



Aussie Sleep Snapshot Survey

Sleep Health Week 2026



The survey.

In 2026, for the third time, the Sleep Health Foundation has run its annual sleep health survey, known as the **Aussie Sleep Snapshot**.

The survey considers the behaviours and experiences of a population-based “snapshot” of everyday Australians – how they sleep, when they sleep, and how it impacts their daily lives.

These are the key takeaways.

Commissioned by:
Sleep Health Foundation

Reviewed by:
Flinders University

Collected by:
Dynata

With special thanks to:
A/Prof Amy Reynolds, A/Prof Nicole Lovato,
Prof Robert Adams, Dr Moira Junge.

The data.

6.9hrs

is the average **duration of sleep per night** for Aussies

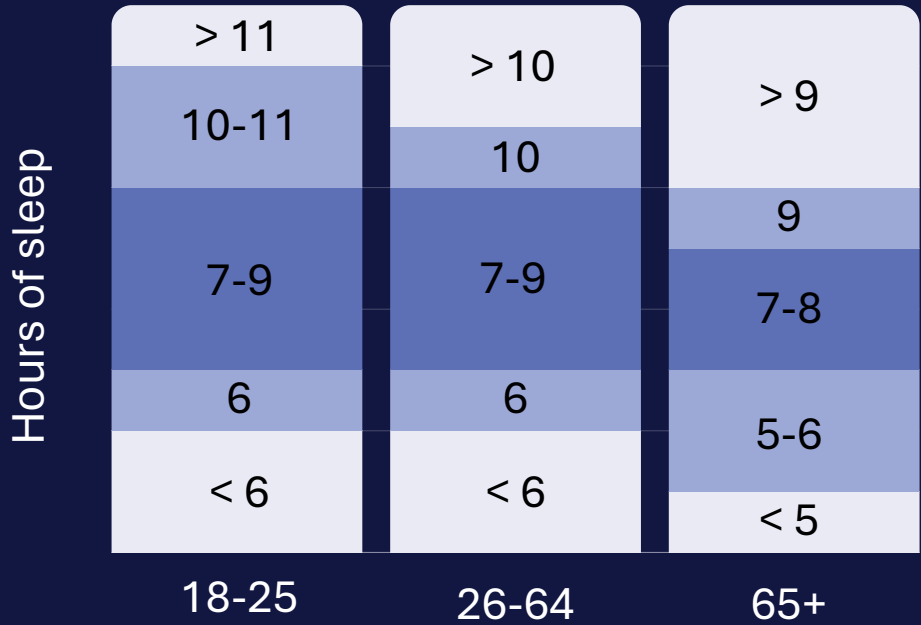
54.2%

of Aussies **do not sleep well 3+ nights** per week

38.1%

of Aussies report that poor sleep **impacts their productivity 3+ days** per week

Recommended hours of sleep by age



- Recommended
- May be appropriate
- Not recommended

Sleep duration recommendations are based on a report of an expert panel convened by the US based National Sleep Foundation and published in 2015 in their journal, Sleep Health.

A PILLAR OF HEALTH & WELLBEING

Sleep was most commonly ranked the **number one priority (34.6%)** by all age groups amongst other health and wellbeing factors (financial security: 22.8%; good relationships: 19.7%; exercise: 12.3%; diet: 10.7%).

The data.



1 in 3

workers

(36.9%) tell us that at least one work-related factor impacts their sleep on nights that they don't sleep well.

44.2%

of workers aged 18-24

46.6%

of workers aged 25-34

}

Higher rates in younger workers

Top work-related factors impacting sleep by age

	18-24	25-34	35-44	45-54	55-64	65+
#1	Feeling stressed related to work	Demands of my job	Feeling stressed related to work	Feeling stressed related to work	Feeling stressed related to work	Feeling stressed related to work
#2	Shift work	Feeling stressed related to work	Demands of my job	Demands of my job	Demands of my job	Challenging interactions with manager
#3	Demands of my job	Shift work	Shift work	Don't have good support at work	Little control over my job role	Shift work

The data.

