



ANNUAL REPORT
2025
SleepHealth
FOUNDATION

EDUCATE | ADVOCATE | ADVANCE

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Our Partners

The Sleep Health Foundation is supported by

Business Council Members



Healthy Sleep Partners



Our Mission and Priorities

Our vision

Improving people's lives through better sleep

Our mission

Promoting better sleep to optimise health, wellbeing and performance for all Australians

Aims and Objectives

- **Information, education and health promotion:** Providing evidence-based community education tools and materials to promote sleep health.
- **Political and community advocacy:** Providing strong advocacy to help meet the sleep health needs of the community and people with sleep disorders.
- **Setting standards and supporting the consumer:** Encouraging evidence-based sleep health treatments and patient-focused services and outcomes.
- **Research:** Facilitating and disseminating sleep research to help inform better policy level outcomes and tips for individuals.

Chair's message



Ms Jennifer Low
Chair, Sleep Health Foundation

As I write my first message as Chair, I am both honoured and energised to continue the important work of the Sleep Health Foundation. With gratitude, I acknowledge the ongoing support of my predecessor, Professor Shantha Rajaratnam, our incredibly hardworking CEO and Admin and Comms Coordinator, Dr Moira Junge and Liv Patterson, our dedicated Board, each and every member, and not least, the support of our Partners.

In accepting the role of Chair, I knew the Sleep Health Foundation was entering a pivotal year in our history. In late 2023, the Government responded to the report 'Bedtime reading: Inquiry into Sleep Awareness in Australia'. The response was lacklustre and not the trigger for elevating the importance of sleep health and funding that we'd fought so hard for. With the recognition of the Government's lack of appetite on this issue, the Foundation needed to reevaluate our model and strategic priorities. With the dedication and expertise of our Board and committee members we have worked on our resources catalogue to educate the community, increased the demand for our Speaker

Program and continued our strong media engagement. With the ongoing support of our Business Council and Partners we have embarked on an internal review of our advocacy, research and industry program and opportunities to scale to be able to deliver even more information and resources for those experiencing sleep difficulties.

At the heart of our efforts is a commitment to listen to and be guided by people with lived experience of sleep disorders. This perspective is not only central to our ethos; for me, it is personal. As someone with narcolepsy, I know first-hand just how misunderstood and life-altering sleep disorders can be. My experience has shown me the importance of timely diagnosis, understanding from healthcare professionals and workplaces, and above all, compassion and support for those affected. Bringing this lived perspective, I am passionate about increasing awareness and advocating for improved support and education for all Australians experiencing sleep problems.

Looking ahead, we remain focused on amplifying the voices of those with sleep disorders in all that we do, from research and policy development to resource creation and advocacy campaigns. Our mission is to not only improve sleep health for the community, but to ensure every individual experiencing sleep difficulties has the information and support they need.

Thank you to everyone who has partnered with us and contributed to our collective progress. Together, we are paving the way for a healthier, more rested, and more inclusive Australia.

Sincerely,

A stylized, handwritten signature in black ink, appearing to read 'J Low'.

CEO's message



**Adjunct Clinical Associate
Professor Moira Junge
CEO, Sleep Health Foundation**

As we reflect on the past financial year in this Annual Report, I'm proud to share that it has been one of increasing the reach and visibility for the Sleep Health Foundation. We remain committed to growing our collective impact alongside our members, corporate partners and all key stakeholder. The Sleep Health Foundation has made tremendous strides in raising awareness of the vital role sleep plays in our lives right across all facets of the community and across all stages of the lifespan. We want to keep working hard so that the community knows that adequate sleep supports not only our health and wellbeing, but also safety and economic productivity. This progress would not have been possible without the energy and dedication of our staff, the support of our

members, and the strong commitment from our corporate partners.

Together, we've amplified our message across new platforms, launched community partnerships with many workplace and community speaking engagements on sleep, deepened our research engagement, and continued to lead national conversations about the importance of healthy sleep. Whether in homes, schools, workplaces or public forums, we have seen a shift in how sleep is understood – not as a luxury, but as a core and essential pillar of good health and public safety.

Thank you to each and every one of you who has walked alongside us throughout 2024-2025. I am proud of this Annual Report and what we're able to achieve with very few resources. Your support has helped us expand our reach, strengthen our voice, as we work towards building a more rested, better slept and healthier Australia.

Here's to an even stronger year ahead in the next financial year.

Cheers,

A handwritten signature in black ink, appearing to read 'Moira Junge'.

Our Team

The Board



Ms Jennifer Low
Chair of the Board



Prof Shantha Rajaratnam
Immediate Past Chair



Prof Robert Adams
Deputy Chair until Nov '24



A/Prof Yaqoot Fatima
Board Member



Ms Rita Harding
Board Member



Mr Ashley Midalia
Board Member



Dr Linda Schachter
Board Member



A/Prof Andrew Vakulin
Board Member



Dr Alexander Wolkow
Board Member

The Office



A/Prof Moira Junge
Chief Executive Officer



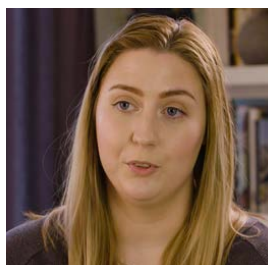
Liv Patterson
Administration and
Communications
Coordinator

Lived Experience Advisory Partners (LEAP)

Lived-Experience members



Pamela Bird



Ashleigh Crisafi



Suzanne Curyer



Mike Frost
RIP Oct 2024



Dr Jenny Haycock
Co-Chair, SHF Member



Carol-Anne Howlett



Jennifer Low
Chair of the Board



Russel



Aaron Schokman

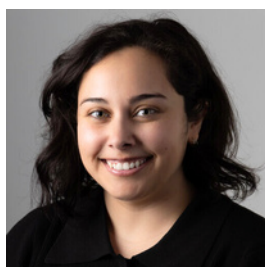
SHF members



A/Prof Andrew Vakulin
Co-Chair, Board Member



Prof Robert Adams
Board Member



Dr Charlotte Gupta
SHF Member



Dr Moira Junge
SHF CEO

RIP Mike Frost

It is with great sadness that we share the news of the recent passing of Mike Frost, a valued member of the Sleep Health Foundation's Lived Experience Advisory Partners.

Mike brought a unique and deeply personal perspective to our work, drawing on his experiences with obstructive sleep apnoea to advocate passionately for better sleep health and awareness. His thoughtful contributions over the years have helped shape our efforts to make sleep health a priority for all Australians.

Mike's family has kindly shared their wishes for his story to continue to inspire and educate others. This reflects the dedication he brought to the cause: a commitment to empowering others to understand and prioritise their sleep health.

We extend our heartfelt condolences to Mike's family and loved ones. His legacy will live on through the impact of his work and the lives he touched. Rest in peace, Mike. Your voice and passion for advocating and raising awareness of sleep health will not be forgotten.



Watch Mike's story.

