

# Aussie Sleep Snapshot June 2025

**Report prepared by:**

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# Executive summary I

## Daily Sleep Duration

The most common reported daily sleep duration among Australians is 7 hours, with 31% of respondents falling into this category. Close behind, 28% of respondents reported getting 8 hours of sleep.

Notably, 33% of respondents indicated that they get less than the recommended 7 hours of sleep in a 24-hour period.

## Daily Sleep Duration by Age Cohort

7 hours of sleep was the most common sleep duration category across all age groups except 18–24, where 8 hours was the most prevalent.

Short sleep (<6 hours) was lowest at 5.9% among young adults aged 18–24, rising steadily with age to a peak of 15.7% in the 55–64 group, and remaining elevated at 11.4% in adults aged 65 and over.

## Weekly Sleep Quality Assessment

Overall, 28% of participants reported at least one night of insufficient sleep in the past week, while another 28% experienced poor sleep on five or more nights. Adults aged 25–44 were most affected, with the highest prevalence of frequent sleep insufficiency across all age groups.

## Sleep and Productivity

46% of Australians reported having at least one day over the past week where their productivity at school or work was impacted by a lack of sleep.

The most common response across all age groups was 1 day affected, particularly among older adults.

Higher frequencies (≥5 days) of productivity impact were more prevalent among younger age groups (18–44). Impact seems to decline progressively with age.

## Factors Impacting Sleep Duration

The top three factors impacting sleep duration were busy mind (47%), worry/anxiety (42%), and restlessness (31%).

Busy mind and worry affect over 50% of adults aged 18–44 and remain substantial among older age groups (28–40%). Technology-related disruptions, including streaming, gaming, and social media use, are most prominent in the 18–24 age group (13–27%). Health-related factors show increased prevalence in later adulthood. Notably, physical health concerns affect over 20% of adults aged 60+.

## Sleep Medication

41.7% of Australians reported ever using prescription or over-the-counter sleep medication. The most common medication reported was melatonin (43%).

In the month prior to the survey, 18% of Australians reported using prescription or over-the-counter sleep medication. Among these individuals, 25% used it less than once a week, 41% used it 1–2 times per week, and 34% used it three or more times per week.

## Sleep Schedule

36% of Australians reported always having control over when they sleep, while 51% have only occasional control. External pressures are widespread with 70% indicating that work, family, stress, or health factors often impact when or how they sleep. If circumstances permit 42% of Australians would prefer to go to bed earlier, 18% would prefer to sleep later and 25% are satisfied with their current schedule.

# Executive summary II

## Sleep Behaviours

The most commonly reported sleep-related behaviours were keeping a phone or device in bed or within reach (28%), maintaining a consistent sleep pattern (25%), needing background noise to sleep (10%), and having pets in bed (10%).

## Factors influencing good sleep

Calming the mind (18%) and managing stress levels (14%) were the most commonly reported factors influencing good sleep among Australians. These two factors consistently ranked as the most important across all age groups.

## Health conditions

The three leading health conditions reported overall were back problems (14%), mental and behavioural health conditions (11%), and pain during sleep (10%).

Among adults aged 18–54, back problems and mental/behavioural conditions were the most commonly reported sleep-related health issues, with prevalence ranging from 15–16%.

Arthritis became increasingly prevalent from age 55 (14%), overtaking mental health conditions and rising to 19% among adults aged 65 and over.

Across all age groups, back problems remained a consistently reported condition.

Participants with mental health issues only were the youngest on average (38.4 years), while those with back pain only were the oldest (49.0 years). Individuals with both back pain and mental health issues reported the shortest sleep duration (6.7 hours), most frequent nights of insufficient sleep (4.8 per week), and greatest impact on productivity due to poor sleep (4.0 days per week). They also had the highest rates of nightly sleep medication use (33%), insomnia (26%), and sleep apnoea (18%), along with the lowest consistency in sleep patterns (48%). In contrast, those with neither condition slept longer (7.2 hours), had fewer poor sleep nights (2.7), and showed better sleep health overall, including lower rates of insomnia (6.9%) and sleep apnoea (6.4%), and more consistent sleep patterns (70%).

## Sleep health information source

Visiting a GP (25%) and using online websites (14%) were the most commonly reported sources of sleep health information overall. Visiting a GP increased steadily with age, from 16% in 18–24-year-olds to 35% in those aged 65 and over. Among younger adults, TikTok (16%) and family (13%) were also common sources, while online websites gained importance from age 25 onwards (up to 18% in 35–44). From age 45, an increasing proportion of adults reported not researching health information, rising to 28% in the oldest age group.

## Menopause and sleep

19% of Australians reported being in perimenopause or menopause, with a mean age of 49 years.

Among these respondents, 34% experienced no changes to their sleep, while 24% reported their sleep worsened, waking up too many times during the night.

Use of medications to support sleep was more common among women experiencing perimenopause or menopause (40.5%) compared to women without (30.8%)

## Sleep health by gender

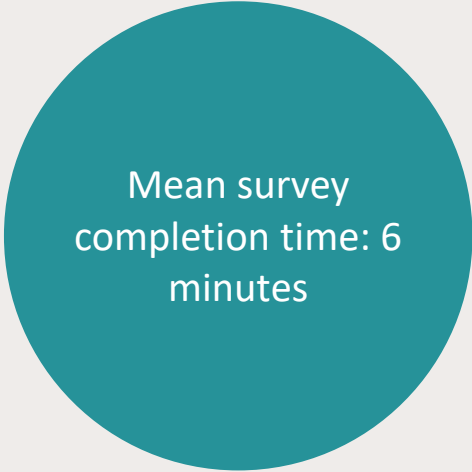
A higher proportion of women reported using sleep medication more frequently, had less consistent sleep patterns, and reported insomnia more often. Sleep apnoea was reported slightly more frequently among men.



# Survey details

A large dark teal circle containing the text '1012 respondents'.

1012 respondents

A large medium teal circle containing the text 'Mean survey completion time: 6 minutes'.

Mean survey  
completion time: 6  
minutes

A large light teal circle containing the text 'Mean age: 46 (18-89) years'.

Mean age: 46 (18-89)  
years

# Participant distribution across Australia

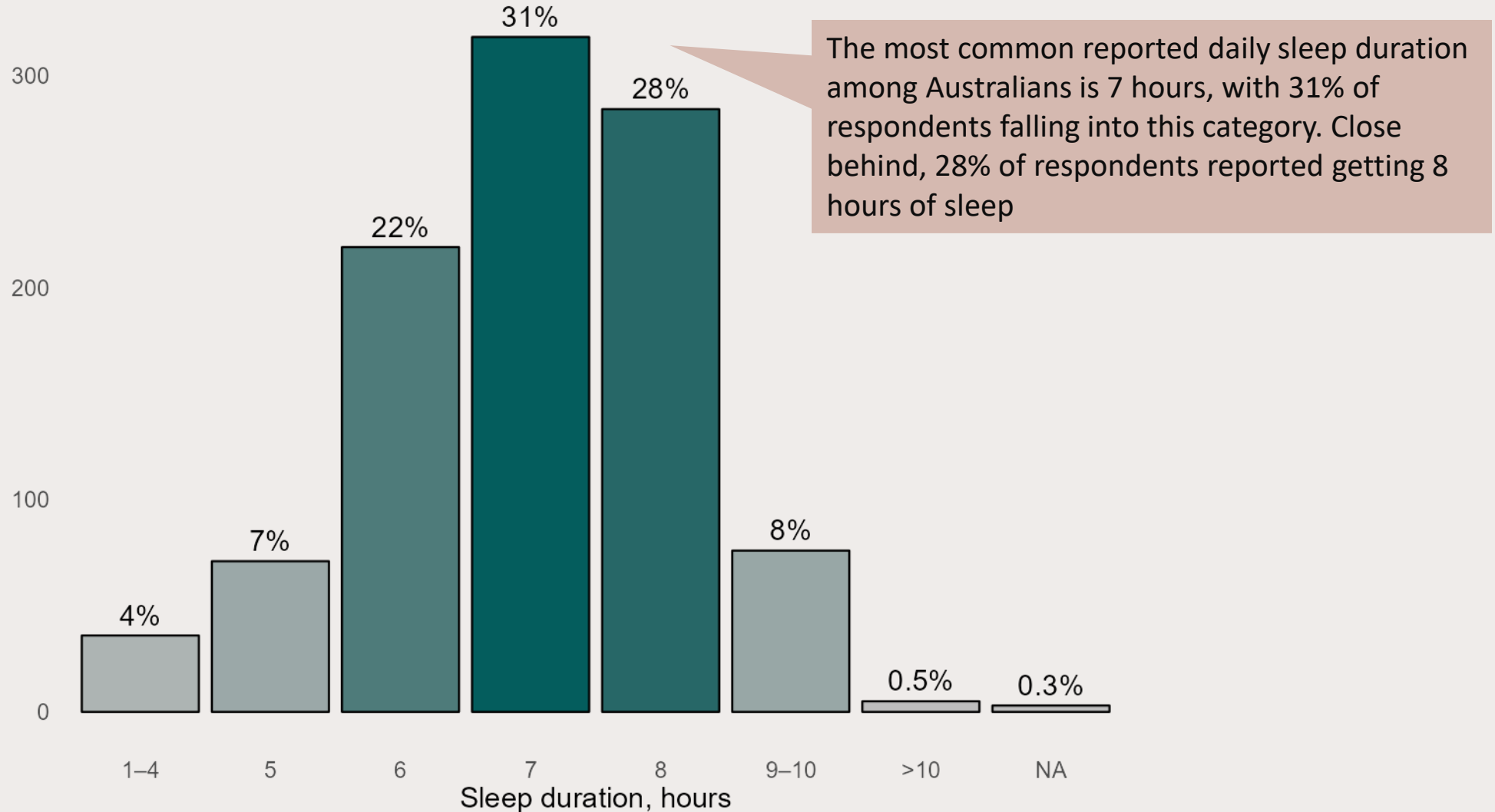


State	Count(%)
Australian Capital Territory	20 (2.0%)
New South Wales	329 (33%)
Northern Territory	10 (1.0%)
Queensland	192 (19%)
South Australia	82 (8.1%)
Tasmania	20 (2.0%)
Victoria	257 (25%)
Western Australia	102 (10%)