Workers who identified work-related factors are impacting their sleep were also:

 **MORE
LIKELY**

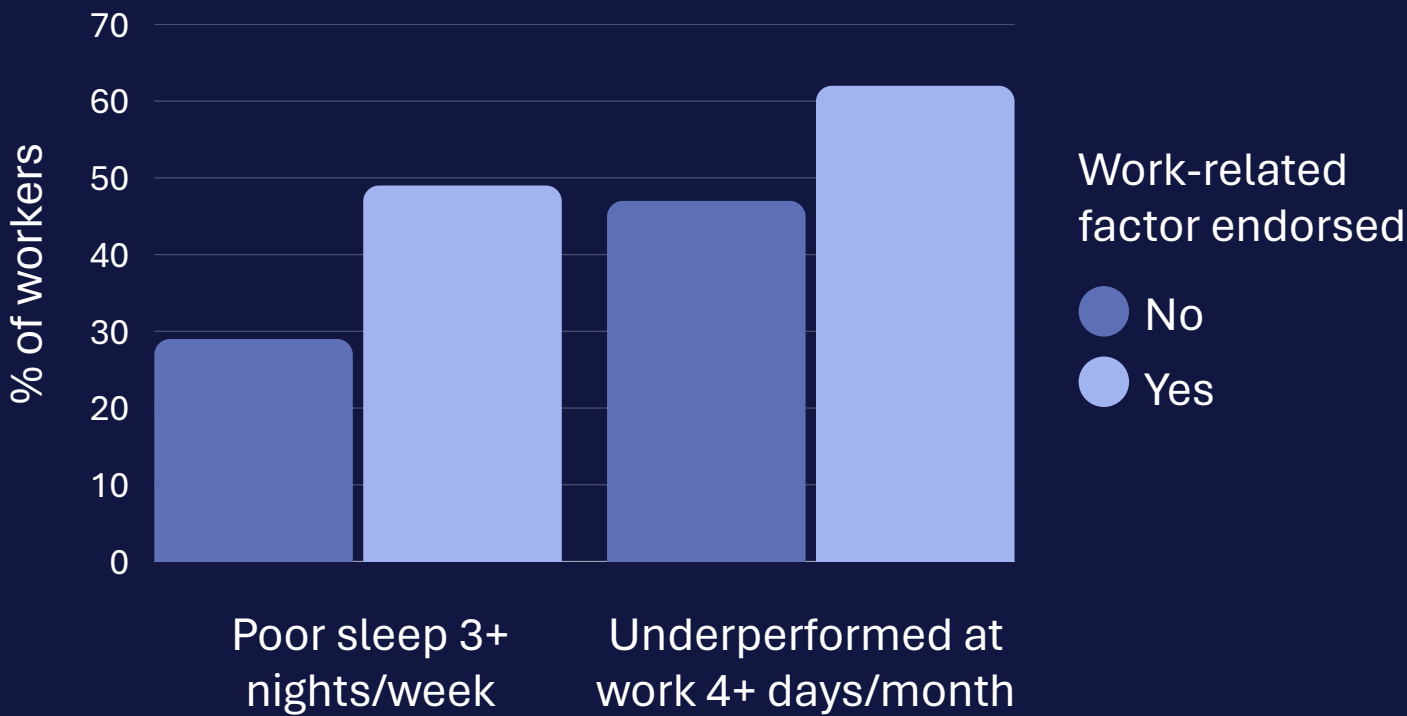
to report poor sleep
3+ times per week
(62.2% vs. 48.5%)

 **MORE
LIKELY**

to report that they underperform
at work **4+ days a month** due to
poor sleep (46.8% vs 28.9%)

- More likely to report having a (diagnosed or perceived) mental health or behavioural health condition (34.3% vs. 24.4%).
- Less likely to feel in control of their sleep schedule.
- More likely to be a shift worker.

Poor sleep & underperformance rates, by work-related factors



HOWEVER,

Despite poor sleep, Aussies are still showing up to work with an average of only 0.7 days missed per month (1.2 for those who endorsed a work-related factor impacting sleep vs. 0.4 for those who did not).



The data.