Volunteer Spotlight

As a not-for-profit organisation, the Sleep Health Foundation relies on the good will and dedication of our volunteers. Their hard work, passion, and time are the driving force behind our efforts to raise awareness, support sleep health research, and make a positive difference in so many lives.

Our volunteers include those who contribute to our working parties and committees, events and programs, Speaker Program and media promotions, fact sheets and Board. Their contributions are truly invaluable. We couldn't do the work we do without their unwavering support. We thank them for their continued commitment to helping us promote better sleep for all!



Q&A with Dr Anastasia Suraev

Tell us about the experience you have had being a part of the Sleep Health Foundation's activities throughout this past year.

It's been such a rewarding experience to be part of the Sleep Health Foundation's Speaker Program this past year. I genuinely enjoy helping people understand just

how important sleep is to their overall health. At its heart, SHF is all about education, and this program gives us the opportunity to connect with all sorts of audiences, whether it's in healthcare settings, corporate environments, or the community. I love bringing core sleep concepts to life in a fun, relatable way that gets people thinking about their own sleep habits, and most importantly, taking steps to improve them or seek help if needed.

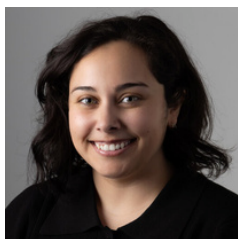
What's your vision, or hopes, for sleep health in Australia?

For me, good sleep is the quiet hero of good health.

I'd love to see Australians truly embrace sleep as a vital part of their wellbeing, right alongside diet and exercise. We often talk about those two pillars, but sleep is the third, and in many ways, it's the one that supports everything else. When we get sleep right, everything else tends to follow. My hope is that sleep health becomes something we take seriously and speak about just as openly as other aspects of health.

Do you have any advice for others who might want to get involved with the activities and mission of the SHF?

Absolutely - just jump in! It's such a fantastic initiative to be part of, and you'll feel really supported along the way. Whether you're passionate about education, advocacy, or just want to make a difference, there's something meaningful you can contribute.



Q&A with Dr Charlotte Gupta

Tell us about the experience you have had being a part of the Sleep Health Foundation's activities throughout this past year.

I am a research member and the new co-chair of the SHF Lived Experience Advisory Group. I feel very proud of the work of the SHF and the Lived Experience Advisory Group in the past year. Our group has worked with dedication to ensure that the voices of those with lived experience of sleep disorders are heard, valued, and integrated into the broader sleep health conversation. A key highlight was our representation at the Australasian Sleep Association conference, where we hosted a symposium on co-design and platformed the voices of our members. Throughout the year, our ongoing discussions within the Advisory Group have continued to shape how we represent lived experience

authentically and advocate effectively for the sleep health community.

What's your vision, or hopes, for sleep health in Australia?

My hope for sleep health in Australia is a future where sleep is recognized as a fundamental pillar of health—on par with nutrition and physical activity—and where every Australian has access to the education, support, and services needed for their sleep health.

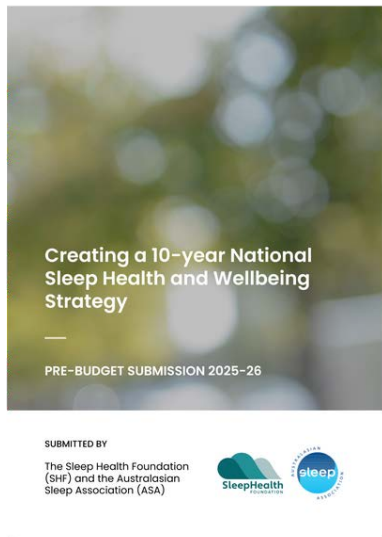
Do you have any advice for others who might want to get involved with the activities and mission of the SHF?

I'm incredibly proud to be part of the great work of the SHF and to contribute to empowering and advocating for those living with sleep health problems. The members of LEAP with lived experience with sleep problems and sleep disorders contribute so much by sharing their stories, and I encourage anyone else who wants to make a difference to join us and improve sleep health in Australia.

**You can contact us via
admin@sleephealthfoundation.org.au if
you're interested in finding out more
about becoming a volunteer.**

Advocacy

Creating a 10-year National Sleep Health Strategy



On the back of the launch of the policy evidence review in 2023, *Sleep: A core pillar of health and wellbeing*, the Sleep Health Foundation, alongside the ASA, submitted a proposal to the Department of Health and Aged Care in January 2024 and again 2025 as a pre-budget submission. The main 'ask' in this joint submission was for the establishment of a 10-year National Sleep Health Strategy in Australia.

We have recommended this so we can improve population sleep health in a coordinated fashion and so we can better address the increasing prevalence of poor sleep and associated negative health outcomes and provide leadership and policy commitment necessary to improve population sleep health progressively over the coming decade.

Mental Health Australia's Health Sector Expo

On 9 October 2024, our CEO Dr Moira Junge attended Mental Health Australia's Health Sector Expo at Parliament House in Canberra. This event was co-hosted in partnership with the Parliamentary Friends of Youth Mental Health and the Parliamentary Friends of Mental Health. It brought together over 120 mental health professionals and representatives from 45 organisations.

The Hon Mark Butler MP, Minister for Health and Aged Care, was a featured speaker at the expo. Minister Butler acknowledged the challenges faced by the sector and praised the dedication of those working in mental health. He highlighted how the pandemic had deeply affected mental health across Australia, particularly among youth, and stressed the need for inclusive program design that incorporates lived experience. This expo was part of broader efforts during Mental Health Month in October to raise awareness and promote better mental health outcomes nationwide. Once again, to have the Sleep Health Foundation present at these discussions is a great leap forward with sleep being recognised as both a cause and a consequence of poor sleep.

Mental Health Australia Policy Forum



As a member organisation of Mental Health Australia, our CEO attended a Policy Forum at the Victorian State Library on 12 November 2024. With 119 CEOs, executives, and leaders from 69 organisations across Australia, this was a large and important forum.

The theme of the forum was *Driving Change*, and there was an inspiring lineup of speakers. Among them was Martin Foley, Victoria's former Health and Mental Health Minister, who opened discussions on driving reform from a government perspective. A panel followed this and focused on reform implementation. Panelists included: Professor Bruce Bonyhady, Chair and Director of the Melbourne Disability Institute; Katie Larsen, Executive Director of Lived Experience at Mind Australia; and Professor Frank Oberklaid, Co-Group Leader of Child Health Policy, Equity and Translation at the Murdoch Children's Research Institute. The panel focused on the importance of unity in achieving change, and the need to be curious, courageous and persistent, in reform implementation. It is encouraging to see the Sleep Health Foundation included in these discussions.

Recite Me

The Sleep Health Foundation is proud to announce a significant enhancement to our online presence, aimed at creating a more inclusive digital environment for all our visitors.

In line with our core values of accessibility and inclusivity, we've integrated Recite Me's assistive technology across our website. This powerful tool offers a suite of features designed to break down barriers and enhance the online experience for a diverse range of users.