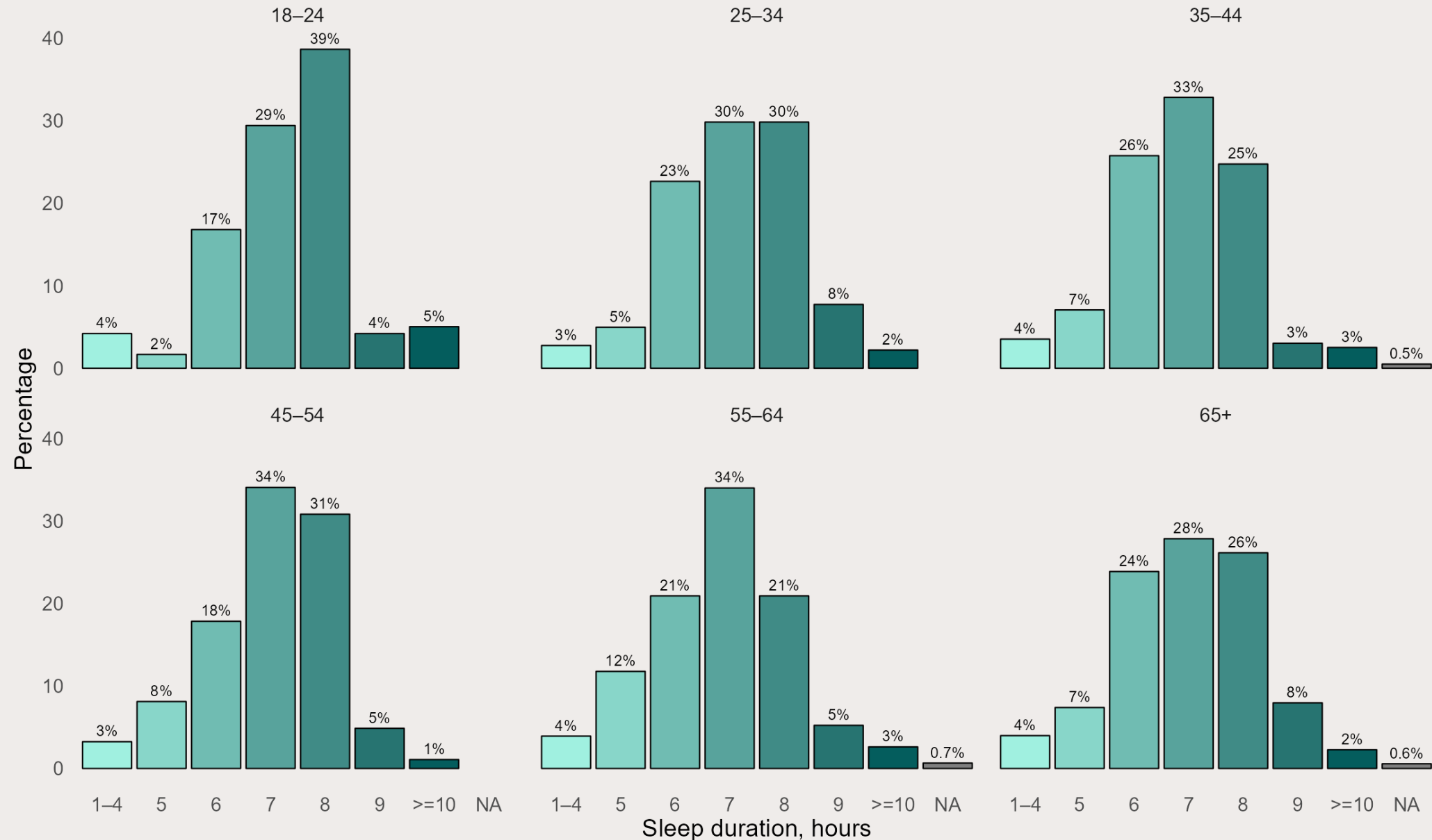
# Daily sleep duration



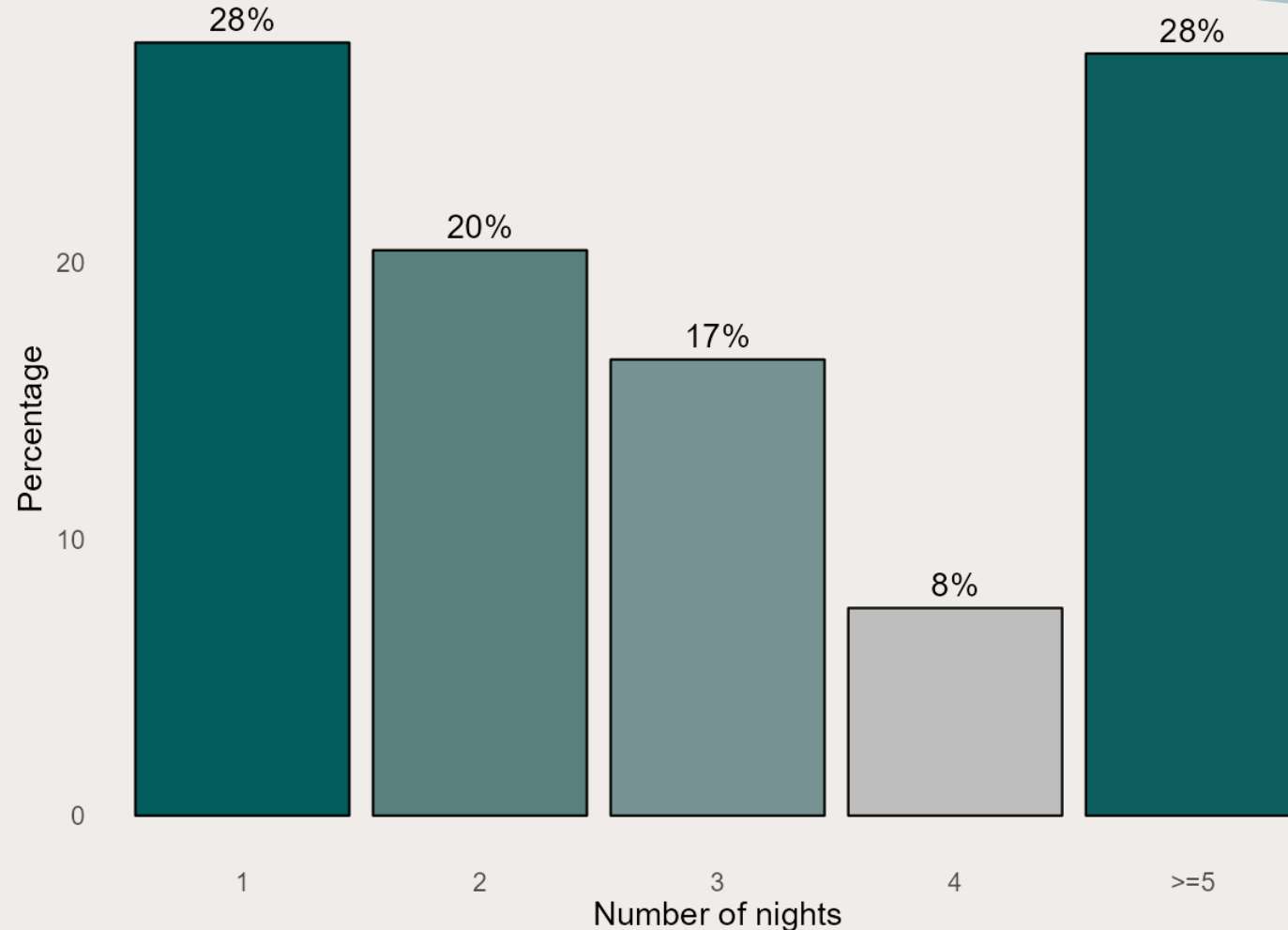
Average hours of sleep per 24 hours



# Daily sleep duration by age groups

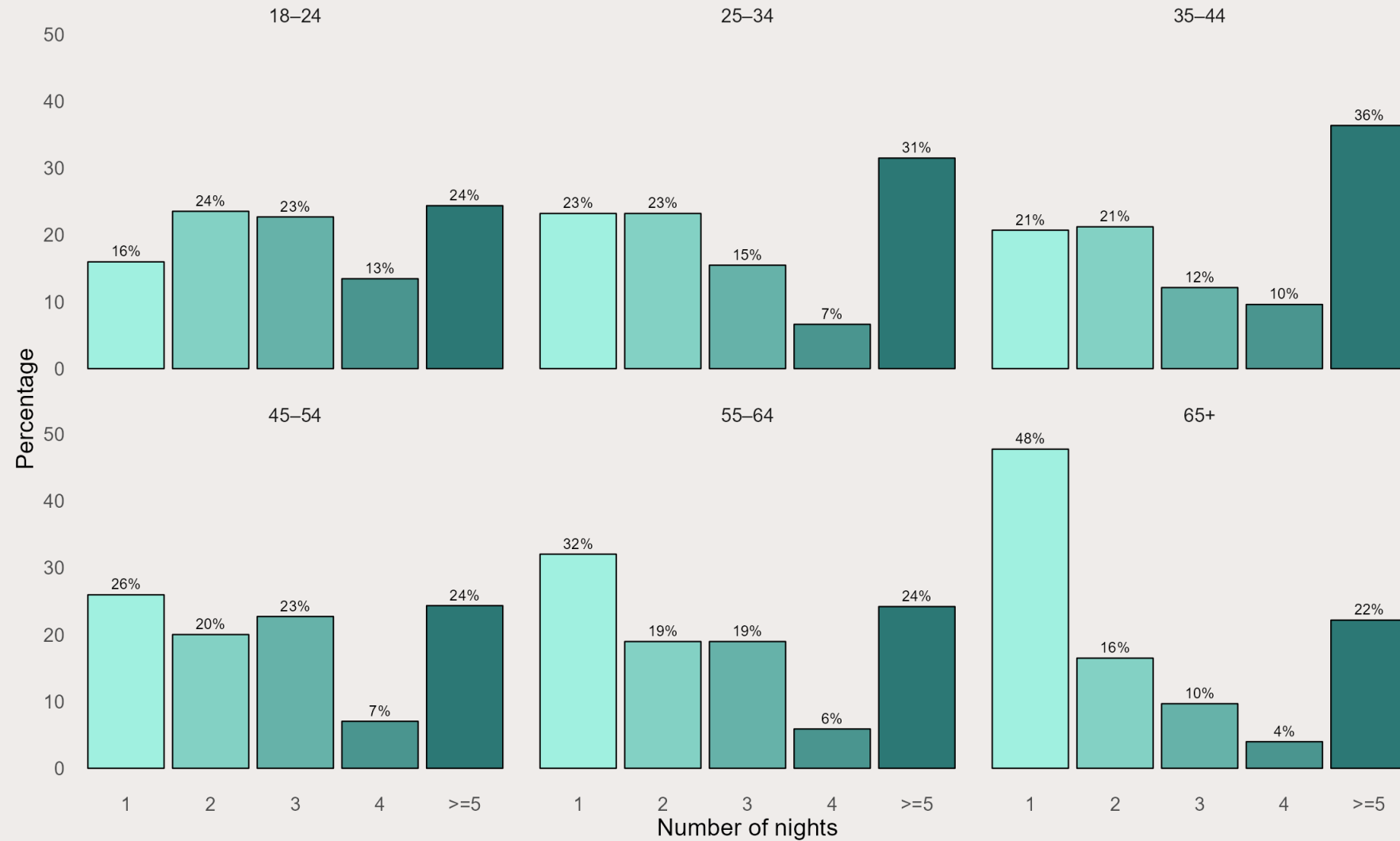


# Nights without enough sleep – Past week



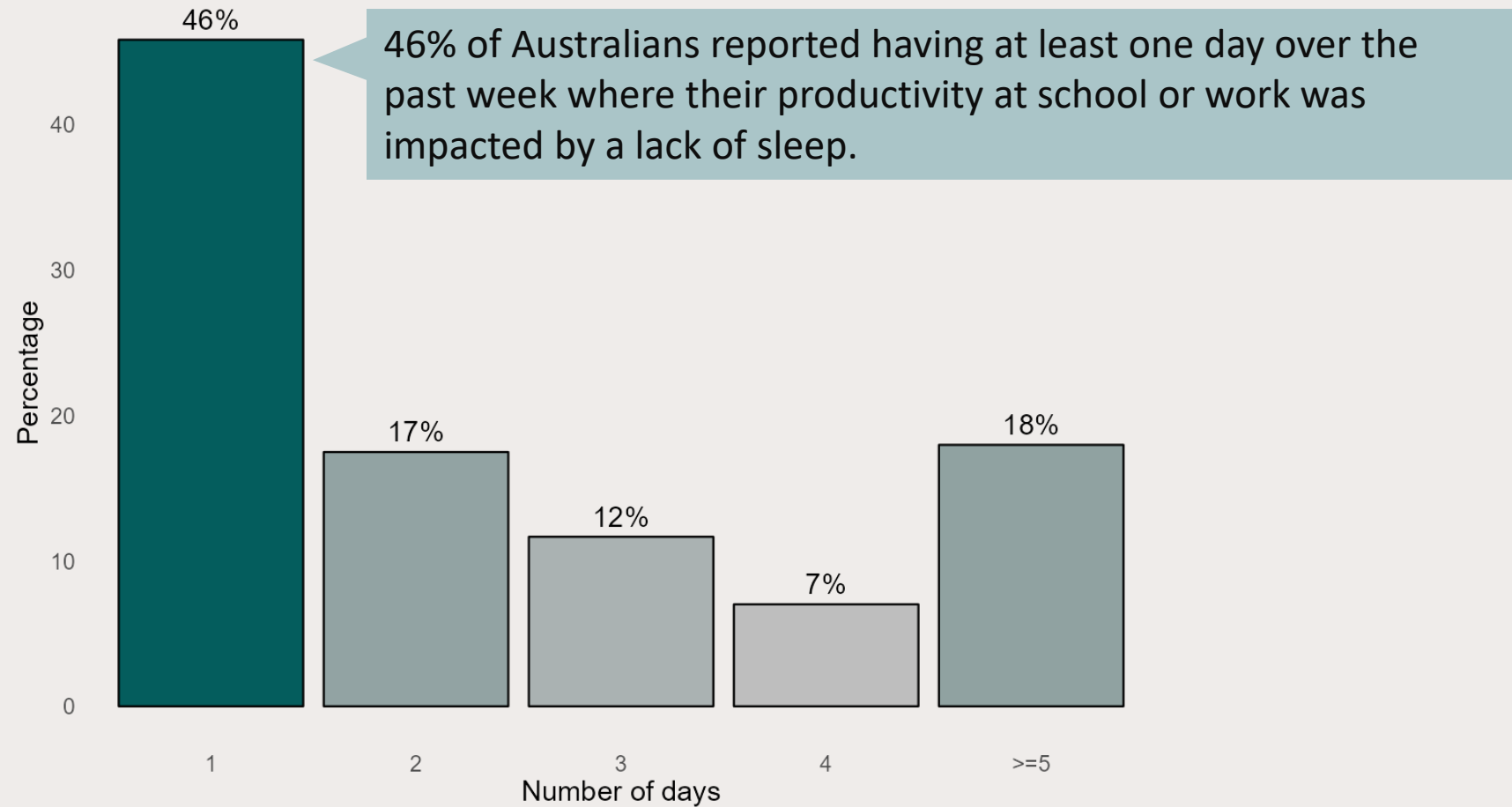
Overall, 28% of participants reported at least one night of insufficient sleep in the past week, while another 28% experienced poor sleep on five or more nights. Adults aged 25–44 were most affected, with the highest prevalence of frequent sleep insufficiency across all age groups.

