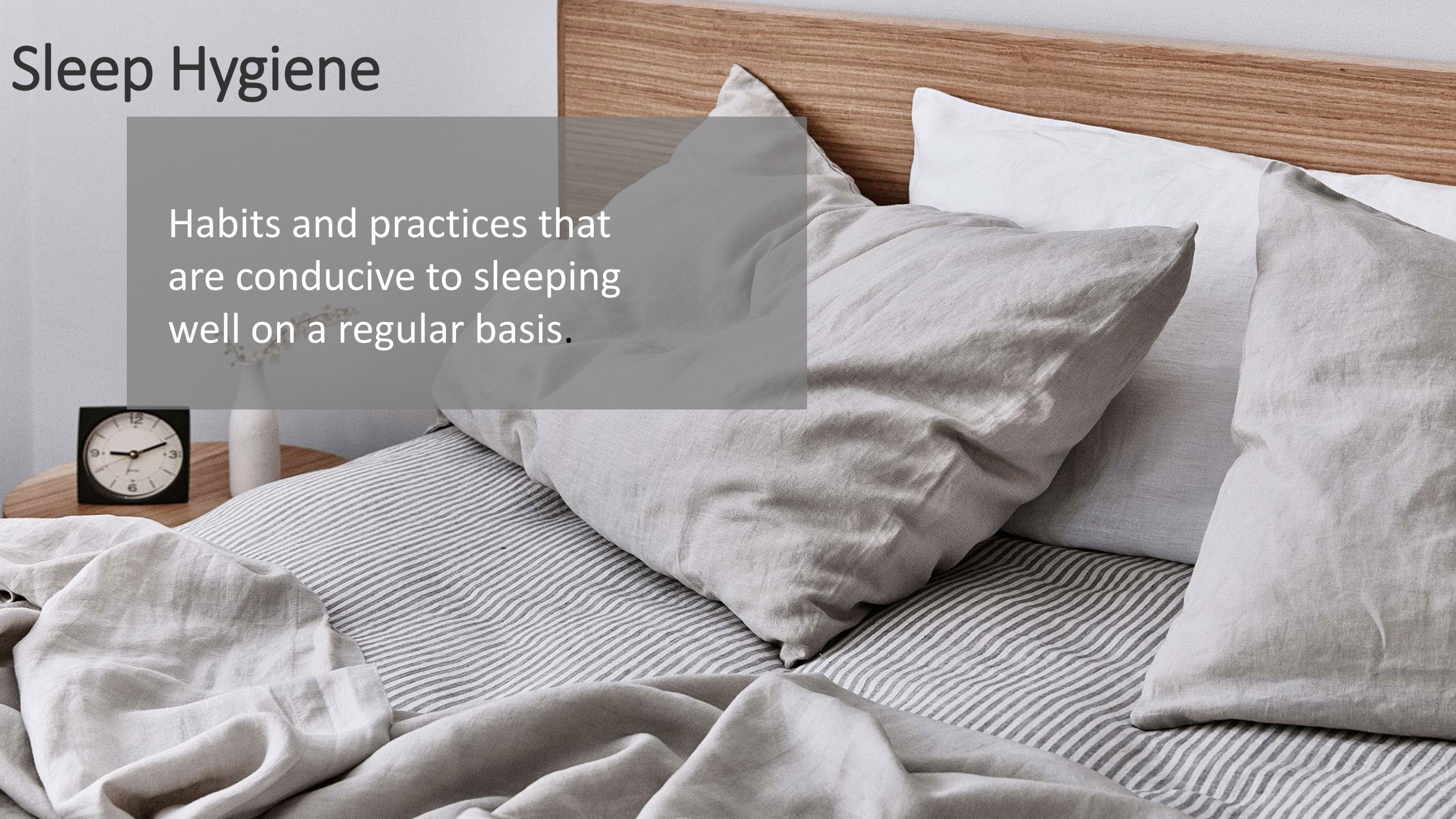


How much sleep do we need?