Why is this important? Research shows that approximately one in four individuals may face challenges when navigating websites due to various factors, including disabilities, learning differences, visual impairments, or language barriers. Our new accessibility toolbar addresses these challenges head-on.



Key features of the Recite Me toolbar include:

- Advanced screen reading capabilities
- Customisable display settings
- Reading support tools
- On-demand translation into over 100 languages, with 65 offering text-to-speech functionality

Visit our website to access the tool.

Events

Sleep Health Week 2024



Held annually to shine a spotlight on the importance of sleep, Sleep Health Week 2024 continued to emphasise how sleep underpins mental, physical, and emotional wellbeing.

Highlights of the Week:

- **Key Themes:** This year, the week embodied the theme of *Pathways to Better Sleep*. We focused on the vital connection between sleep and mental health, promoting the importance of quality sleep for overall wellbeing, and resources and support available to those experiencing poor and disordered sleep.
- **Community Engagement:** Through media campaigns, expert interviews, and community initiatives, we reached thousands of Australians, encouraging everyone to prioritise their sleep health.
- **Collaborative Webinars:** We partnered with leading mental health organisations to deliver two engaging and informative webinars:



Evidence-based solutions for a Better Night's Sleep with Black Dog Institute

We extend our gratitude to everyone who participated, supported, and shared in this important cause. Let's continue to work together to ensure sleep remains a cornerstone of healthy living.

The Sleep Health Foundation is proud and grateful to



How to sleep well and improve mental health with Beyond Blue

have received incredible support from the community for this event, and look forward to continuing to host Sleep Health Week. If you have any feedback or requests for future Sleep Health Weeks, don't hesitate to reach out to us via

admin@sleephealthfoundation.org.au.

Sleep Science Communication Award



Early career researchers, even those who are still completing their post graduate studies attending Sleep DownUnder 2024, were invited to submit an entry to be considered for the 2024 Sleep Health Foundation's Sleep Science Communication Award. The Award requires entrants to consider the importance of translating research for a non-scientific audience.

Round one entry involved writing a 250-word brief mock press release about their research. Then if selected, the next phase was to give a 5-minute pitch of their research and how they could see their research being translated into practice and enable it to have a positive impact on society. This was held at Sleep DownUnder at a symposium on Saturday 19 October. It could be in the form of a TED-talk type of presentation or a short video or animation to convey the main messages of their research topic. Anything that is aimed at the general public and not a scientific audience is acceptable.

Please join us in congratulating 2024's Sleep Science Communication Award winner, **Samantha Bramich!**

Through a unique and clever use of TikTok to communicate her work, Samantha's presentation embodied the importance of translating research and the essence of the Award. We also extend our congratulations to all of our finalists, including Laura Astbury, Nicole Grivell, and runner-up, Dayna Easton on their impressive presentations. At the Sleep Health Foundation, we're grateful to have these brilliant

researchers spotlighting the importance of public education, accessibility and health literacy.

We also thank our judges, 2023's Award winner, Alex Shriane, runner-up, Alex Sweetman, and host, Olivia Henry, for managing the very difficult task of judging our finalists' presentations.

[Watch Samantha's winning presentation here.](#)

Women's Health Week: *Girls Night In* with Daughters of the West



The Sleep Health Foundation is privileged to have partnered with the Western Bulldogs Community Foundation's Daughter of the West program in 2024. Daughters of the West is an initiative that aims to empower women of the west to make their health and wellbeing a priority by giving them the tools and knowledge to do so.

To celebrate this collaboration and the importance of sleep health, together we held a special Women's Health Week event, "Girls Night In", encouraging participants of the program to join us for a discussion about the intersection of women's health and sleep health.

Proudly supported by WBCF's partner, WorkSafe, and the Sleep Health Foundation's partner, Denton's pillows, and Twinings, the event included catering, an insightful panel discussion, and goodie bags and giveaways.

The Sleep Health Foundation extends our thanks to the events supporters, organisers, and panelists, including Jean Hailes for Women's Health CEO, Dr Sarah White, Western Bulldogs AFLW Player Welfare Manager, Georgia Stewart, and SHF's own CEO, Dr Moira Junge.

We look forward to strengthening our relationship with Western Bulldogs Community Foundation and identifying future opportunities for collaboration.

The Psychology of Sleep: A Sleep Health Workshop for School Psychologists



In 2024, the Sleep Health Foundation was commissioned by the NSW Department of Education to host a comprehensive 6-hour program for school psychologists, designed to enhance knowledge and skills in managing sleep-related issues among students.

The workshop equipped attendees with practical tools and strategies to address sleep problems in children, including those with special needs, through a mix of presentations, interactive activities, and group discussions.

The panel featured the insights and expertise of Dr Jade Murray, Dr Linda Schachter, Prof Harriet Hiscock, and Dr Moira Junge.

This workshop was the first of many educational initiatives the Sleep Health Foundation hopes to contribute to in the future. Following the workshop's success and outstanding feedback, we look forward to being involved in more educational initiatives, supporting the work of professionals on the frontline.

Programs & Committees

Industry Research & Collaborations Committee

Chair: Andrew Vakulin

Co-Chairs: Tracey Sletten, Alexander Wolkow

Members: Christopher Gordon, Mark Howard, Moira Junge, Shantha Rajaratnam, Andrew Tucker

The aim of the Industry Research and Collaboration Committee (IRCC) is to bridge the gap between research and business to provide industry-focused research, advice, education and consultancy services about sleep, circadian disruption and alertness. This committee gives the SHF the capacity to identify, access, learn from, partner with, and participate in, world class industry-focused research translation collaborations to improve mental and physical health, wellbeing, performance and safety.

The IRCC is made up of academics, clinicians and industry representatives collectively having extensive experience in industry-driven research and partnerships.

Changes to Committee Operations & Structure and Membership

Over the past 12 months there has been renewed energy and enthusiasm with some positive changes to the way the committee operates to better align with the scope and mission of the SHF and the available resources and expertise.

New Leadership

Firstly, we are excited to announce that Dr Alexander Wolkow and A/Prof Tracey Sletten have taken the role of Co-Chairs of the IRCC to support Andrew Vakulin with Chairing responsibilities and as a succession plan for the IRCC. Andrew has planned to retire from Chairing this committee at the end of 2025, with the Co-Chair model supporting leadership transition and workload distribution.

Policy & Documentation Updates

The IRCC has finalised more formal guidelines and process for grant partnership requests with the SHF to

support research grant applications. This approach provides clarity and information on what is required, as well as useful templates and guidelines for in-kind and cash contributions. This is to ensure that SHF is able to actively support research translation activity, advocacy, raising awareness and lived experience input. The IRCC Co-Chairs are now responsible for the review and approval of these requests from researchers to partner on grant applications. If necessary, applications will be escalated by consideration by the SHF Board.