# Nights without enough sleep by age groups





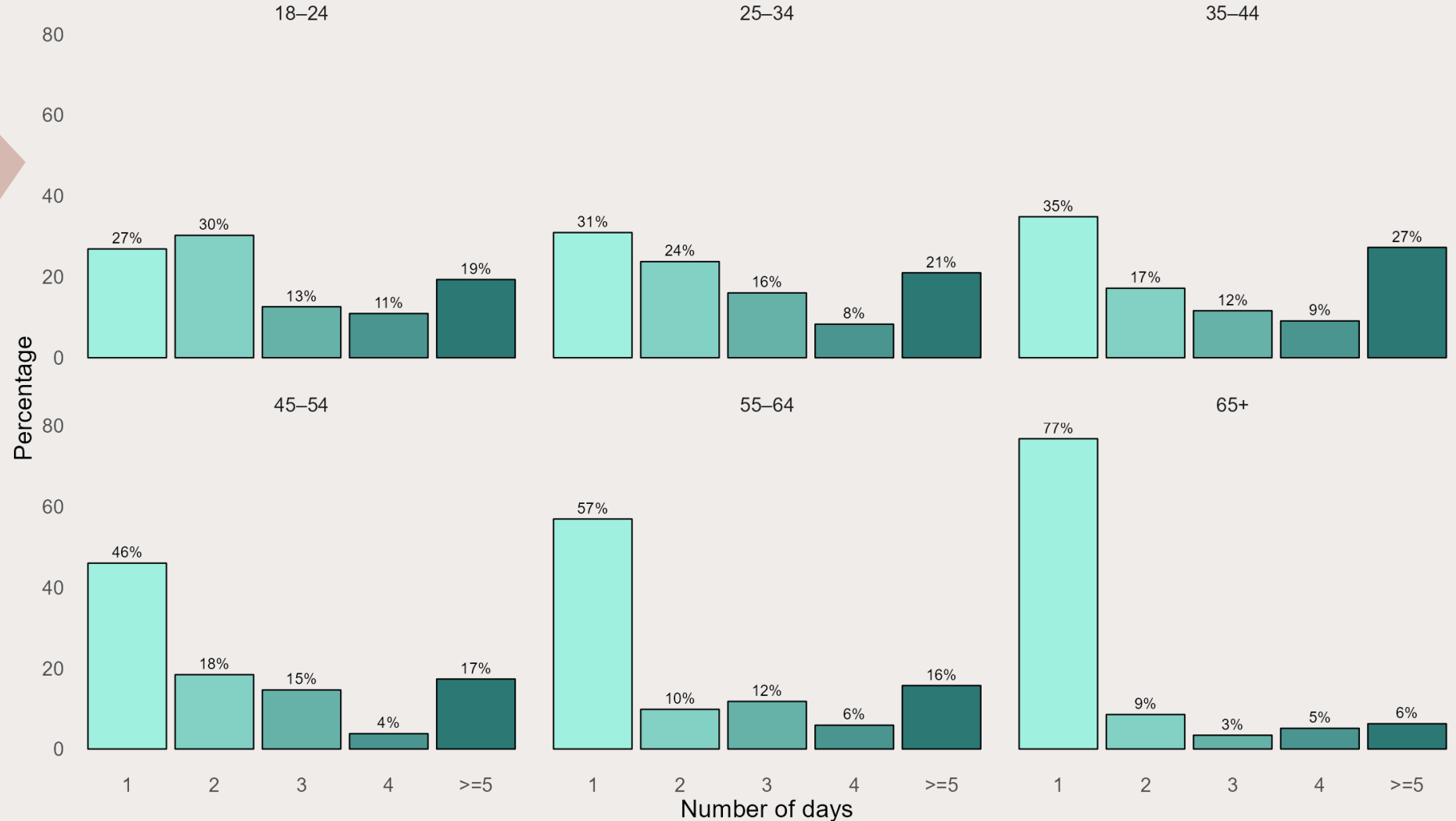
# Sleep-related productivity loss





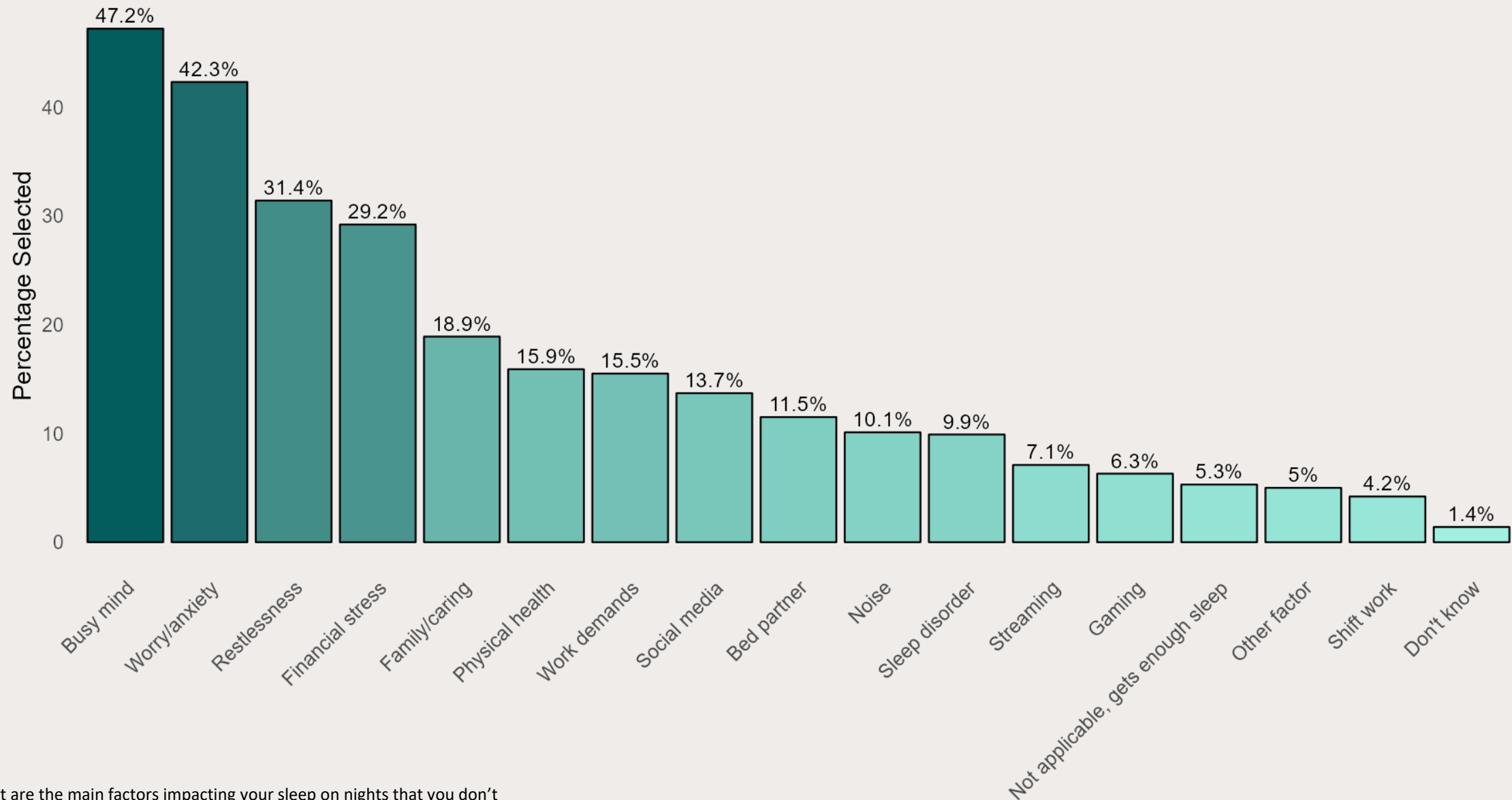
# Productivity by age

Most commonly on only one day in the past week sleep impacted productivity, particularly among older adults. Higher frequencies ( $\geq 5$  days) of productivity impact were more prevalent among younger age groups (18–44). Impact seems to decline progressively with age.





# Factors impacting sleep



QS4 What are the main factors impacting your sleep on nights that you don't sleep for long enough?

Reported Sleep Factor

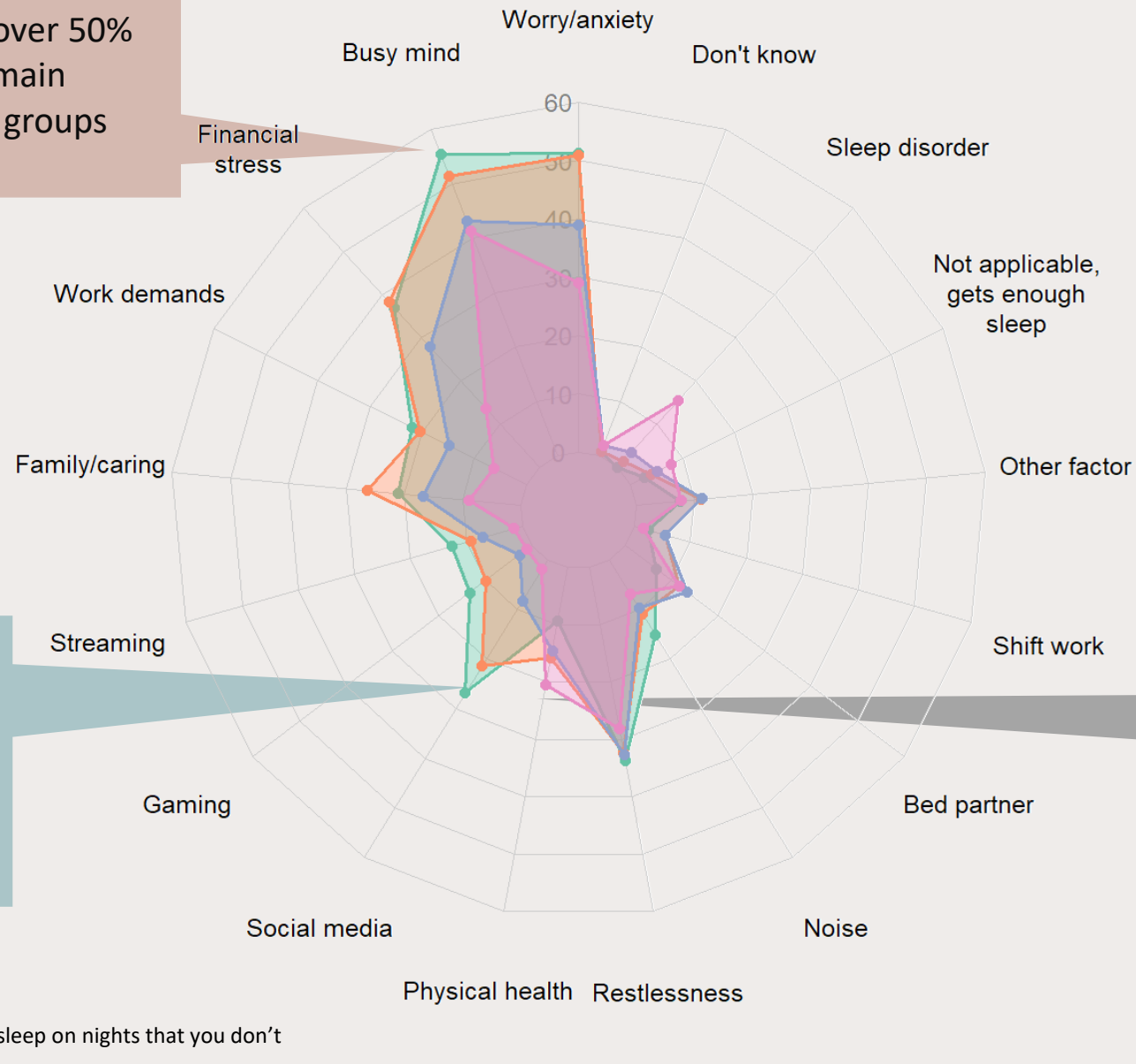


# Factors impacting sleep by age

Busy mind and worry affect over 50% of adults aged 18–44 and remain substantial among older age groups (28–40%).