Sleep Hygiene

Habits and practices that are conducive to sleeping well on a regular basis.





Common Sleep Disorders



Insomnia



Sleep
Apnoea



Restless
Legs
Syndrome



- 0 = would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

Situation

Chance of dozing

Sitting and reading	<input type="text"/>
Watching TV	<input type="text"/>
Sitting, inactive in a public place (e.g. a theatre or a meeting)	<input type="text"/>
As a passenger in a car for an hour without a break	<input type="text"/>
Lying down to rest in the afternoon when circumstances permit	<input type="text"/>
Sitting and talking to someone	<input type="text"/>
Sitting quietly after a lunch without alcohol	<input type="text"/>
In a car, while stopped for a few minutes in the traffic	<input type="text"/>
Total	<input type="text"/>

Meet Mike Frost- he has sleep apnoea



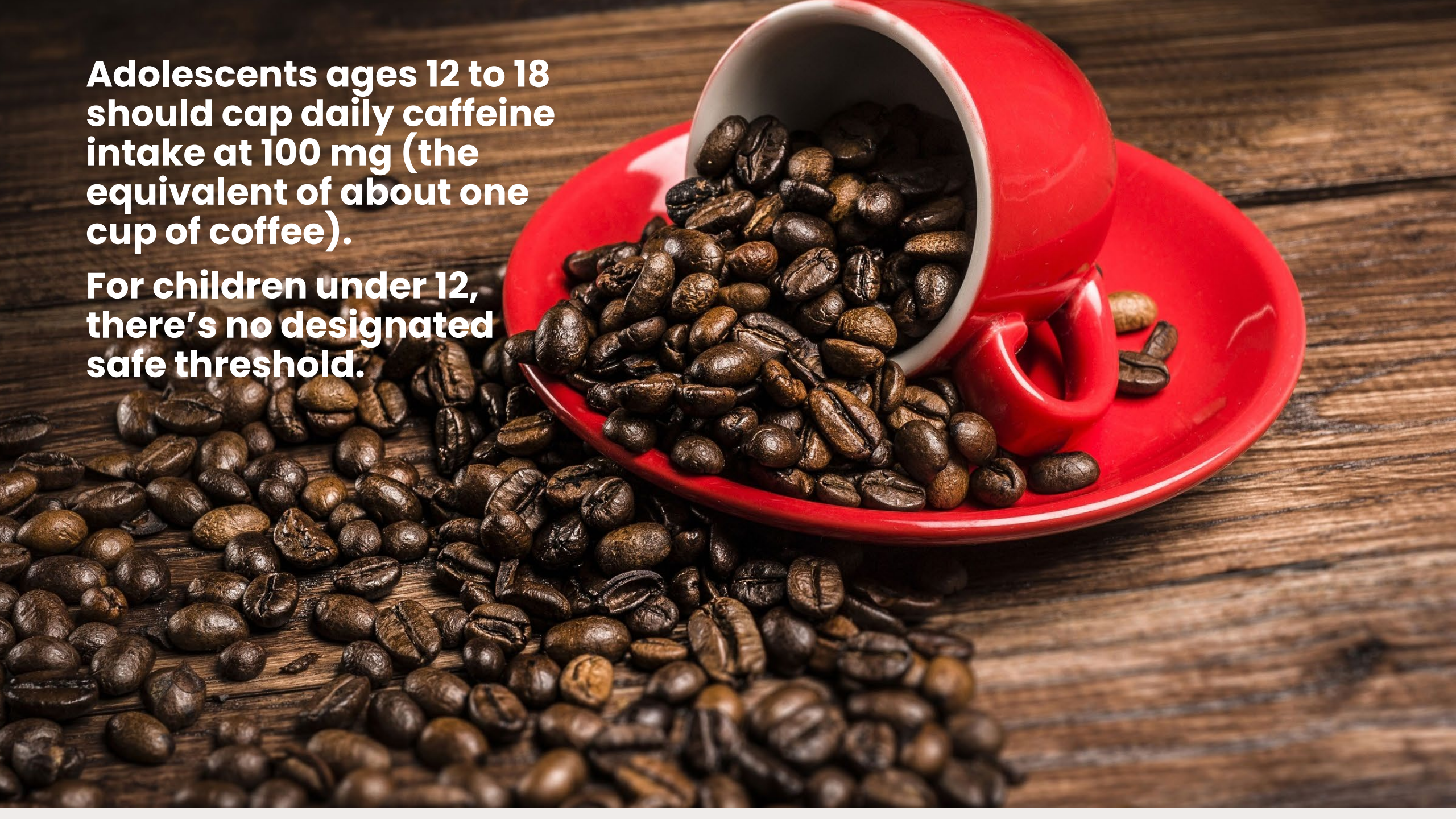


Early bird or Night Owl?



Adolescents ages 12 to 18 should cap daily caffeine intake at 100 mg (the equivalent of about one cup of coffee).

For children under 12, there's no designated safe threshold.



You will be surprised at the amount of caffeine in soft drinks- tell your students and whoever runs the canteen



<https://www.tastingtable.com/1350827/caffeine-content-popular-sodas-ranked-low-high/>

Sleep and Schools...



- Parents and teachers and young people need to **value sleep and understand its importance**
- **Seek support** if sleep is totally inadequate
- Be well educated about **light/dark influences**
- **Limit (not always avoid) screen use** before bedtime and promote consistent sleep routines.
- Limit **caffeine**
- **Educate families and schools** on the importance of sleep and good sleep habits.
- **Encourage physical activity** and exposure to natural light during the day
- Consistent routines are key
- **Do not mouth tape**

How to get healthier sleep at all ages



- Make room for sleep
- Don't aim for perfection- sleep anxiety is the enemy!