The IRCC have also been working on updating the Terms or Reference for the committee to reflect the changes in scope, leadership and operations. Another important update was made to the SHF website to include a formal "[Terms and Conditions](#)" to protect SHF intellectual property and regulate commercial use. This arose due to instances where SHF materials have been used by industry with no policy in place for such use. Of course, the primary mission of the SHF is to support freely available trusted source of information on sleep health to the community and this will always be the case, but this step was taken to provide some guidance around commercial use.

After many years of valuable service on the committee since its inception, Prof David White (industry representative) and A/Prof Svetlana Postnova (University of Sydney representative) have stepped down from their positions on the IRCC. We would like to thank both Sveta and David for their important contributions to the Sleep Health Foundation via the Committee.

We would also like to welcome a new member to the IRCC, Dr Andrew Tucker (Director Research and Development, SleepTite Pty Ltd) who has stepped in as industry representative following the departure of David White. Andy has played a major leadership role within the Alertness CRC and has contributed to this committee when it first started. He has a wealth of experience working in the interface between industry and academia and we are fortunate to his knowledge and expertise on the committee.

We will soon be seeking for more new members with interest and experience working with industry to join this dynamic committee via a formal Expression of Interest to be released before the end of the year. Keep an eye out for this exciting opportunity.

Industry Engagements and Consultations

The IRCC have had a number of industry engagements and activities in the last 12 months. This includes:

- **Origin Energy:** Discussion on the evidence related to yawning as a marker of fatigue. This was in response to Origin's LPG Division installing full face cameras in heavy vehicles provide multiple alerts of yawning as fatigue-related events.
- **EML Mutual Benefits Program:** SHF is in discussions with EML to scope a potential partnership to develop sleep hygiene education program for shift workers.
- **Optalert:** There has been engagement with OptAlert regarding their new App Owl Eye and linking to SHF website factsheets as a trusted source of information on sleep health.
- **National Transport Commission (NTC):** SHF have been engaged to potentially provided a comprehensive review of the Risk Classification System Review to manage fatigue in heavy vehicle scheduling. The scope, cost and timelines have been supplied to NTC for consideration.

Consultations

The SHF and the Australasian Sleep Association (ASA) have made a joint submission to the NTC request for Consultation on "Improving Health Screening of Heavy Vehicle Drivers". Thanks to Ashley Montero, Andrew Vakulin, Alex Wolkow, David Cunningham, Mark Howard and Tracey Sletten for their leadership and contributions to this submission. A formal publication arising from this report is being considered.

Grant Support

The IRCC has been very busy with supporting our members with 17 grant partnership requests in the last 12 months, including NHMRC and MRFF applications. Thank you to the Co-Chairs and the committee for their contribution to this effort, and thank you to all the applicants for their partnership and patience as we work to clarify and formalise the grant partnering process.

The Sleep Health Foundation is currently partnered on 16 successful grants:

- *Quality Use of Medicines in Insomnia and Sleep Health (QUMISH)*, Australasian Sleep Association
- *Co-designing a novel digital sleep intervention for community-dwelling people living with cognitive impairment and their care partner*, Monash University
- *Zest: A Personalised, Digital Intervention for sleep and well-being in Australian Shift Workers*, Monash University

- *Insomnia and Lifestyle study (full name: Integrating Evidence-Based Behaviour Change Techniques Targeting Poor Diet and Physical Inactivity into Standard Care for People with Sleep Disorders or Sleep Problems)*, University of the Sunshine Coast
- *Chronic insomnia: comparing the effectiveness of interventions utilising digital health in priority populations*, Bond University
- *Obstructive sleep apnoea diagnosis and management in First Nations communities: community co-design, local capacity building and place-based models for sustainable success*, University of the Sunshine Coast
- *Co-designing Obstructive Sleep Apnoea screening and diagnostic approaches for First Nations Australians: Strengthening clinical pathways with lived-experience support from community champions*, University of the Sunshine Coast
- *Sleep for Strong Souls (3S): Multisectoral partnership and co-designed solutions to improve the sleep health of First Nations Adolescents*, University of the Sunshine Coast
- *SIMPLIFI-OSA (Study to Investigate the Management of Patients using Limited-channel testing versus Full polysomnography for Identification of Obstructive Sleep Apnoea) Study*, Flinders University
- *An online tool to help guide people in the community to sleep problem solutions*, Flinders University
- *SHINE study: Sleep Health in Perinatal Care*, Monash University
- *A randomised controlled trial of multi-night screening and diagnosis of OSA to improve diagnostic test accessibility, accuracy and reduce costs*, Flinders University
- *Novel home monitoring and integrated support program of obstructive sleep apnoea management*, Flinders University
- *Targeting insomnia to transform chronic musculoskeletal pain management*, University of Sydney
- *Driver Sleepiness Detection Device – Improving Road Safety by Reducing Sleepiness on Australian Roads*, Flinders University
- *Transforming depression prevention by targeting adolescent sleep*, University of NSW and Black Dog Institute

Lived Experience Advisory Partners (LEAP)

Co-Chairs: Jenny Haycock, Andrew Vakulin
Members: Robert Adams, Pamela Bird, Ashleigh Crisafi, Suzanne Curyer, Mike Frost, Charlotte Gupta, Carol-Anne Howlett, Moira Junge, Jennifer Low, Russel, Aaron Schokman, Charlotte Vincent

The Sleep Health Foundation has always aimed to capture the voice of people with lived experience of sleep disorders. We strive to deepen community understanding of the importance of sleep for health, why sleep disorders need professional diagnosis and treatment; and, to provide information about common sleep difficulties and how to address them. How better to do this than to have advice and guidance from those experiencing sleep disorders?

The Lived Experience Advisory Partners (formerly known as the Consumer Reference Council), co-chaired by Associate Professor Andrew Vakulin from Flinders University (and SHF Board member) and Dr Jenny Haycock from Flinders University (sleep researcher and lived experience representative), consists of ten people with a broad range of sleep disorders and connections to them, including obstructive sleep apnoea, insomnia, narcolepsy, idiopathic hypersomnia, restless legs syndrome, and parasomnias.

The primary function of the Lived Experience Advisory Partners is to provide strategic and advisory input to the SHF Board on matters relating to advocacy, education, partnerships and research, to ensure that the consumer voice and perspective are heard and at the core of all SHF activities.

This year one of our Lived Experience Advisory Partners, Mike Frost, sadly passed away. Mike has been a very active and valued member of the LEAP group since the group was established, and his presence is greatly missed by the group. Another group member, Charlotte Vincent, has stepped down from the group. We would like to sincerely acknowledge both Mike and Charlotte's valuable input and contribution over the first three years of this group.

In early 2025 Andrew Vakulin expressed his intention to step down as co-chair in the near future. The group would like to thank Andrew for his hard work and valuable contribution in establishing the LEAP group and ensuring the ongoing success of the group. A co-chair expression of interest was circulated within the group and Dr Charlotte Gupta from CQ University has

been offered the role of co-chair, thank you Charlotte for accepting this position.

This year we have actively been looking for new group members with an expression of interest published on the SHF website and social media, and shared with other groups and contacts. We are hoping to welcome new members to the LEAP group very soon.