Technology-related disruptions, including streaming, gaming, and social media use, are most prominent in the 18–24 age group (13–27%).

Physical health affect over 20% of adults aged 60+, and menopause symptoms are reported by 17.3% of those aged 45–59 years.

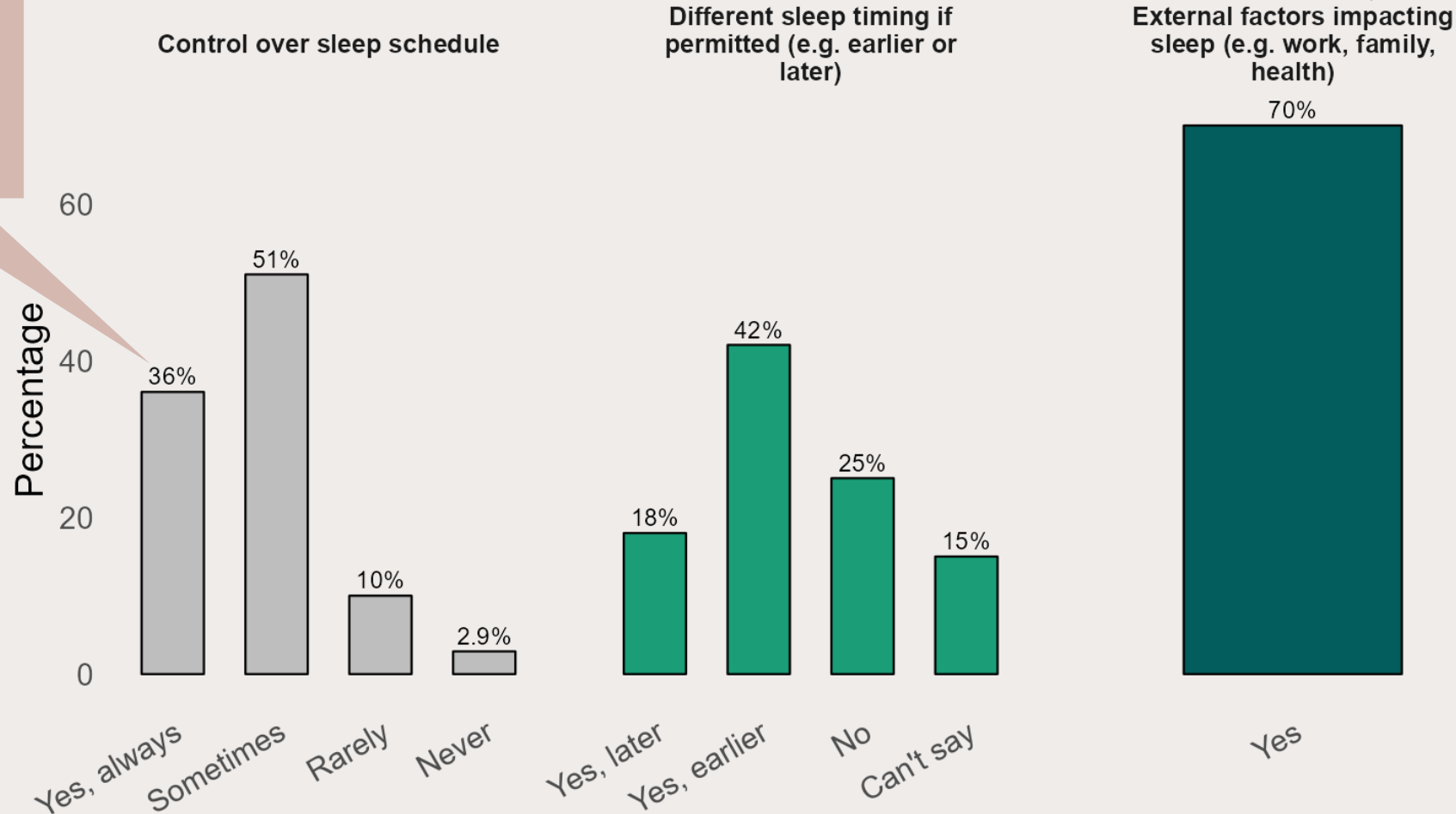




# Sleep schedule

36% of Australians reported always having control over when they sleep, while 51% reported only occasional control.

External pressures are widespread with 70% indicating that work, family, stress, or health factors often impact when or how they sleep.

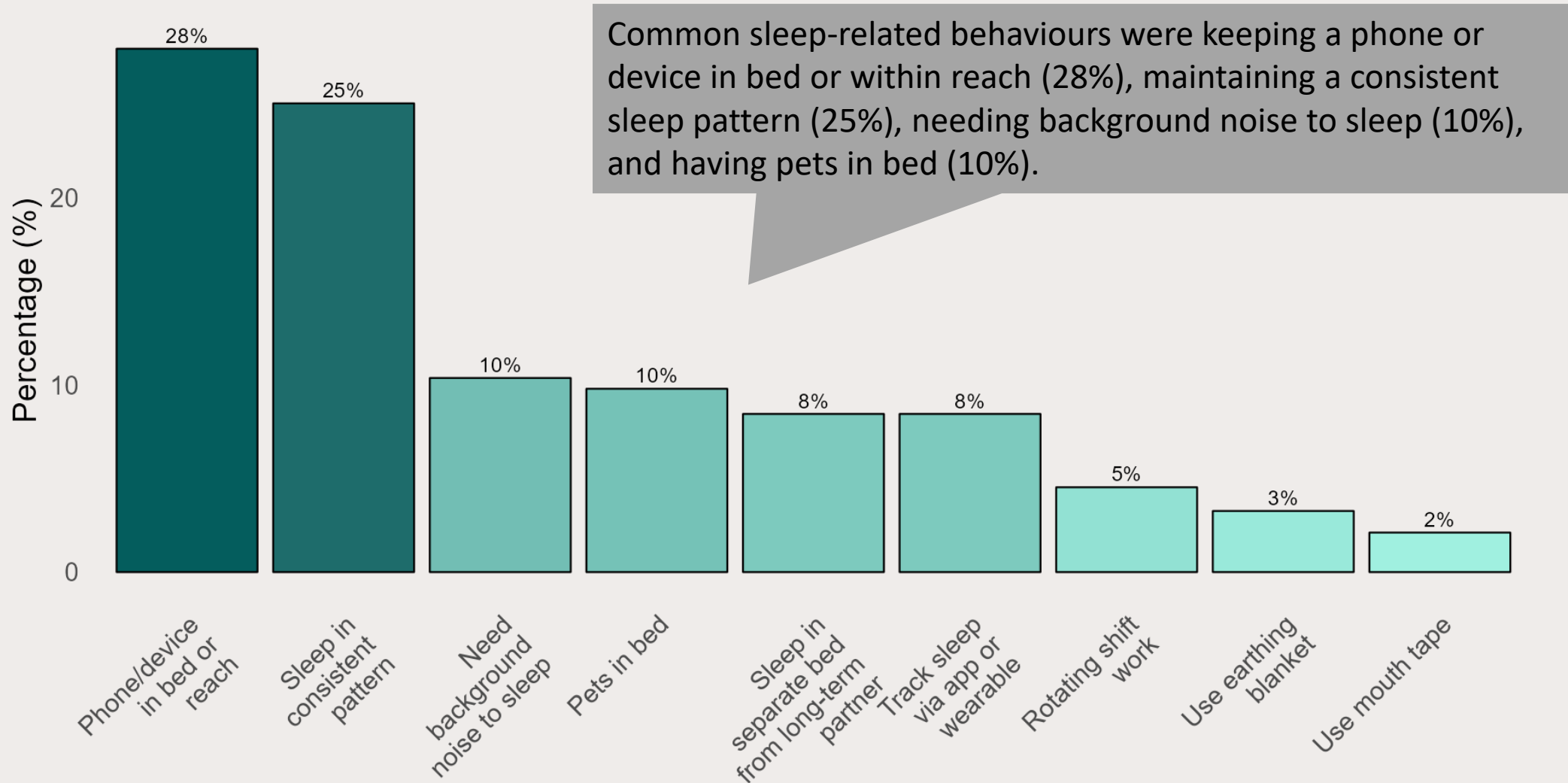


QS7 Do you feel you have control over your sleep schedule (e.g. when you go to bed or wake up)?

QS7A Are there external factors that often affect your ability to sleep when or how you want (e.g. work, family, stress, health)?

