ANNUAL REPORT 2026

SleepHealth FOUNDATION

EDUCATE | ADVOCATE | ADVANCE



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Our Partners

The Sleep Health Foundation is supported by

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

- Growing, sustainably. We're growing in ways that last, through new partnerships, an expanding Speaker Program, and more ways for our community to get involved, so we can keep doing this work for the long term.
- Reach with results. We're expanding our reach through Sleep Health Week, our annual Aussie Sleep Snapshot survey, and a new way of measuring the difference we're making, so we can show, not just tell, the impact of our work.
- Built to scale. We're strengthening the systems and team behind our work, so we can keep delivering it well as we grow.
- A stronger, united voice. We're building stronger relationships across the sleep health sector, and continuing to push for the national recognition sleep health deserves.

Chair's message



Ms Jennifer Low
Chair, Sleep Health Foundation

Dear friends, members, partners and supporters,

On behalf of the Board, I am pleased to present the Sleep Health Foundation's Annual Report for the 2025-2026 financial year. This has been a period of meaningful growth in our reach, impact and influence as Australia's leading public voice for sleep health.

Throughout the year, we have stayed focused on our core mission: to help all Australians understand the importance of sleep and how to improve it at an individual, community and workplace level. We have done this by expanding our education programs, strengthening partnerships, and ensuring that the voices of people with lived and living experience of sleep disorders remain central to our work.
Key highlights from the year include:
·Sleep Health Week 2025, our flagship national awareness campaign, which brought together experts, lived experience advocates and community partners to highlight the critical role of sleep in health, safety and productivity.

- A continued program of free public webinars and events, covering topics such as sleep and menopause, sleep across the lifespan, sleep and food, and sleep in student wellbeing, reaching audiences across schools, workplaces and the broader community.
- The ongoing development and promotion of evidence-based resources and fact sheets for the public, health professionals and educators.
- The release of our Aussie Sleep Snapshot survey findings, which provided important data on Australians' sleep behaviours, the most common contributors to poor sleep, and the impact of poor sleep on productivity to inform our advocacy and education priorities.
- The expansion of our Lived Experience Advisory Partners (LEAP), whose insights continue to shape our strategy, advocacy, and educational content so that it reflects the real-world needs of people living with sleep disorders.
- Progress in our advocacy for national recognition of sleep health, including engagement with workplace health and safety agendas and the push for a coordinated, long-term approach to sleep health policy in Australia.

None of this work would be possible without the dedication of our Board, executive team, staff, volunteers, members and partners. I particularly acknowledge Dr Moira Junge for her exceptional leadership as the Sleep Health Foundation's inaugural CEO. Moira has played an instrumental role in strengthening the Foundation's profile, extending our reach and influence, and building a strong platform for our future work. Although we were sad to bid farewell to her earlier in the year, she left us in a strong position and she remains a close friend of the Foundation. Thank you once again Moira.

In reflection of our position as a maturing organisation, we welcomed Louisa Smith as the Foundation's new Executive Director leading our expanded office. Louisa joins the Foundation at an exciting point in our journey, as we build on our partnerships, pursue ambitious plans to increase awareness and access to trusted sleep health information, and advocate for sleep as an essential pillar of health and wellbeing. The Board looks forward to working with Louisa as she leads the Foundation into its next phase of growth and impact.

As we look ahead, our priorities remain clear: to grow sustainably, extend our reach with measurable results, strengthen the systems that underpin our work, and amplify a stronger, united voice for sleep health across Australia. With your ongoing support, we are confident that more Australians will gain access to trusted information, practical tools and the systemic changes needed to sleep well and live well.

Thank you for being part of this vital mission.

Warm regards,



ED's message



Ms Louisa Smith
Executive Director, Sleep Health Foundation

It has been a privilege to join the Sleep Health Foundation as Executive Director in April 2026. This year's achievements reflect the dedication of our team, Board, volunteers and partners, and show just how far a small organisation can reach.

This year we lodged a joint Pre-Budget Submission with the Australasian Sleep Association calling for a national sleep health awareness campaign. We also made the case to the NHMRC for research into non-respiratory sleep disorders, developed by our Industry Research and Collaborations Committee with input from our Lived Experience Advisory Partners. And we secured Heart Foundation funding for Wake & Move, a program that will be co-designed with people living with sleep disorders. Sleep Health Week 2025 reached a potential audience of more than 5.5 million people, and our Speaker Program continued to bring evidence-based sleep information into workplaces, schools and communities.

Much of this was led by Dr Moira Junge. As CEO, Moira guided the Foundation with deep expertise, generosity and the belief that sleep deserves its place alongside diet and exercise as a pillar of health. On behalf of the Board and team, thank you, Moira. We are also very grateful for your ongoing contribution as our voluntary Chief Health Officer, with your clinical leadership continuing to guide our work.

Looking ahead, our FY2026–27 plan, Better Sleep. Bigger Impact., has four priorities: building financial sustainability, extending our reach and impact, strengthening our foundations, and asserting our place in the national conversation. Our work will continue to bring together the expertise of our clinicians and researchers, including through our Industry Research and Collaborations Committee, and the insights of our Lived Experience Advisory Partners.

Thank you to our Board, members, partners, volunteers and committee members for your support. I look forward to working with you in the year ahead.