Activities and achievements

The LEAP group worked together to draft two social media posts which were shared online during Sleep Health Week 2024. These posts provided advice on when and how to seek help if you've been experiencing poor sleep or are feeling more tired during the day, and examples of how diagnosis and treatment had a positive impact on their lives.

Input from the LEAP group was included in two symposium presentations at Sleep DownUnder 2024 showcasing the lived experience of sleep disorders. The first symposium titled "The lived experience of sleep disorders: the importance of patient perspectives in research and clinical practice" featured a live interview with a member of the LEAP group. Stories and videos from the LEAP group were included in a second symposium "Jumping through hoops: Navigating disparities in the diagnosis and treatment of sleep conditions. Qualitative analysis of the consumer journeys and stories collected in 2021-2022 is progressing towards a publication.

The LEAP group have continued to work to actively promote the top priorities identified last year. 1) consumer input into sleep health professional education; 2) consumer input into new models of care for sleep disorders; 3) develop processes to engage consumers in research; and 4) develop a SHF consumer registry to support media engagement and research priorities from a range of perspectives. Work is progressing to develop a SHF Lived Experience Registry and group members have actively participated in a number of research projects this year.

The LEAP group have assisted with reviewing the SHF website and continued to engage with reviewing and updating the highly utilised and important SHF resource, the sleep disorder Fact Sheets. This is to ensure that the Fact Sheets are clear, up to date and resonate with people with lived experience.

We would like to thank all the LEAP members for their passion, commitment and dedication to improving sleep health and look forward to working with them over the next 12 months.

Sleep Health Week Working Party

Chair: Gemma Paech

Members: Meagan Crowther, Rita Harding, Carol-Anne Howlett, Jenny Haycock, Moira Junge, Sukhjit Kaur Bains, Liv Patterson, Russel, Anastasia Suraev, Alexander Wolkow

The transition from the Marketing and Communications Committee to the Sleep Health Week Working Party was an important strategic shift for the Sleep Health Foundation in 2024-2025. This change was made to maximise impact during Sleep Health Week, the Foundation's flagship annual event dedicated to raising public awareness about the critical importance of sleep for overall health and wellbeing. By focusing efforts through a dedicated working party, we aimed to provide more targeted planning and partnership opportunities for Sleep Health Week activities.

The Sleep Health Week Working Party also welcomed two new lived experience members in 2024. Their involvement strengthened the Foundation's ability to elevate and platform authentic voices, ensuring that lived experience perspectives were brought more directly into campaign messaging and event design. This focus on lived experience was especially vital for sharing real-life stories, reducing stigma, and encouraging help-seeking behaviours.

Sleep Health Week 2024, trialled for the first time in August from Monday 5 to Friday 9, embraced the theme "Pathways to Better Sleep." Activities highlighted how sleep is fundamental to overall wellbeing, alongside physical activity and nutrition. Key initiatives included resource development, workplace and community engagement activities, media outreach, and public webinars – all informed by voices with lived experience. These contributions helped ensure that Sleep Health Week 2024 was not only informative but also resonant and relatable for diverse communities, reinforcing the Foundation's mission to improve sleep health outcomes for all Australians.

The working party's collaborative approach has set a refreshed standard for campaign planning and delivery, creating stronger community engagement and delivering far-reaching benefits.

Social media

In the 2024-2025 financial year, the Foundation's social media platforms also continued to grow. We saw an increase in fans and followers from 13,449 to 14,858

amongst our accounts, which is a growth of over 10%. This was due largely to the continued development of our LinkedIn and Instagram, which grew 15% from 4,056 to 4,647 followers and 14% from 3,243 to 3,705 followers respectively.

Visit our social media profiles:



Daylight Saving Working Party

Chair: Jennifer Walsh

Members: Beth Klerman, Gemma Paech, Greg Murray, Moira Junge, Oliver Rawashdeh, Russell Foster, Sally Ferguson, Shantha Rajaratnam

Over the past 12 months, the Daylight Saving Time (DST) working party has advanced their work on three key projects aimed at understanding the impacts of DST changes.

The first goal of the working party was to undertake a comprehensive review of the scientific literature in relation to the impact of DST on health. Members of the working party have teamed with international collaborators to develop a review of 157 studies which examined health outcomes including cardiovascular, psychiatric, traffic accidents, non-traffic accidents (e.g., workplace), sleep and circadian, cognitive, and neurological and gastrointestinal and all-cause mortality. The review is currently under peer review for publication.

The second goal of the working party was to review the grey literature on the area from Australia and New Zealand focusing on health, safety, energy, economic and political topics. The outcome of this review is also being prepared for publication.

The final goal of the working party was to survey public opinion on DST and examine whether it related to residential location or chronotype. Data from the approximately 1000 respondents is currently being analysed.

The working party summarised their work to date on the topic of DST at a symposium session at SleepDownUnder 2024. Indicative of interest in the topic, despite being the last session of the conference, it was very well attended and generated significant discussion.

Code of Practice for Suppliers of CPAP Sleep Therapies

Chair: A/Prof Darren Mansfield

The Sleep Health Foundation's Code of Practice for Suppliers of CPAP Sleep Therapies helps ensure suppliers of sleep disorder therapies adopt consistent standards. Annual Certification and registration as a Sleep Health Foundation Code of Practice adherent will give sleep physicians and their patients confidence when making decisions about where to go for equipment to treat sleep disorders. Quality practitioners agree that a comprehensive and considered approach to patients and their treatment is required. The code is endorsed by the Australasian Sleep Association (ASA).

Across Australia there were 56 CPAP sales outlets that subscribed to the Code of CPAP Sale for this financial year. The code was established in recognition of CPAP suppliers that meet a standard of quality in ensuring the patient is placed first. The 13-item code considers staff training, customer education, accessibility, product range, communication, and management of conflict of interest among the key priority areas.

Subscribers to the CPAP code for the financial year 2024-2025 include:

- Benchmark Sleep Services (8 locations)
- Bendigo Sleep Services
- CPAP Direct (20 locations)
- CPAP Victoria (15 locations)
- Footes Pharmacy Redbank Plains
- Health Dynamics Tasmania (3 locations)
- Pacific Sleep (6 locations)
- Peninsula Sleep Clinic
- Priceline Pharmacy Horsham

Speaker Program

Spokespeople: Alexander Wolkow, Amy Jordan, Amy Reynolds, Anastasia Suraev, Andrew Vakulin, Charlotte Gupta, Christopher Gordon, Dorothy Bruck, Giselle Withers, Hailey Meaklim, Jade Murray, Jasneek Chawla, Jennifer Walsh, Kathleen Madison, Linda Schachter, Meagan Crowther, Melinda Jackson, Melissa Ree, Moira Junge, Prerna Varma, Robert Adams, Shantha Rajaratnam, Tracey Sletten, Sarah Blunden, Yaqoot Fatima

Staying informed with the latest, evidence-based insights on the importance of sleep is essential. That's why we offer expert speakers to deliver presentations on various sleep health topics. Our presenters include

leading clinicians, researchers, and scientists, actively working in the field of sleep medicine. They offer their expertise to schools, government bodies, workplaces (including through OHS programs), as well as health and community groups. In the 2024-2025 financial year, the Sleep Health Foundation delivered 47 paid presentations and six free of charge presentations.