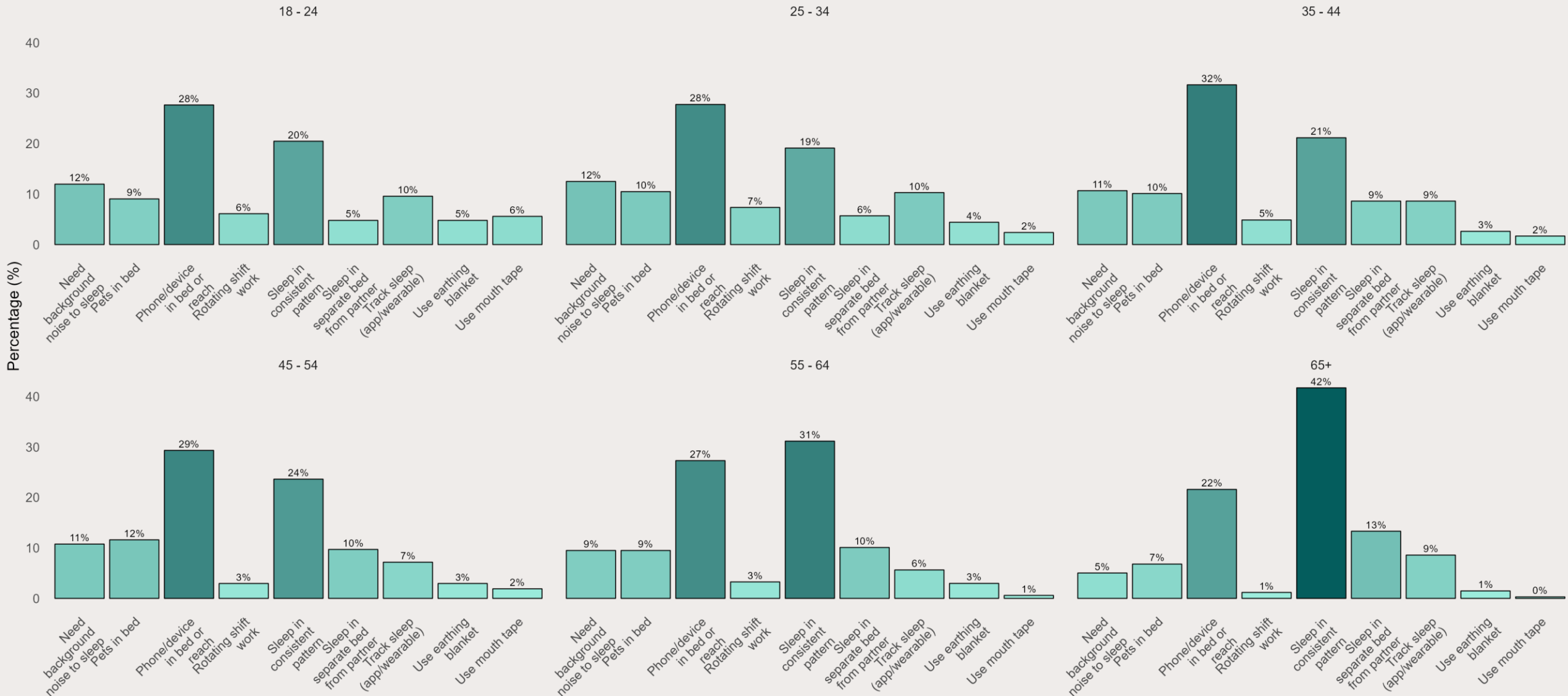


# Sleep behaviours



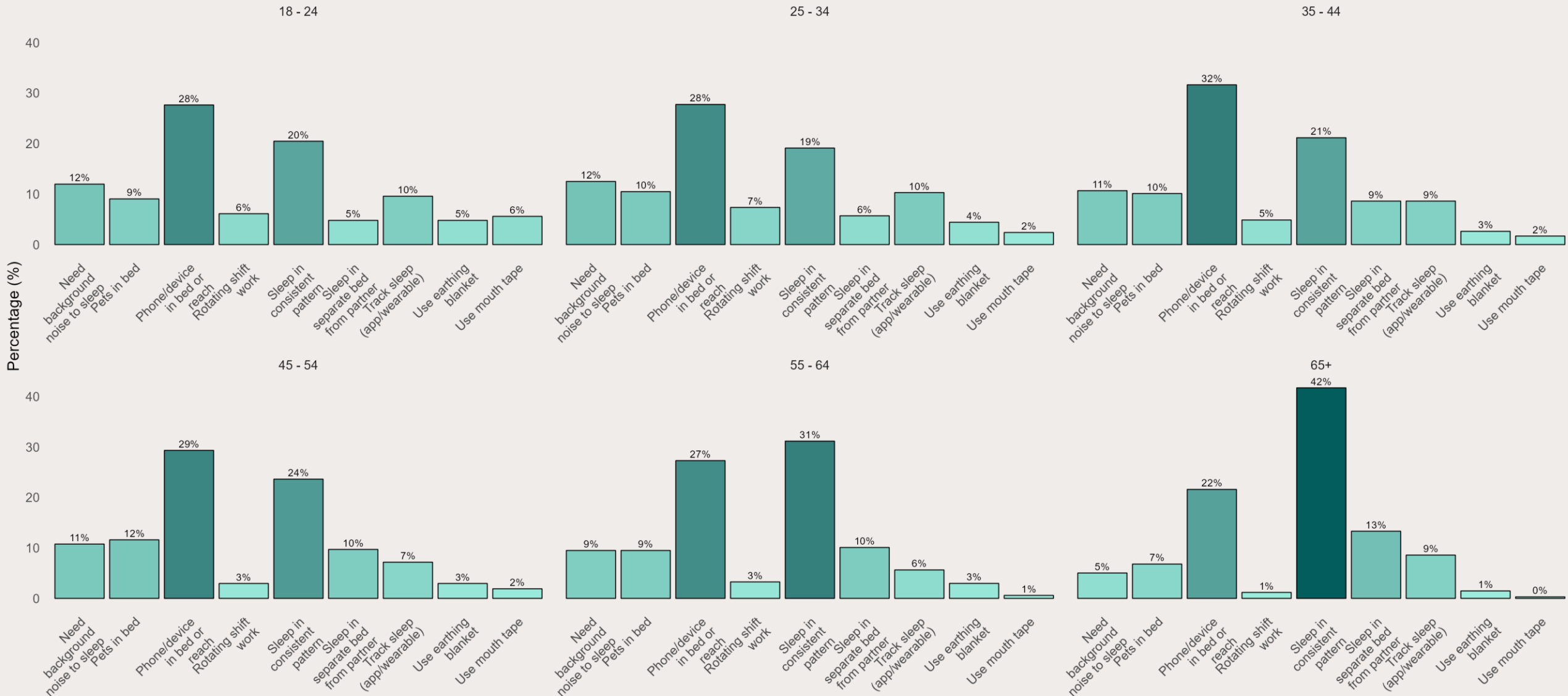


# Common sleep behaviours by age



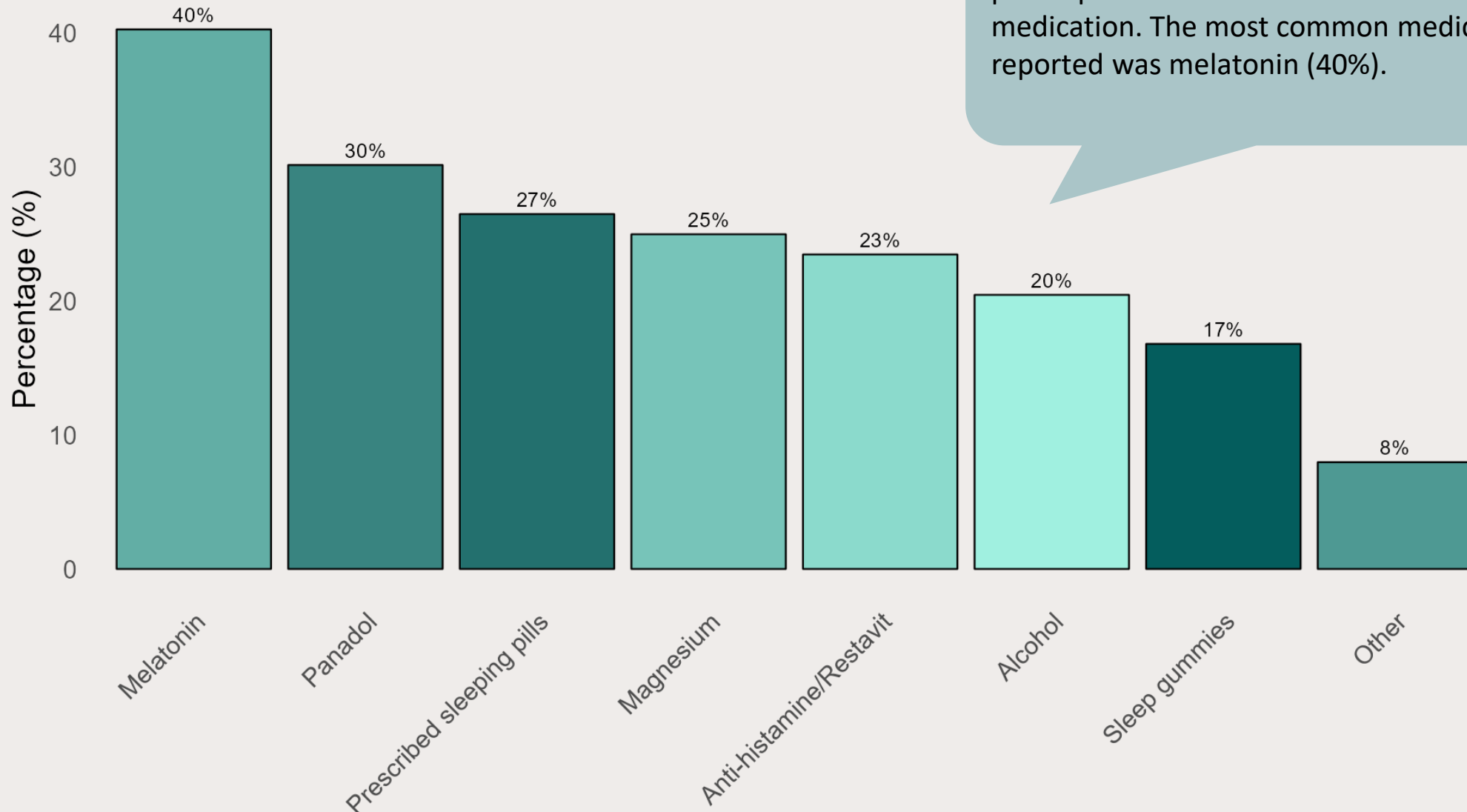


# Common sleep behaviours by age





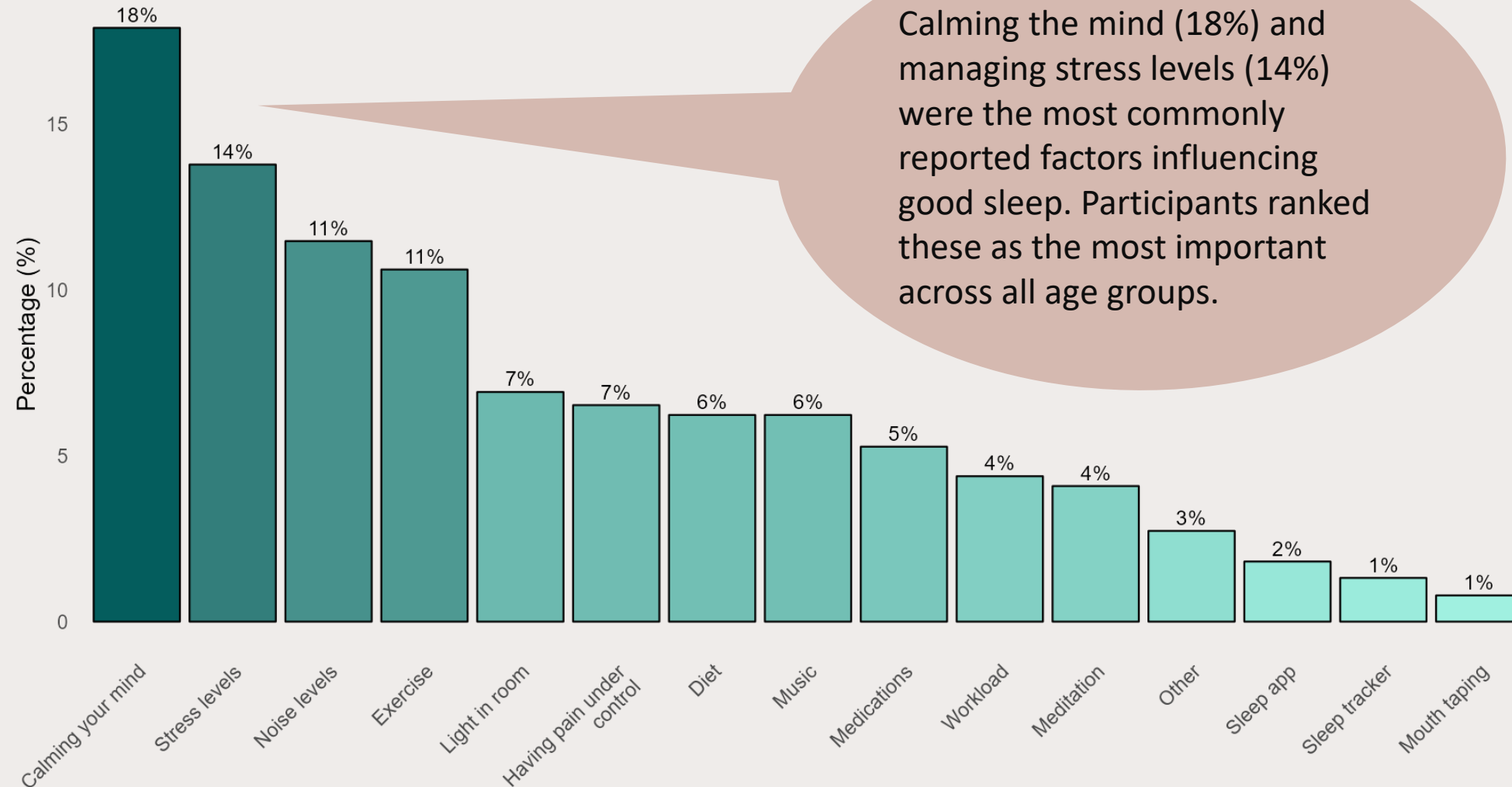
# Sleep medication



41.7% of Australians reported ever using prescription or over-the-counter sleep medication. The most common medication reported was melatonin (40%).