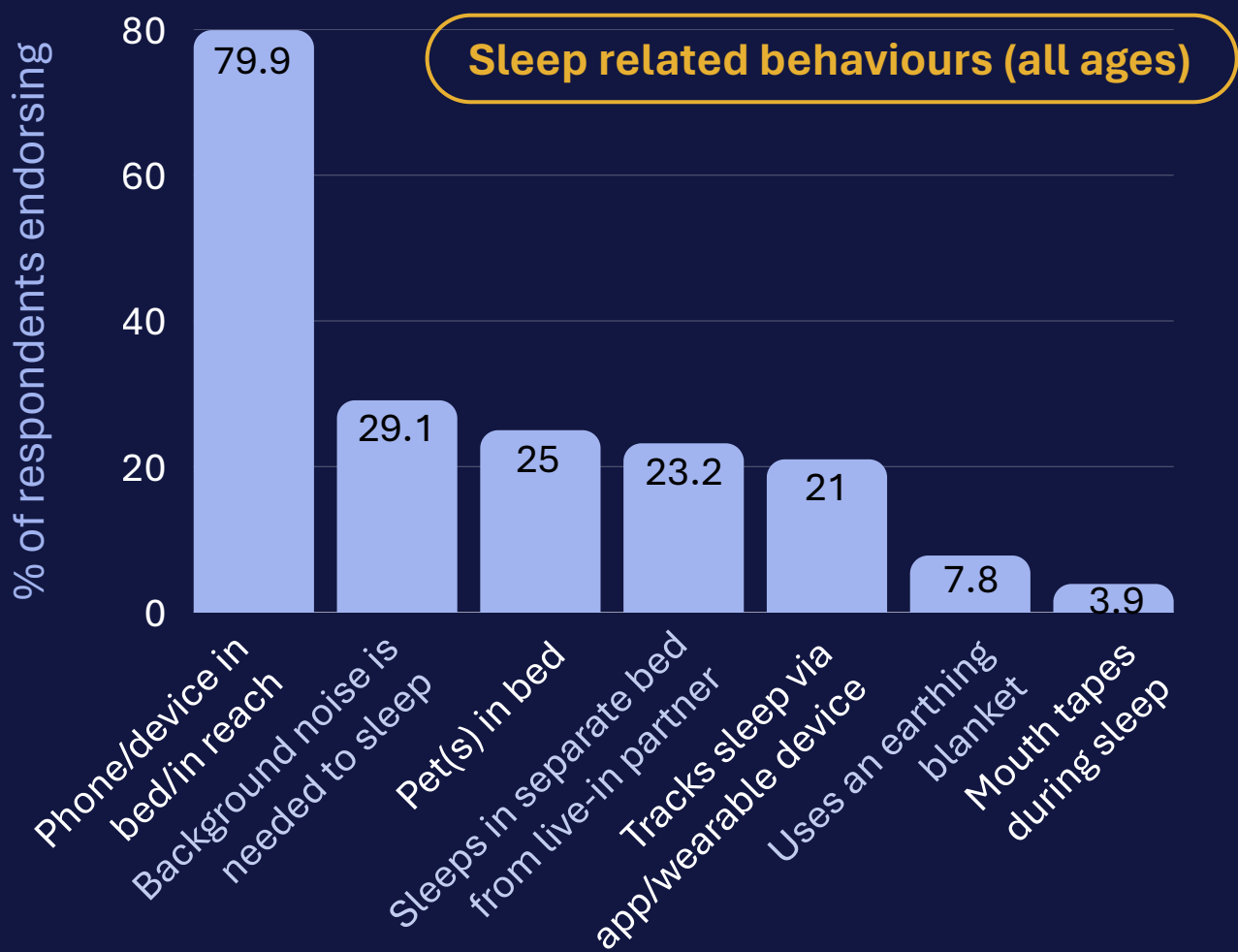
Sleep related behaviours varied by age, but key takeaways from all respondents include that:

79.9%

of respondents have their phone/device in bed or in reach

23.2%

of respondents sleep in a separate bed from their live-in partner



★ Where the data notably varied by age group:

33.0% of 18-24 year olds say they track their sleep via an app/wearable device

45.3% of 25-34 year olds say they need background noise to sleep

56.5% of 65+ year olds say they have their phone/device in bed or in reach, less than all other age groups.

The data.

The most common general and lifestyle factors that impact sleep in the community vary by age, but overall include:

- #1

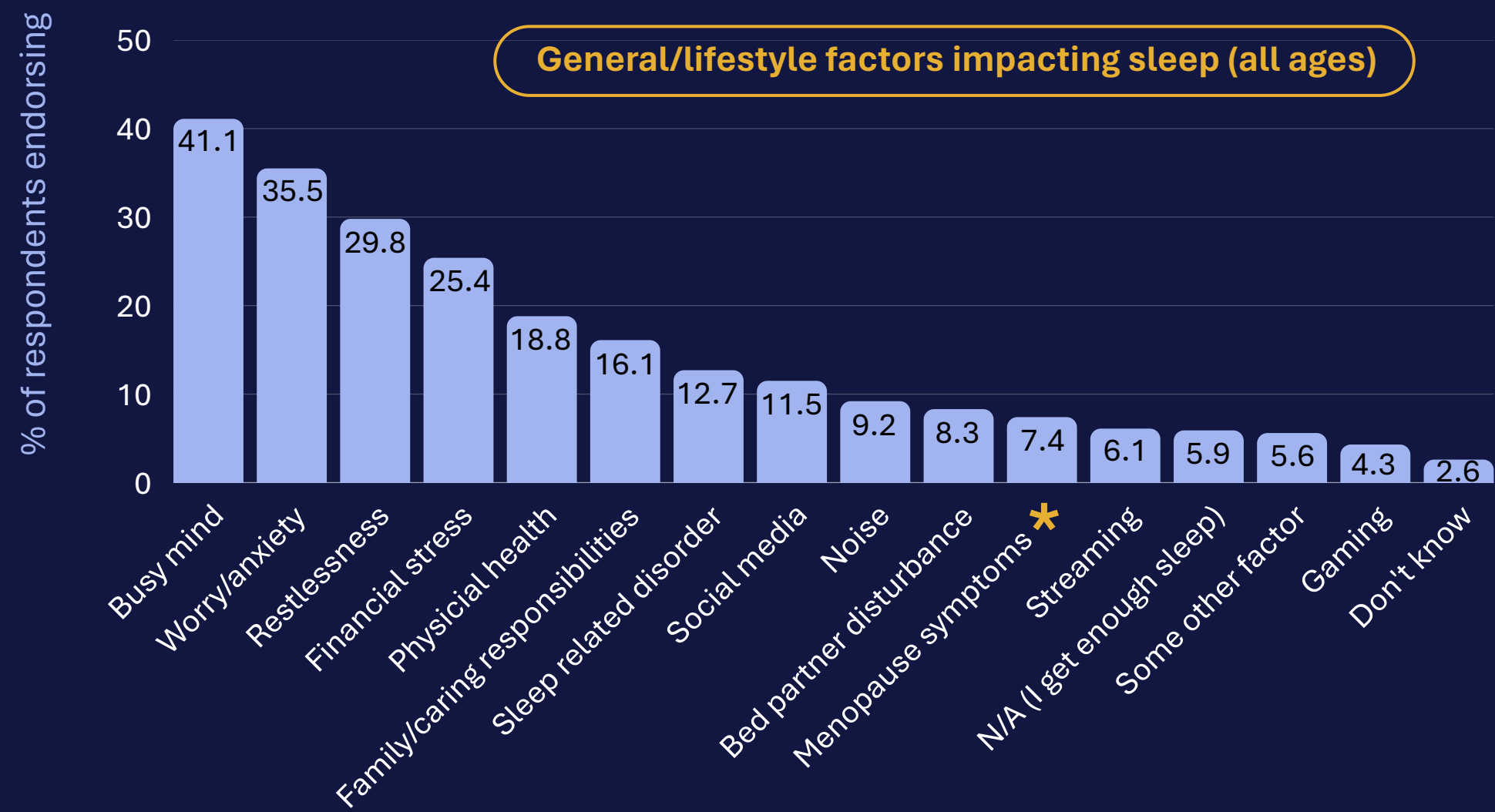
Busy mind
- #2

Worry/anxiety
- #3

Restlessness
- #4

Financial stress

Busy mind (41.1%), worry/anxiety (35.5%), restlessness (29.8%), financial stress (25.4%).



BEHAVIOUR VS. IMPACT

Although most Australians (79.9%) note having their phone/device in bed or in reach, technology-related factors were not highly reported to impact sleep (social media 11.5%, streaming 6.1%, gaming 4.3%).

***63.9%** of respondents experiencing perimenopause or menopause reported their sleep had worsened in some way during this life stage, while 28.4% reported their sleep had been unchanged.

The data.

Sources of health information varied by age group, but the top four responses as a whole population were:

- #1

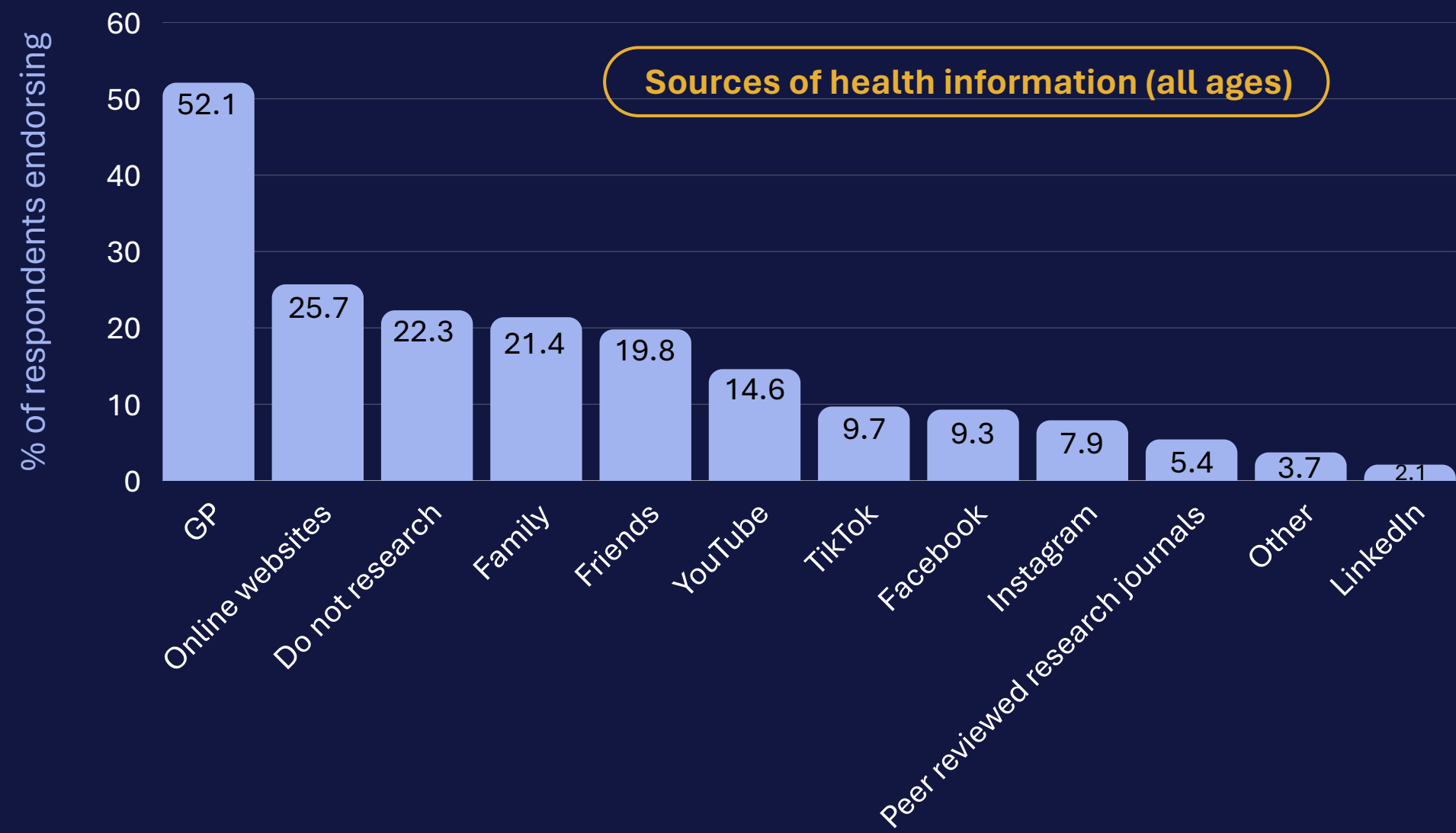
GP
- #2

Online websites
- #3

Do not research
- #4

Family

GP (52.1%), online websites (25.7%), do not research (22.3%), family (21.4%)



The data.

★ Social media

as a source of health information varied by age group.

Use of different social media as sources of health information by age group

	18-24	25-34	35-44	45-54	55-64	65+
TikTok	32.2%	17.9%	7.8%	4.4%	1.9%	1.1%
YouTube	22.6%	25.7%	14.1%	11.7%	13%	3.8%
Facebook	9.6%	19.6%	12.5%	7.2%	4.5%	1.6%
Instagram	19.1%	15.1%	9.9%	5.6%	0.6%	0%
LinkedIn	1.7%	5.6%	3.6%	0.6%	0.6%	0%

The **most popular social media** source for health information for each age group was:
18-24 year olds: Tik Tok (32.2%); 25-34 year olds: YouTube (25.7%); 35-44 year olds: YouTube (14.1%);
45-54 year olds: YouTube (11.7%); 55-64 year olds: YouTube (13%); 65+ year olds: YouTube (3.8%)

Media.

Media contact

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About the Sleep Health Foundation

The Sleep Health Foundation is Australia's leading advocate for healthy sleep, working to improve sleep health for the whole community through evidence-based education, advocacy, research and health promotion.

Website: www.sleephealthfoundation.org.au