Fact Sheets

Chair: Alexander Wolkow

In the 2024-2025 financial year, the Sleep Health Foundation updated 28 of our fact sheets and added a new fact sheet on [COMISA](#).

We extend our sincerest thanks to all our expert fact sheet contributors and reviewers:

Mr Corey Adams, Prof Robert Adams, Prof Clare Anderson, the late Prof Stuart Armstrong, Dr Siobhan Banks, Dr Maree Barnes, Kimberly Bassett, Dr Bei Bei, Prof Sarah Blunden, Dr Geoff Brearley, Emeritus Prof Dorothy Bruck, Prof Romola Bucks, A/Prof Sean Cain, Dr Stephanie Centafanti, A/Prof Jasneek Chawla, Dr Lynden Chan, Dr Francis Cheong, Prof Peter Cistulli, Ms Claire Cotter, Ms Sue Cranage, Dr David Cunnington, Ms Cassie Doyle, Prof Danny Eckert, Dr Elise Facer-Childs, A/Prof Yaqoot Fatima, Prof Sally Ferguson, A/Prof Andrew Francis, Dr Simon Frenkel, Dr Andrew Gikas, Prof Christopher Gordon, A/Prof Michael Gradisar, Dr Charlotte Gupta, Carissa Haines, Prof Garun Hamilton, Dr Kristy Hansen, Dr Sabina Hennel, Prof David Hillman, Prof Harriet Hiscock, Prof Rosemary Horne, A/Prof Mark Howard, A/Prof Melinda Jackson, Prof Amy Jordan, Dr Moira Junge, A/Prof Gerard Kennedy, Emeritus Prof Leon Lack, Dr Don Lewis, Prof Stuart MacKay, A/Prof Darren Mansfield, Dr Svetlana Maskevich, Prof Kath Maddison, Prof Nathaniel Marshall, Prof Doug McEvoy, Dr Dan McLaughlin, Dr Hailey Meaklim, Dr Dean Miller, Dr Paula Mitchell, Dr Lindsay Morgan, Prof Sutapa Mukherjee, Megan Mulhall, Prof Greg Murray, Dr Jade Murray, Prof Matthew Naughton, Dr Christian Nicholas, Dr Gillian Nixon, Dr Rowan Ogeil, Dr Gemma Paech, Dr Andreas Pattichas, A/Prof Andrew Phillips, A/Prof Craig Phillips, Dr Maria Pushpanathan, Dr Jon Quach, Dr Nina Quin, Prof Shantha Rajaratnam, Dr Oliver Rawashdeh, Dr Melissa Ree, A/Prof Amy Reynolds, Emeritus Prof Amanda Richdale, Prof Naomi Rogers, Dr Hannah Scott, Prof Jonathan Shaw, A/Prof Tracey Sletten, Dr Julia Stone, Dr Nur Sulaiman, Dr Anastasia Suraev, Dr Alexander Sweetman, A/Prof Emma Sciberras, Dr Andrew Thornton, Ms Alex Tully, Dr Prerna Varma, Dr Lynnette Walpole, Dr Jennifer Walsh, Dr Giselle Withers, Dr Alex Wolkow, Dr Christopher Worsnop, Dr Stephanie Yiallourou, A/Prof Alan Young, Prof Paul Zimmet.

Membership

The Sleep Health Foundation received 141 membership purchases throughout the 2024-2025 financial year.

Being a member of the Foundation is not just about what we can provide for you, it's also about building strength in numbers and being a part of a wider community.

Benefits of being a member:

- Develop new skills by participating on committees and in projects.
- Opportunities to apply for grants and awards offered to members only.

- Be paid to present workshops to community groups, schools, government and business organisations.
- Meet new people in your field.
- Advertise your research projects on our website and social media platforms during participant recruitment.
- Advertise job vacancies in your organisation on our website and social media platforms.
- Become a media spokesperson for the Foundation.

Special thanks to lifetime members: Prof David Hillman, Prof Doug McEvoy, Dr Rod Steens, Prof Matthew Naughton, Dr Ral Antic, Dr Keith Burgess, Prof John Wheatley, Dr Michael Prichard, A/Prof Darren Mansfield.

Interested in becoming a Sleep Health Foundation member? [Join here!](#)

Our Thanks

The Foundation Board is grateful to all those who support the Foundation financially. We acknowledge our members, the Business Council members, Healthy Sleep Partners and our volunteers who contribute their time and energy to helping us grow and develop more resources to share with the community. We are also very grateful to all those who are part of our Speaker Program, presenting sleep health information to business, community and school groups throughout Australia, and our Fact Sheet reviewers and contributors, who ensure the information we share reflects the most up to date research and is both appropriate and relevant for the community.

Business Council members

- Fisher & Paykel
- Philips
- ResMed
- Teva

Healthy Sleep Partners

- Dentons Pillows
- Ecosa
- FESS

Information and Content Partners

- Australian Men's Shed Association
- Better Health Channel
- Black Sparrow Group – Vigour Media
- Carers Australia
- Happy Body at Work
- HealthDirect
- healthylife
- HerHeart
- Hypersomnolence Australia
- Jean Hailes for Women's Health
- Kiddipedia
- Lung Foundation
- Narcolepsy Australia
- Sleep Disorders Australia
- Together AI
- Wellbeing in Schools Australia (WISA)
- Wellify
- WoolcockInstitute

Financial Report

FOR THE YEAR ENDED 30 JUNE 2025

Sleep Health Foundation **ABN 91 138 737 854**
552 Victoria Street, North Melbourne VIC 3051
(03) 7067 6932 | www.sleephealthfoundation.org.au

Prepared by Peter Sutton & Co

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Directors Report

for the Year ended 30 June 2025

The directors present their report on the The Sleep Health Foundation for the financial year ended 30 June 2025.

Information on Directors

The names of each person who has been a director during the year and to the date of this report are:

Jennifer Low	
Shantha Rajaratnam	Immediate Past Chair
Robert Adams	Resigned November 2024
Alex Wolkow	
Rita Harding	
Ashley Midalia	
Andrew Vakulin	
Fatima Yaqoot	
Linda Schachter	

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

Principal Activities

The principal activities of the company during the financial year were:

- Advocacy of sleep health issues to government, employer bodies, road safety authorities and other organisations;
- Raising public awareness and community involvement about sleep health issues and their resolution; and
- Undertaking targeted education and service delivery programmes in relation to sleep health issues.

No significant change in the nature of the company's activity occurred during the financial year.

Operating Results

The loss of the company for the financial year amounted to \$51,461 (2024 surplus: \$3,949).

Significant Changes in the State of Affairs

There have been no significant changes in the state of affairs of the company during the year.