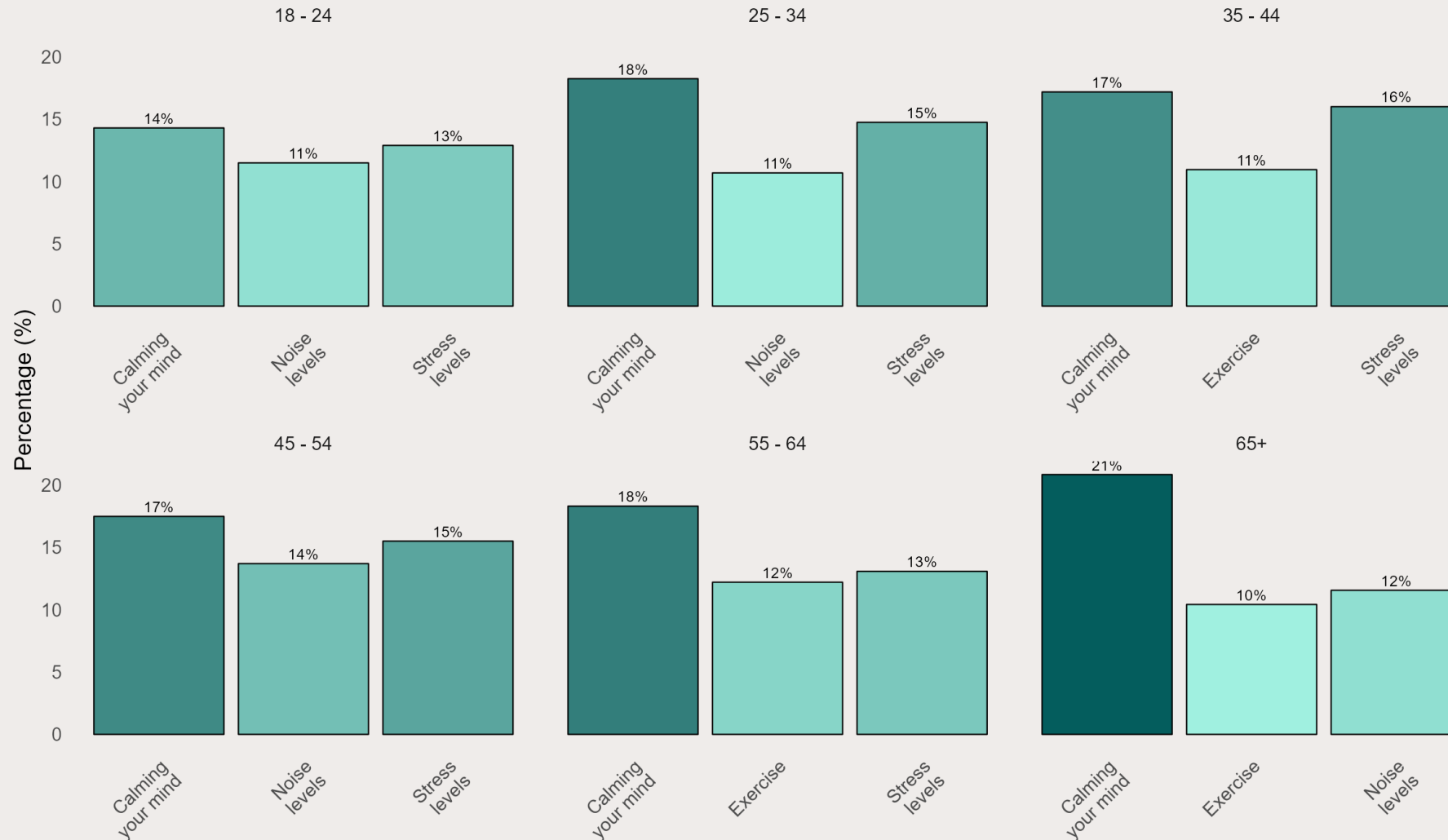


# Factors influencing good sleep

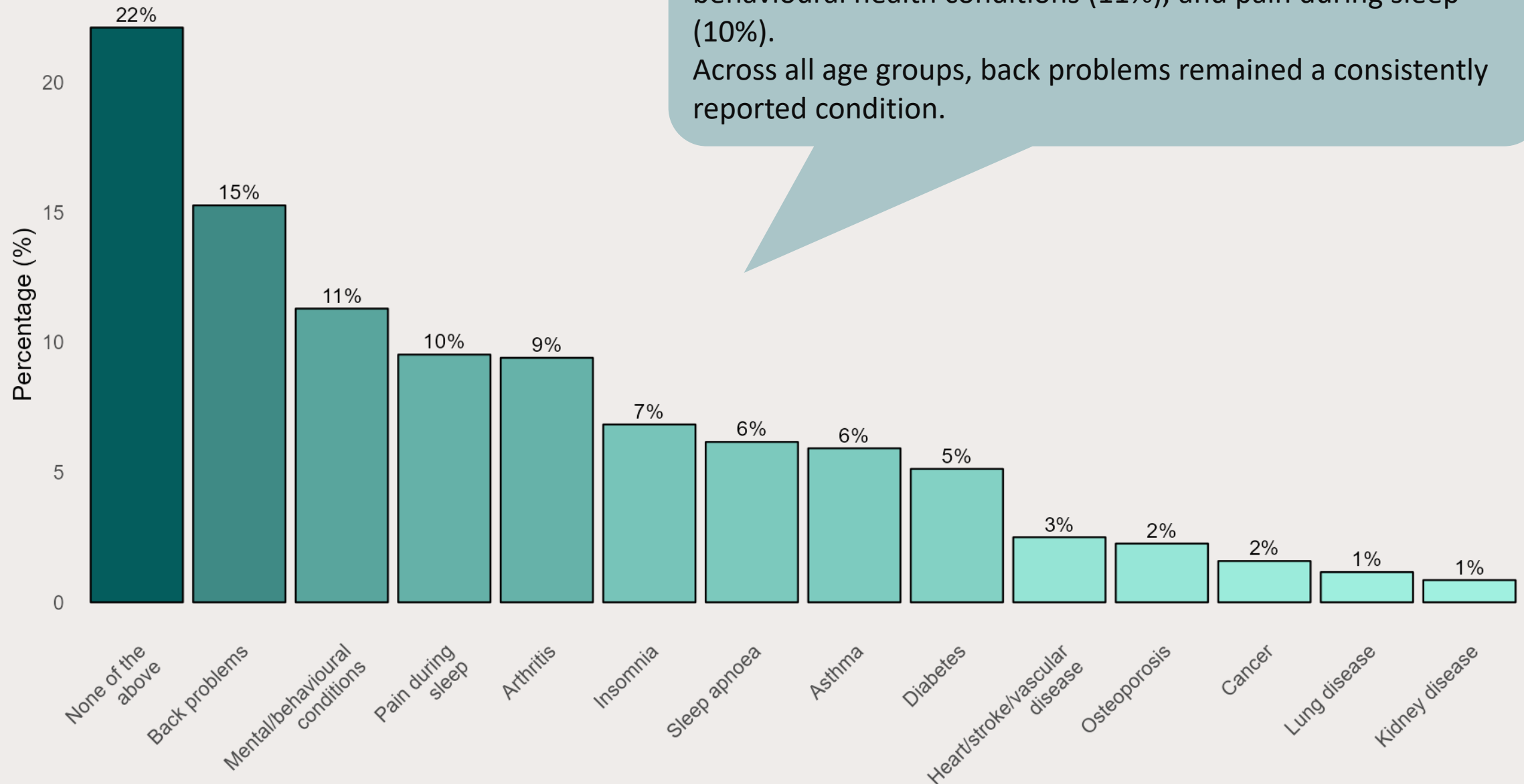




# Top factors influencing good sleep by age

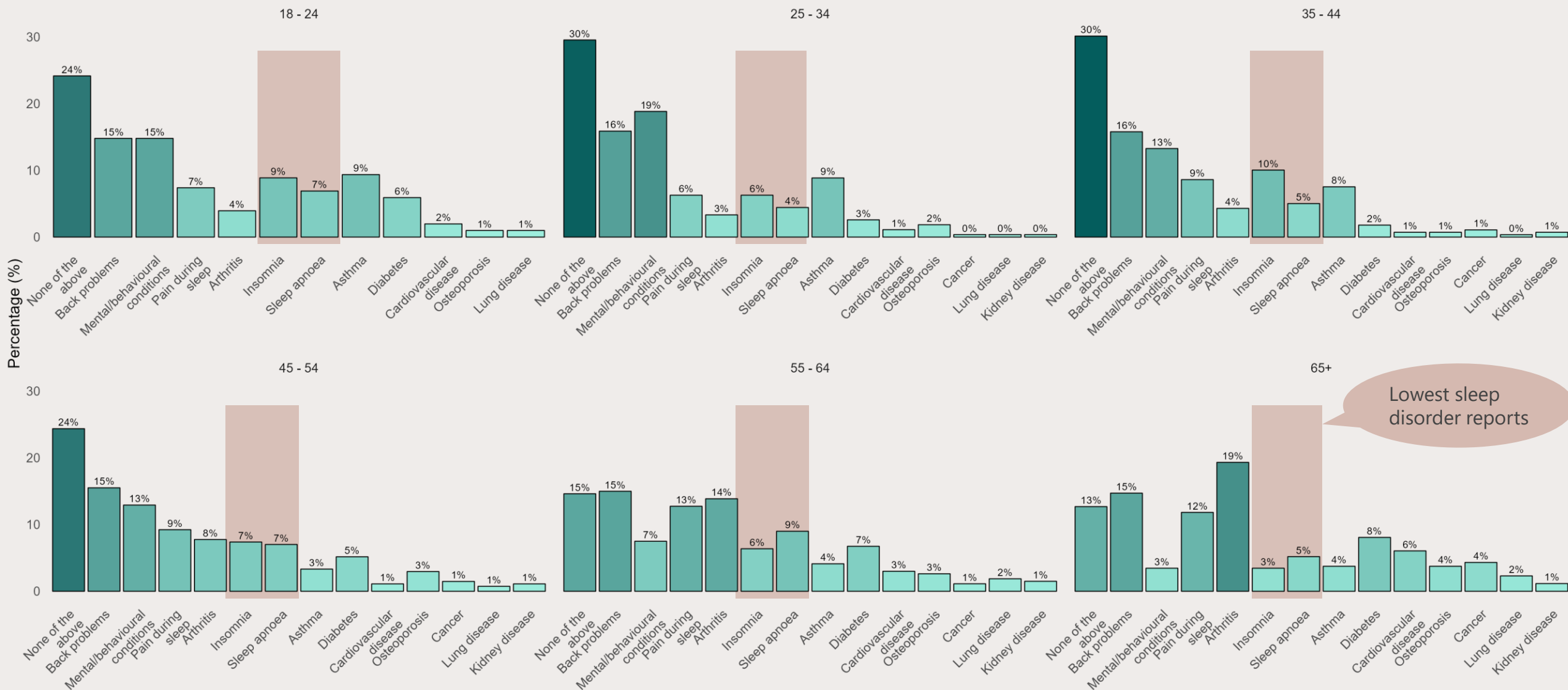


# Health conditions





# Health conditions





# Sleep behaviours by health conditions

Characteristic	No mental health and behavioural condition, N = 827 <sup>1</sup>	Mental health and behavioural condition1, N = 185 <sup>1</sup>
Q51 On average how many hours of sleep do you typically get each night? (please just estimate could be with or without a sleep tracker)	7.2 (3.4)	6.9 (1.5)
Q52 During the past week, how many days or nights have you felt that you didn't get enough sleep? nights	3.0 (2.0)	4.2 (2.2)
Q53 During the past week, how many days do you think that lack of sleep or poor sleep might have affected your productivity at school or work?	2.3 (1.7)	3.5 (2.2)
Q55 During the past month, how often have you used prescribed or 'over the counter' medicine to help you sleep?		
Never	0 (0%)	0 (0%)
Less than once a week	31 (25%)	15 (27%)
1-2 times per week	58 (46%)	18 (32%)
3-6 times per week	18 (14%)	5 (8.9%)
Every night	19 (15%)	18 (32%)
Unknown	701	129
Q513 Do you: Sleep in a consistent pattern.		
No	564 (68%)	88 (48%)
Yes	263 (32%)	97 (52%)

<sup>1</sup> Mean (SD); n (%)