- Waking is normal!
- Be aware of influences of light and dark
- Manage external disruptions (noise, light, phones etc)
- Manage internal disruptions (worry, stress, caffeine, good food)
- If a child is a snorer and if sleepy, and seemingly getting plenty of sleep see GP and get referral
- If worried about sleep and try self help has been tried for 2-3 months (with expert advice) then seek help

Myth busting



- Melatonin is 100% safe and has no risks **No**
- Mouth taping is worth a try? **Not in kids**
- Kids all need the same amount of sleep **No**
- All sleep problems are due to technology **No**
- There is no help out there. **No**
- Social media health messages must be accurate especially coming from a health professional. **No**

Creating better sleep culture and environments

- **Ideas for this? Place in the chat!**
- **Get involved in Sleep Health Week (Aug 11-15, 2025)**
- **World Sleep Day (March 2026)**
- **Do you have sleep as a focus area in your health and wellness conversations and strategies at home and work?**
- **Potentially delay school start times to align with adolescent sleep cycles (talk of this since 1994!)**

Handy sleep resources:



- www.sleephealthfoundation.org.au (all ages)
- This Way Up:
<https://thiswayup.org.au/programs/insomnia-program/>
- A Mindful Way to Healthy Sleep (adults)
<https://www.amindfulway.com.au/>
- For Children: Sleep with Kip
<https://sleepwithkip.com/>
- Raising Children's Network
<https://raisingchildren.net.au/>
- Sleep Ninja app for teens (Black Dog)
- Smiling Mind (all ages)



Advanced Sleep Phase Disorder (ASPD)

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Anaesthesia, Sleep & Sleep Apnoea

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Bedwetting in Children

[Read more](#)



Delayed Sleep Phase Syndrome (DSPS)

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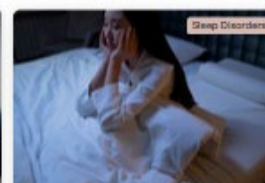
Excessive Daytime Sleepiness