Events After the Reporting Date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

Environmental Issues

The company's operations are not regulated by any significant environmental regulations under a law of the Commonwealth or of a state or territory of Australia.

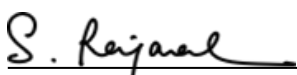
Indemnification and Insurance of Officers and Auditors

No indemnities have been given or insurance premium paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.

Auditor's Independence Declaration

The lead auditor's independence declaration in accordance with section 307C of the Corporations Act 2001, for the year ended 30 June 2025 has been received and can be found on the following page.

Signed in accordance with a resolution of the Board of Directors:

Director: 
Shantha Rajaratnam

Director: 
Jennifer Low

Dated this 10th day of September 2025

Statement of Profit or Loss and Other Comprehensive Income

for the Year ended 30 June 2025

	Note	2025 \$	2024 \$
INCOME			
Revenue	2	284,298	365,884
Total Income		284,298	365,884
Total Income		284,298	365,884
EXPENSES			
Audit fees		4,280	4,150
Depreciation		908	1,135
Advertising Expenses		870	3,166
Other expenses	3	329,701	353,484
Total Expenses		335,759	361,935
SURPLUS/(LOSS) FOR THE YEAR		(51,461)	3,949

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

Statement of Financial Position

As at 30 June 2025

	Note	2025 \$	2024 \$
ASSETS			
Current Assets			
Cash and cash equivalents	4	366,762	416,672
Receivables	5	158,835	127,489
Total Current Assets		525,597	544,161
Non-current Assets			
Property, plant and equipment	6	3,633	4,541
Total Non-Current Assets		3,633	4,541
Total Assets		529,230	548,702
LIABILITIES			
Current Liabilities			
Provisions	8	4,814	3,368
Borrowings	7	2,216	2,012
Payables	9	176,884	146,580
Total Current Liabilities		183,913	151,959
Non-Current Liabilities			
Provisions	8	12,943	12,908
Total Non-Current Liabilities		12,943	12,908
Total Liabilities		196,856	164,867
NET ASSETS		332,374	383,836
EQUITY			
Retained surplus		332,374	383,836
Total Equity		332,374	383,836

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

Statement of Cash Flows

for the Year ended 30 June 2025

	Note	2025 \$	2024 \$
CASH FLOWS FROM OPERATING ACTIVITIES			
Donations received		7,650	2,867
Membership & partnership fees received		148,787	229,415
Grants received		17,000	15,000
Payments to suppliers & others		(359,492)	(399,694)
Interest received		3,425	4,003
Other income received		132,720	151,356
Net cash provided by (used in) operating activities	10	(49,910)	2,947
Net increase (decrease) in cash held		(49,910)	2,947
Cash at beginning of financial year		416,672	413,725
Cash at end of financial year	4	366,762	416,672

Statement of Changes in Equity

for the Year ended 30 June 2025

	Note	2025 \$	2024 \$
RETAINED EARNINGS			
Retained Earnings at Start of Year		383,836	379,887
Surplus/(loss) for the year		(51,461)	3,949
Retained Earnings at End of Year		332,374	383,836

The accompanying notes form part of these financial statements. These statements should be read in conjunction with the attached compilation report.

Notes to the Financial Statements

for the Year ended 30 June 2025

1. Statement of Significant Accounting Policies

The directors have determined that the company is not a reporting entity and accordingly, this financial report is a special purpose report prepared for the sole purpose of distributing a financial report to members and must not be used for any other purpose.

The special purpose financial statements have been prepared in accordance with the mandatory Australian Accounting Standards applicable to entities reporting under the Corporations Act 2001, and the directors have determined that the accounting policies adopted are appropriate to meet the needs of the members.

The financial report, except for the cash flow information, has been prepared on an accrual basis and under the historical cost convention, except for certain assets, which, as noted, have been written down to fair value as a result of impairment. Unless otherwise stated, the accounting policies adopted are consistent with those of the prior year.

The accounting policies that have been adopted in the preparation of the statements are as follows:

Property, plant and equipment

Property, plant and equipment is initially recorded at the cost of acquisition or fair value less, if applicable, any accumulated depreciation and impairment losses. Plant and equipment that has been contributed at no cost, or for nominal cost, is valued and recognised at the fair value of the asset at the date it is acquired. The plant and equipment is reviewed annually by directors to ensure that the carrying amount is not in excess of the recoverable amount from these assets. The recoverable amount is assessed on the basis of the expected net cash flows that will be received from the utilisation of the assets and the subsequent disposal. The expected net cash flows have been discounted to their present values in estimating recoverable amounts.

Any accumulated depreciation at the date of revaluation is offset against the gross carrying amount of the asset and the net amount is restated to the revalued amount of the asset.

The depreciable amount of all property, plant and equipment is depreciated on a straight line method.

The depreciation rates used for each class of depreciable asset are shown below:

Plant & equipment	20%
-------------------	-----

Trade and other receivables

Trade receivables and other receivables, including distributions receivable, are recognised at the nominal transaction value without taking into account the time value of money. If required a provision for doubtful debt has been created.

Financial Assets

Investments held are originally recognised at cost, which includes transaction costs. They are subsequently measured at fair value which is equivalent to their market bid price at the end of the reporting period. Movements in fair value are recognised through an equity reserve.

Trade and Other Payables

Trade and other payables represent the liabilities for goods and services received by the company that remain unpaid at 30 June 2025. Trade payables are recognised at their transaction price. They are subject to normal credit terms and do not bear interest.

Provisions

Provisions are recognised when the entity has a legal or constructive obligation resulting from past events, for which it is probable that there will be an outflow of economic benefits and that outflow can be reliably measured. Provisions are measured using the best estimate available of the amounts required to settle the obligation at the end of the

These statements should be read in conjunction with the attached compilation report.

Notes to the Financial Statements

for the Year ended 30 June 2025

reporting period.

Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held on call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts.

Revenue Recognition

Revenue from the sale of goods is recognised upon the delivery of goods to customers.
Revenue from the rendering of services is recognised upon the delivery of the services to customers.
Revenue from commissions is recognised upon delivery of services to customers.
Revenue from interest is recognised using the effective interest rate method.
Revenue from dividends is recognised when the entity has a right to receive the dividend.

All revenue is stated net of the amount of goods and services tax (GST).

Goods and Services Tax

Transactions are recognised net of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office (ATO).

Receivables and payables are stated inclusive of the amount of GST receivable or payable. The net amount of GST recoverable from, or payable to, the ATO is included with other receivables or payables in the balance sheet.

Employee Benefits

Provision is made for the company's liability for employee benefits arising from the services rendered by employees to the end of the reporting period. Employee benefits that are expected to be wholly settled within one year have been measured at the amounts expected to be paid when the liability is settled.