# Sleep behaviours by health conditions

Characteristic	No back pain , N = 762 <sup>1</sup>	Back pain, N = 250 <sup>1</sup>
QS1 On average how many hours of sleep do you typically get each night? (please just estimate could be with or without a sleep tracker)	7.2 (3.3)	6.9 (2.6)
QS2 During the past week, how many days or nights have you felt that you didn't get enough sleep? nights	2.9 (2.0)	4.0 (2.1)
QS3 During the past week, how many days do you think that lack of sleep or poor sleep might have affected your productivity at school or work?	2.3 (1.8)	3.1 (2.0)
QS5 During the past month, how often have you used prescribed or 'over the counter' medicine to help you sleep?		
Never	0 (0%)	0 (0%)
Less than once a week	30 (26%)	16 (24%)
1-2 times per week	45 (39%)	31 (47%)
3-6 times per week	15 (13%)	8 (12%)
Every night	26 (22%)	11 (17%)
Unknown	646	184
QS13 Do you: Sleep in a consistent pattern.		
No	503 (66%)	149 (60%)
Yes	259 (34%)	101 (40%)

<sup>1</sup> Mean (SD); n (%)



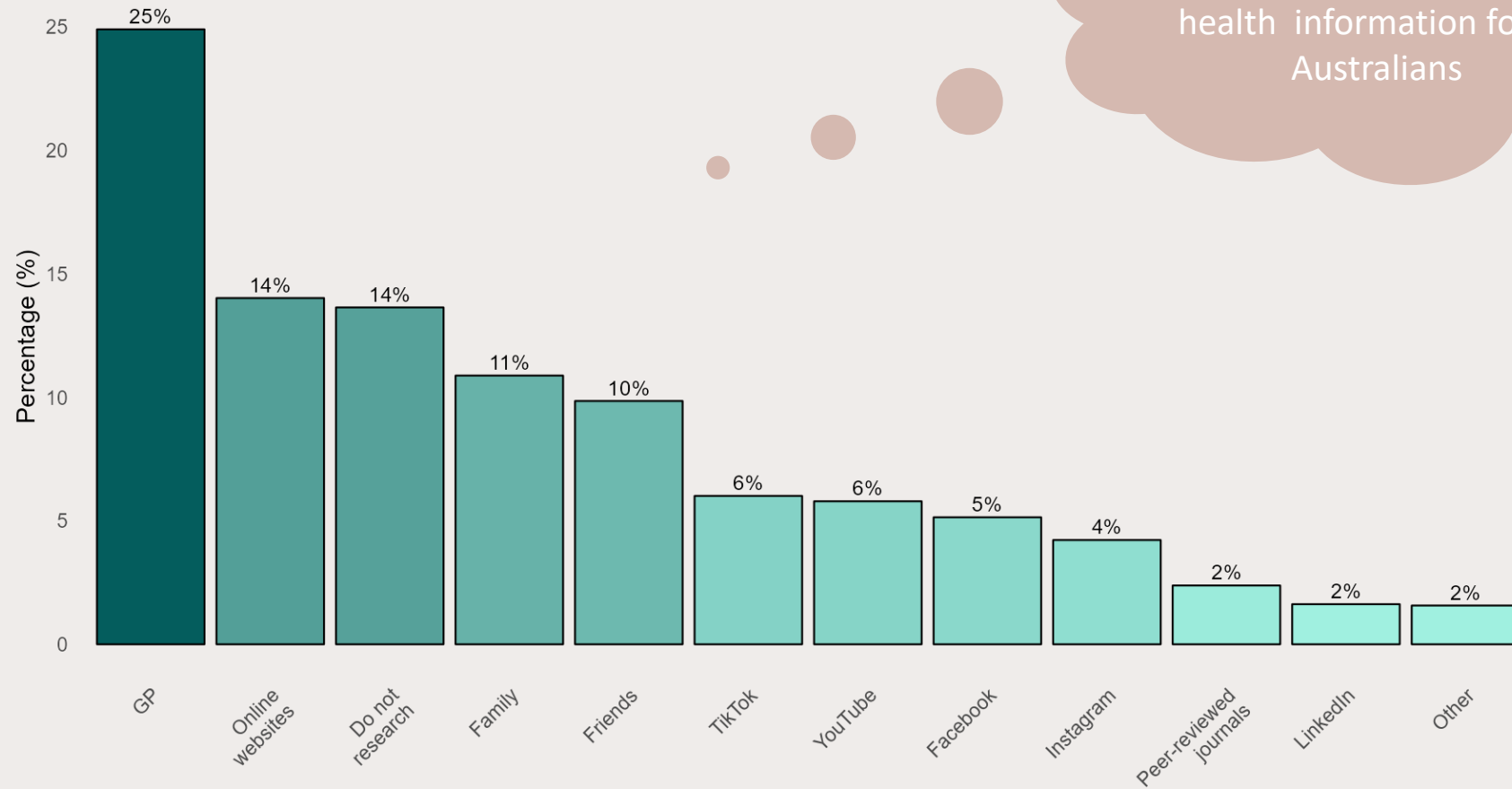
# Sleep behaviours by health conditions

Characteristic	Back pain only, N = 188 <sup>1</sup>	Mental health only, N = 123 <sup>1</sup>	Both, N = 62 <sup>1</sup>	Neither, N = 639 <sup>1</sup>
How old are you?	49.0 (17.8)	38.4 (14.0)	42.9 (16.1)	47.2 (17.4)
QS1 On average how many hours of sleep do you typically get each night? (please just estimate could be with or without a sleep tracker)	6.9 (2.8)	7.0 (1.5)	6.7 (1.5)	7.2 (3.5)
QS2 During the past week, how many days or nights have you felt that you didn't get enough sleep? nights	3.7 (2.1)	3.9 (2.2)	4.8 (2.2)	2.7 (1.9)
QS3 During the past week, how many days do you think that lack of sleep or poor sleep might have affected your productivity at school or work?	2.8 (1.9)	3.3 (2.2)	4.0 (2.0)	2.1 (1.6)
QS5 During the past month, how often have you used prescribed or 'over the counter' medicine to help you sleep?				
Never	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Less than once a week	11 (24%)	10 (29%)	5 (24%)	20 (25%)
1-2 times per week	24 (53%)	11 (31%)	7 (33%)	34 (42%)
3-6 times per week	6 (13%)	3 (8.6%)	2 (9.5%)	12 (15%)
Every night	4 (8.9%)	11 (31%)	7 (33%)	15 (19%)
Unknown	143	88	41	558
QS13 Do you: Sleep in a consistent pattern.	119 (63%)	58 (47%)	30 (48%)	445 (70%)
QS11 Do you have any of the following: Sleep apnoea	29 (15%)	20 (16%)	11 (18%)	41 (6.4%)
QS11 Do you have any of the following: Insomnia	30 (16%)	22 (18%)	16 (26%)	44 (6.9%)

<sup>1</sup> Mean (SD); n (%)



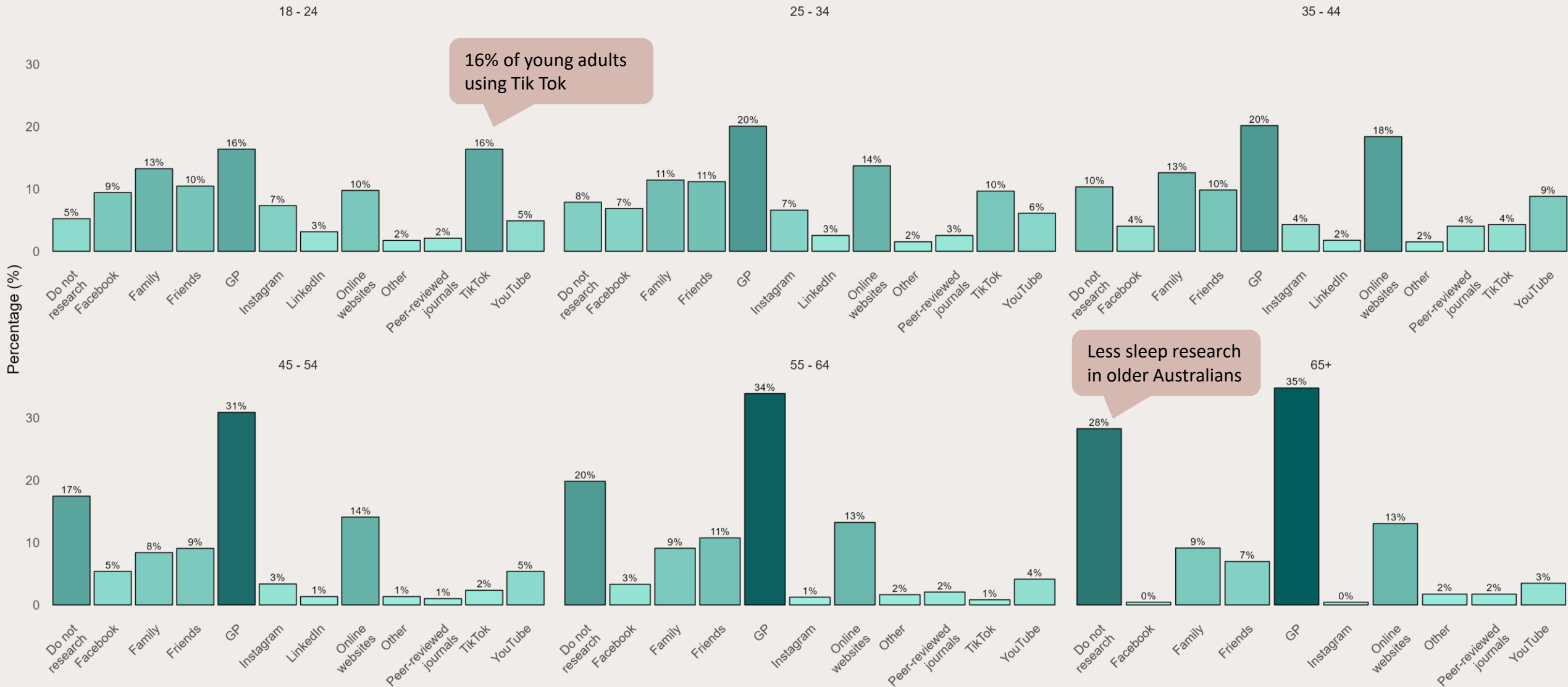
# Sleep health sources



Visiting the GP or an online website was the most common source of sleep health information for all Australians

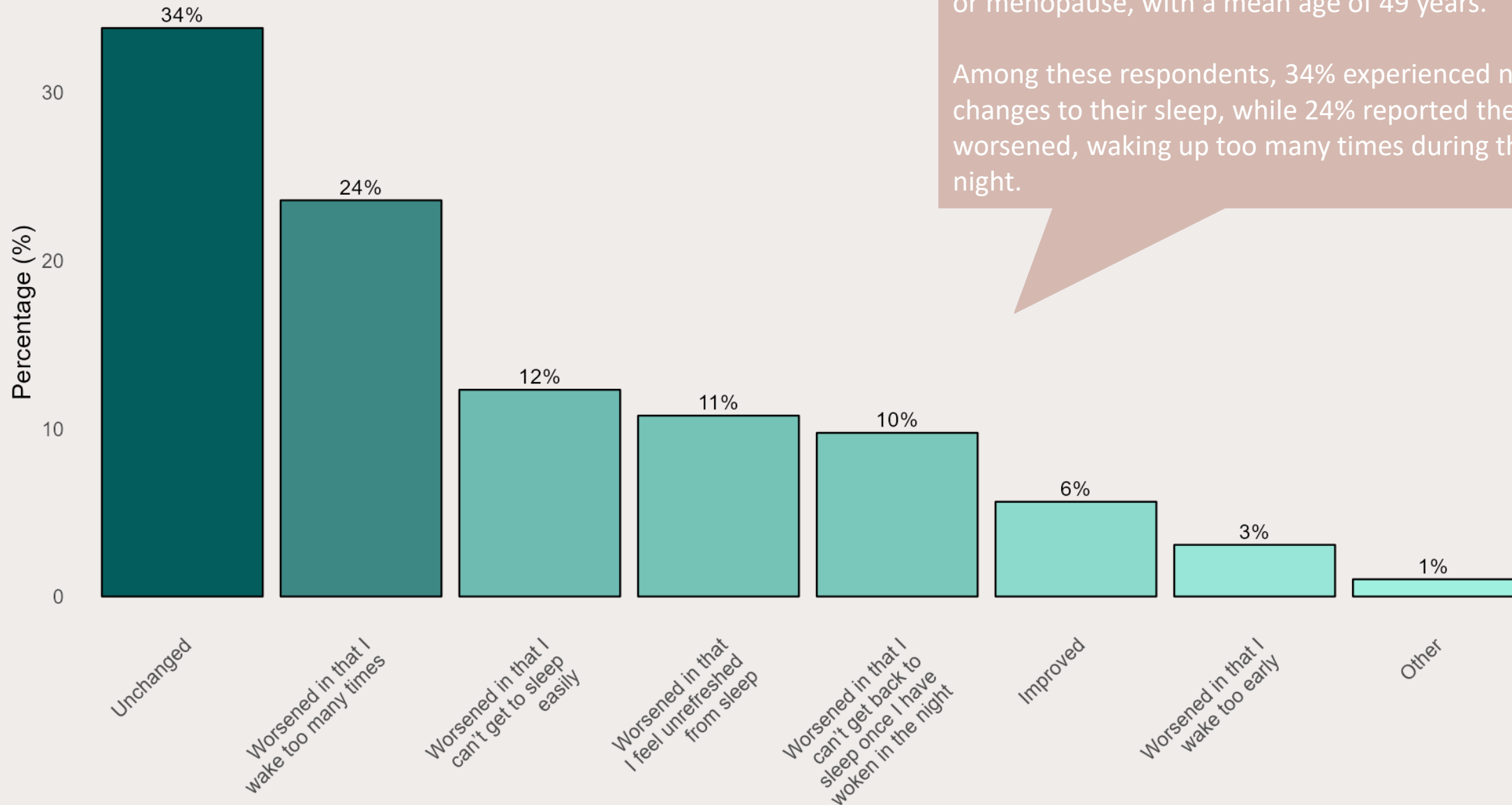


# Common sleep health sources by age





# Menopause and sleep



19% of Australians reported being in perimenopause or menopause, with a mean age of 49 years.