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Idiopathic Hypersomnia (IH)

[Read more](#)



Preventing Chronic Insomnia

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Rapid Eye Movement (REM) Sleep Behaviour Disorder

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Restless Legs Syndrome (RLS)

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CPAP: Continuous Positive Airway Pressure

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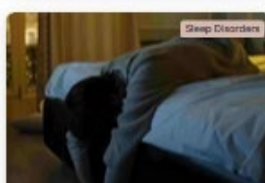
CPAP: Making it Work for You

[Read more](#)



Caring for your CPAP equipment

[Read more](#)



Insomnia

[Read more](#)



Melatonin

[Read more](#)



Melatonin and Children

[Read more](#)



Shift Work

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Sleep Problems and Sleep Disorders in School Aged Children

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Sleep Study

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Central Sleep Apnoea (CSA)

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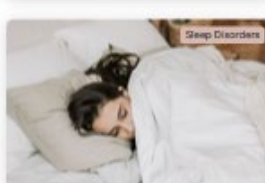
Childhood Snoring and Sleep Apnoea

[Read more](#)



Cognitive Behavioural Therapy for Insomnia (CBT-I)

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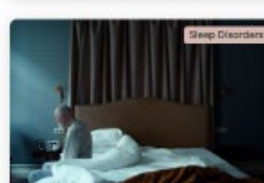
Narcolepsy

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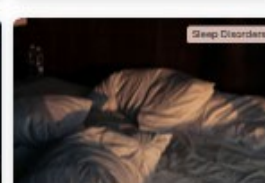
Nightmares

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Nocturia

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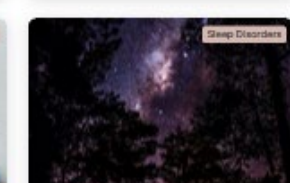
Sleep/Night Terrors

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Sleeping Tablets

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Sleepwalking

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Common Causes of Inadequate Sleep

[Read more](#)



Common Sleep Disorders

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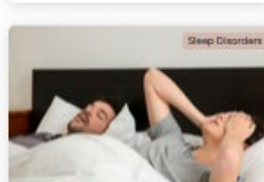
Coronavirus (COVID-19) and using CPAP Treatment for Sleep Apnoea

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Obstructive Sleep Apnoea (OSA)

[Read more](#)



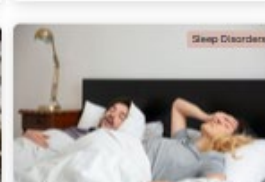
Oral Appliances to Treat Snoring and Obstructive Sleep Apnoea (OSA)

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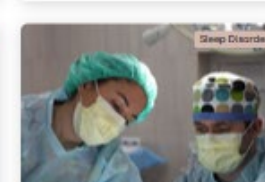
Periodic Limb Movements of Sleep (PLMS)

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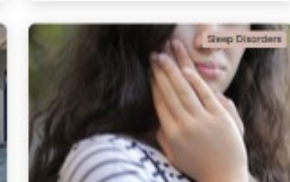
Snoring

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Surgery for Obstructive Sleep Apnoea (OSA)

[Read more](#)



Teeth Grinding/Bruxism

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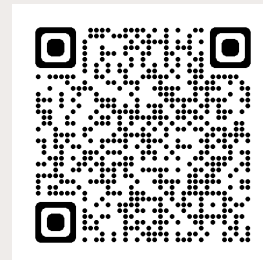


Find out more about us

Sleep Health Foundation



Our website



Moira Junge – links to share:

<https://www.sleephealthfoundation.org.au/sleep-stories>

<https://www.sleephealthfoundation.org.au/sleep-categories/children-adolescents-parents>

Moira's podcast <https://sleephub.com.au/podcast/>

Relevant research papers:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5800866/>

<https://www.sciencedirect.com/science/article/abs/pii/S2352154619301275>

<https://journals.sagepub.com/doi/10.1177/00178969241286660>