Employee benefits expected to be settled more than one year after the end of the reporting period have been measured at the present value of the estimated cash outflows to be made for those benefits. In determining the liability, consideration is given to employee wage increases and the probability that the employee may satisfy vesting requirements. Cash flows are discounted using market yields on high quality corporate bond rates incorporating bonds rated AAA or AA by credit agencies, with terms to maturity that match the expected timing of cash flows. Changes in the measurement of the liability are recognised in profit and loss.

These statements should be read in conjunction with the attached compilation report.

Notes to the Financial Statements

for the Year ended 30 June 2025

	2025 \$	2024 \$
2 Income		
Other Income	9,405	7,751
Speaker Program	70,450	62,321
Grants	15,455	15,000
Interest Received	3,426	4,003
Special projects	30,000	76,080
Donations	7,709	2,867
Membership Fees	10,603	10,348
Partnership Fees	137,251	187,515
Total Income	284,298	365,884
3 Expenses		
Accounting & bookkeeping fees	7,219	12,380
Bank charges	772	530
Computer expenses	-	738
Conferences & events	7,954	7,449
Consultants	25,417	-
Donations	500	500
Insurance	6,148	5,352
Interest	3,461	712
Meetings	2,230	828
Office Expenses	13,501	7,378
Special Projects	-	10,400
Staff training, conferences, & amenities	2,124	1,430
Speakers - education	22,607	9,105
Superannuation	23,603	26,222
Travelling expenses	5,272	12,018
Wages & salaries and on-costs	204,785	238,224
Website costs	4,108	20,220
Total expenses	329,701	353,484

These statements should be read in conjunction with the attached compilation report.

Notes to the Financial Statements

for the Year ended 30 June 2025

	2025 \$	2024 \$
4 Cash and Cash Equivalents		
Bank Accounts		
Savings Account	327,527	324,102
Chequing Account	34,320	91,433
Pay Pal Account	-	1,138
Stripe Account	4,915	-
Total Bank Accounts	366,762	416,672
Total Cash and Cash Equivalents	366,762	416,672

Reconciliation of cash

Cash and cash equivalents reported in the statement of cash flows are reconciled to the equivalent items in the statement of financial position as follows:

Cash & Cash Equivalents	366,762	416,672
------------------------------------	----------------	----------------

	2025 \$	2024 \$
5 Receivables		
Current		
Prepayments	2,595	989
Trade Debtors	156,240	126,500
Total Current	158,835	127,489
Total Receivables	158,835	127,489

These statements should be read in conjunction with the attached compilation report.

Notes to the Financial Statements

for the Year ended 30 June 2025

	2025 \$	2024 \$
6 Property, Plant and Equipment		
Other Fixed Assets		
Office Equipment at Cost	7,877	7,877
Office Equipment Accum Dep	(4,244)	(3,336)
Total Other Fixed Assets	3,633	4,541
Total Property, Plant and Equipment	3,633	4,541
	2025 \$	2024 \$
7 Financial Assets		
Current		
NAB Business Visa	2,216	2,012
Total Current	2,216	2,012
Total Financial Assets	2,216	2,012
	2025 \$	2024 \$
8 Provisions		
Current		
Annual Leave Provision	4,814	3,368
Total Current	4,814	3,368
Non-Current		
Long Service Leave Provision	12,943	12,908
Total Non-Current	12,943	12,908
Total Provisions	17,756	16,275

These statements should be read in conjunction with the attached compilation report.

Notes to the Financial Statements

for the Year ended 30 June 2025

	2025 \$	2024 \$
9 Payables		
Current		
Incomes in Advance	145,750	121,506
Other Creditors	25,181	24,709
Trade Creditors	5,953	365
Total Current	176,884	146,580
Total Payables	176,884	146,580

	2025 \$	2024 \$
10 Cash Flow Information		
Reconciliation of cash flow from operations with profit for the year		
(Loss)/Surplus for the year	(51,461)	3,949
Non-cash flows in surplus		
Depreciation	908	1,135
Changes in assets and liabilities		
Decrease/(increase) in trade and other receivables	(29,740)	(35,007)
(Increase)/Decrease in prepayments	(1,606)	(109)
(Decrease)/Increase in payables	6,265	(38,593)
(Decrease)Increase in income in advance	24,243	71,763
Increase/(decrease) in employee provisions	1,481	(191)
	(49,910)	2,947

These statements should be read in conjunction with the attached compilation report.

Notes to the Financial Statements

for the Year ended 30 June 2025

11 Statutory Information

The registered office and principal place of business is:
552 Victoria St,
NORTH MELBOURNE VIC 3051

12 Members' guarantee

The entity is incorporated under the Corporations Act 2001 and is a company limited by guarantee. If the company is wound up, the constitution states that each member is required to contribute a maximum of \$10 each towards meeting any outstanding obligations of the entity. At 30 June 2025 the number of members was 123. (2024: 138).

These statements should be read in conjunction with the attached compilation report.

Directors Declaration

for the Year ended 30 June 2025

The directors have determined that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies described in Note 1 to the financial statements.

The directors of the company declare that:

1.

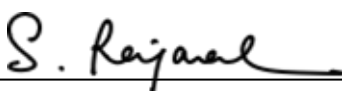
The financial statements and notes, as set out in this report, are in accordance with the Corporations Act 2001 and:

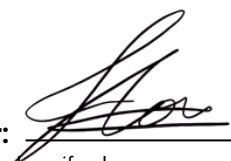
- comply with the Australian Accounting Standards applicable to the company; and
- give a true and fair view of the financial position of the company as at 30 June 2025 and of its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements.

2.

In the directors' opinion, there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Directors.

Director: 
Shantha Rajaratnam

Director: 
Jennifer Low

Dated this 10th day of September 2025

Independent Audit Report



to the Directors of The Sleep Health Foundation

Opinion

We have audited the accompanying financial report, being a special purpose financial report, of The Sleep Health Foundation which comprises the statement of financial position as at 30 June 2025, and the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the directors' declaration by those charged with governance.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the Company as at 30 June 2025, and of its financial performance and its cash flows for the year then ended in accordance with Australian Accounting Standards..

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Entity in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Information Other than the Financial Report and Auditor's Report Thereon

Those charged with governance are responsible for the other information. The other information comprises the information included in the Company's annual report for the year ended 30 June 2025, but does not include the financial report and our auditor's report thereon.

Our opinion on the financial report does not cover the other information and accordingly we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial report, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial report or our knowledge obtained in the audit or otherwise appears to be materially misstated.

If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Responsibilities of Management and Those Charged with Governance for the Financial Report

Management is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards, and for such internal control as management determines is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error.

Independent Audit Report



to the Directors of The Sleep Health Foundation

In preparing the financial report, management is responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

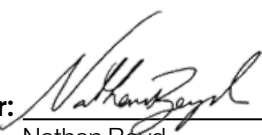
Those charged with governance are responsible for overseeing the Company's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

Name of Firm: Boyd Audit
Chartered Accountants

Name of Auditor: 
Nathan Boyd
Registered Company Auditor No. 471054

Address: 1.06 10 Century Circuit Norwest NSW 2153

Dated this 10th day of September 2025

552 Victoria St,
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