Among these respondents, 34% experienced no changes to their sleep, while 24% reported their sleep worsened, waking up too many times during the night.



# Sleep in females by menopause status

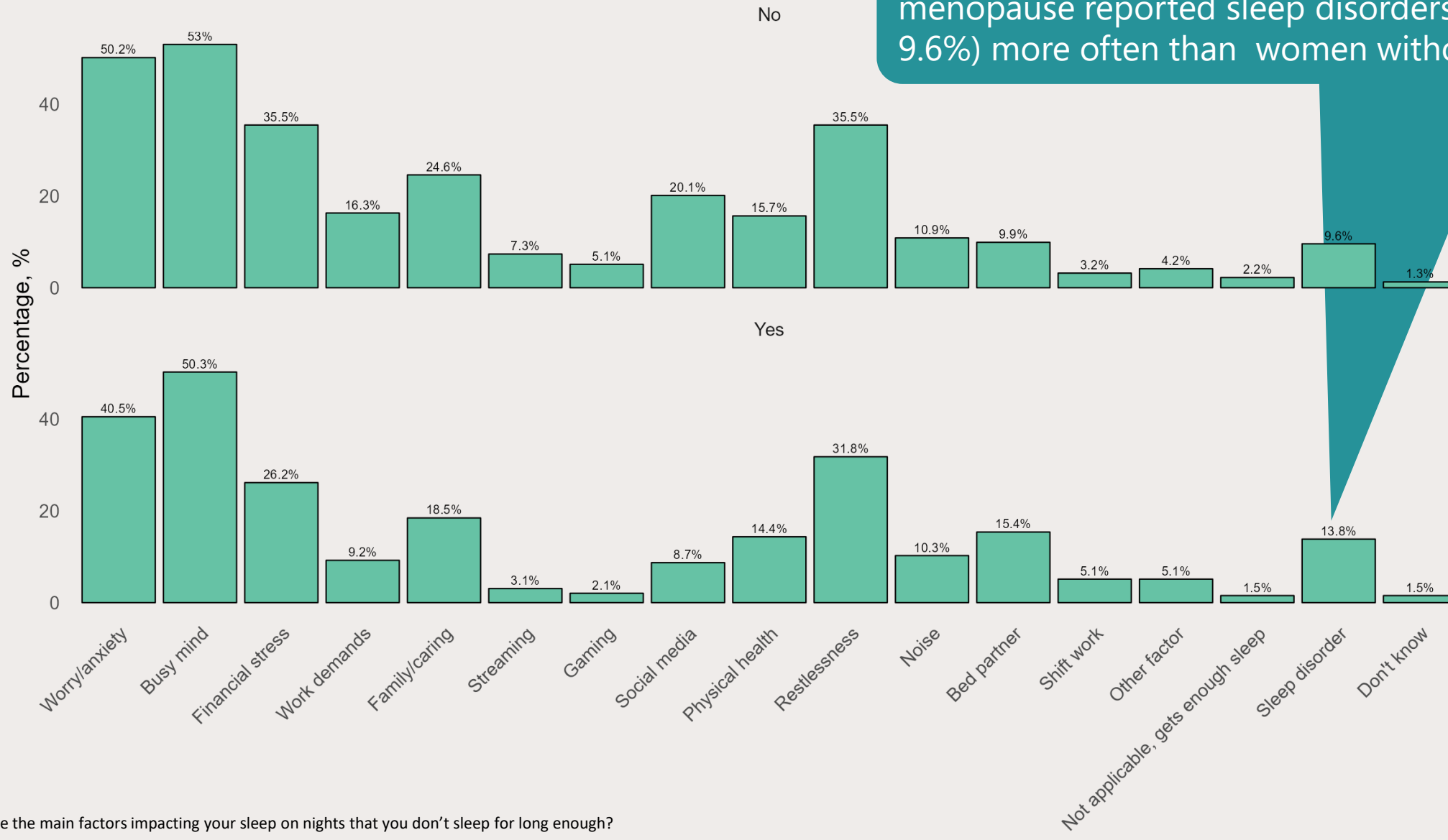
Characteristic	Non-menopausal, N = 313 <sup>1</sup>	Perimenopause and menopause, N = 195 <sup>1</sup>
Average hours of sleep per night, hours	7.1 (1.3)	6.9 (1.5)
Number of nights with poor sleep	3.4 (2.1)	3.5 (2.1)
Number of days poor sleep impacted productivity at work or school	2.7 (1.9)	2.7 (2.0)
QS4 What are the main factors impacting your sleep on nights that you don't sleep for long enough? Worry/anxiety		
0	156 (50%)	116 (59%)
1	157 (50%)	79 (41%)
QS5 During the past month, how often have you used prescribed or 'over the counter' medicine to help you sleep?		
Never	0 (0%)	0 (0%)
Less than once a week	15 (27%)	5 (15%)
1-2 times per week	18 (32%)	10 (30%)
3-6 times per week	9 (16%)	5 (15%)
Every night	14 (25%)	13 (39%)
Unknown	257	162
Age, years	38.3 (17.7)	49.5 (5.6)

<sup>1</sup> Mean (SD); n (%)

# Factors impacting sleep in women by menopause status

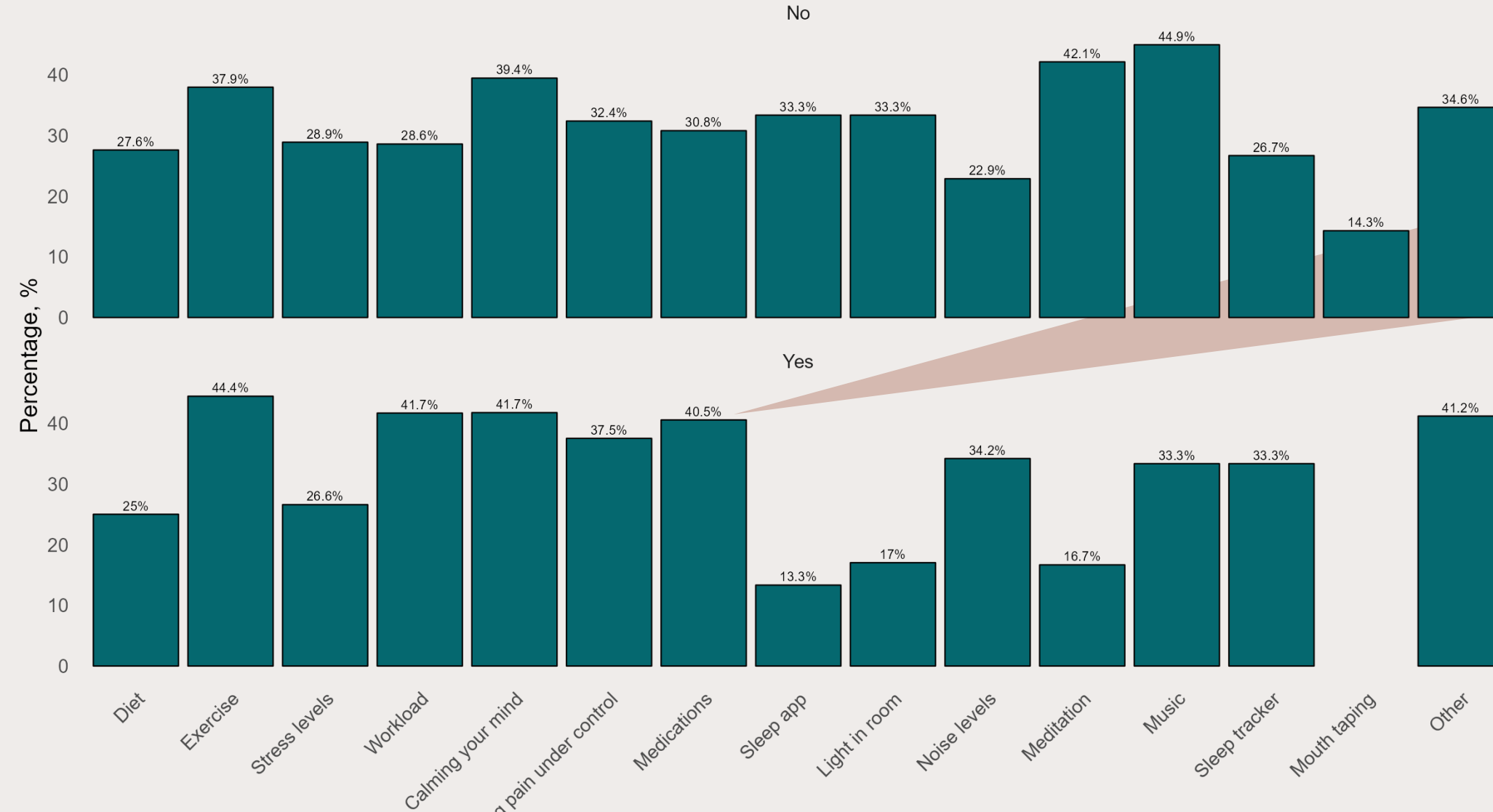


Women experiencing perimenopause or menopause reported sleep disorders (13.8% vs 9.6%) more often than women without





# Factors influencing good sleep in females by menopause status



Use of medications to support sleep was more common among women experiencing perimenopause or menopause (40.5%) compared to those without (30.8%)



# Sleep health by gender

Characteristic	Male, N = 500 <sup>1</sup>	Female, N = 508 <sup>1</sup>
D1 How old are you?	50.0 (18.3)	42.6 (15.3)
QS1 On average how many hours of sleep do you typically get each night? (please just estimate could be with or without a sleep tracker)	7.2 (4.2)	7.0 (1.4)
QS2 During the past week, how many days or nights have you felt that you didn't get enough sleep? nights	2.9 (2.0)	3.5 (2.1)
QS3 During the past week, how many days do you think that lack of sleep or poor sleep might have affected your productivity at school or work?	2.2 (1.7)	2.7 (1.9)
QS5 During the past month, how often have you used prescribed or 'over the counter' medicine to help you sleep?		
Never	0 (0%)	0 (0%)
Less than once a week	26 (28%)	20 (22%)
1-2 times per week	48 (52%)	28 (31%)
3-6 times per week	9 (9.7%)	14 (16%)
Every night	10 (11%)	27 (30%)
Unknown	407	419
QS13 Do you: Sleep in a consistent pattern.	349 (70%)	301 (59%)
QS11 Do you have any of the following: Sleep apnoea	59 (12%)	42 (8.3%)
QS11 Do you have any of the following: Insomnia	43 (8.6%)	68 (13%)

<sup>1</sup> Mean (SD); n (%)