Sincerely,



Our Team

The Board



Ms Jennifer Low
Chair of the Board



Prof Shantha Rajaratnam
Immediate Past Chair
(until Apr '26)



A/Prof Yaqoot Fatima
Board Member



Ms Rita Harding
Board Member
(until Nov '25)



Mr Ashley Midalia
Board Member
(until Apr '26)



Mr Ranjit Ratilal
Board Member
(from Apr '26)



Dr Linda Schachter
Board Member



Ms Kelly Trupkovic
Board Member
(from Jun '26)



Dr Andrew Tucker
Board Member
(from Dec '25)



A/Prof Andrew Vakulin
Board Member



Dr Alexander Wolkow
Board Member

The Office



Ms Louisa Smith
Executive Director
(from Apr '26)



Liv Patterson
Communications Manager



Dr Jenny Haycock
Lived Experience and
Research Manager
(from Feb '26)



A/Prof Moira Junge
CEO (until Apr '26)
Chief Health Officer
(from Apr '26)

Lived Experience Advisory Partners (LEAP)

Lived-Experience members



Dr Anna



Bec



Pamela Bird



Michael Cox



Ashleigh Crisafi
(until Nov '25)



Suzanne Curyer



Carol-Anne Howlett
(until Feb '26)



Kirria Johnson



KC



Lisa



Connor Millsom



Suzanna Poredos
(until May '26)



Russel
(until Apr '26)



Dr Aaron Schokman



Di Spillane



Rebecca Stanford

SHF members



Dr Jenny Haycock
Co-Chair, SHF Member



Dr Charlotte Gupta
Co-Chair, SHF Member



A/Prof Andrew Vakulin
SHF Board Member



Prof Robert Adams
SHF Member

Volunteer Spotlight

The Sleep Health Foundation extends its heartfelt thanks to all our volunteers and contributors who have generously shared their time, experience, expertise, and passion throughout the year.

Your contributions play an essential role in helping us raise awareness of sleep's importance for health and wellbeing across Australia. From community events and school talks to workplace sessions and media engagements, your efforts bring trusted sleep health information to people where it matters most.

We deeply value the commitment, knowledge, and energy you bring to our mission. Together, we continue to make a meaningful difference in improving the nation's sleep health.



Q&A with Prof Christopher Gordon

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 a rewarding experience to be part of the organization's activities throughout this past year. Serving as a member of the Industry Research Collaboration Committee has allowed our team to bridge the gap between scientific research and key external stakeholders, fostering valuable partnerships that improve sleep health in the real world.

I am also involved in the Speaker Program, which enables clinicians and researchers to connect directly with the public. Through these public talks, we can discuss the impact of sleep on health and the importance of healthy habits..

The Foundation is an essential body that plays a fundamental role in elevating public awareness and improving sleep outcomes for the general community.

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

My vision for sleep health in Australia is straightforward: first, to provide evidence-based advice about the importance of sleep, and second, to raise awareness that sleep health is essential to good health. By translating research findings into practical, everyday guidance, we can help all Australians recognise that good sleep is foundational to overall well-being and long-term health outcomes.

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

As sleep clinicians and researchers, our role should be to promote sleep health to the wider community. The Sleep Health Foundation provides is one the essential vehicles to promote sleep health and speak directly to the public, providing reliable information that bridges the gap between scientific research and everyday life.



Q&A with A/Prof Amy Reynolds

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

I have had the great pleasure of volunteering with the Sleep Health Foundation since 2018 as a spokesperson and doing a variety of workplace sleep health talks, along with media about a wide variety of sleep talks.

This year, we continued to support the annual Sleep Snapshot, including volunteering time for the Foundation to better understand sleep issues that are important to Australians. It was a pleasure this year to focus on the relationship between workplace factors and sleep – something that is important for many working age Australians.

I believe in public health messages that are meaningful, and connect the right information to the right people. This takes care and nuance, and I hope to continue being able to support this into the future with the SHF.

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

My long term hope is that sleep health services can be easy to access and affordable for Australians. There has been progress in raising awareness about treatment modalities needed and how we progress this, but we still have a lot of work (and advocacy) to do if we are going to help people access rapid and effective sleep disorder treatment. At the moment, sleep treatments can be beyond the affordability of many Australians; many of whom have complex presentations and needs.

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

Reach out and ask a member of the Sleep Health Foundation team how you might be able to help! Lean into the areas that feel important to you as then the work you are doing aligns with your values and mission. This does not have to be an overwhelming time commitment – every bit of time and passion is useful for progressing advocacy work, and can make a difference.

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

Advocacy

Check. Choose. Snooze



In early 2026, the Sleep Health Foundation and Australasian Sleep Association lodged a joint 2026-27 Pre-Budget Submission calling for a national sleep health awareness campaign, Debunking the myths about sleep: Helping Australians to check, choose, snooze for better sleep health.

The submission urges the Australian Government to make sleep a national health priority by funding a coordinated five-year campaign that provides clear, evidence-based information about healthy sleep and sleep disorders and counters the rise of misinformation and unregulated sleep products.

Building on the Government's *response* to the 2019 Parliamentary Inquiry into Sleep Health Awareness and the policy evidence review Sleep: a core pillar of health and wellbeing, the proposed campaign would align with the National Preventive Health Strategy and complement existing clinical education and pathways through:

- A national media and digital campaign,
- Community and priority-population engagement,
- Workplace and school resources,
- Website development
- An expanded annual household sleep survey, and
- Robust evaluation.

Read the full Pre-Budget Submission 2026-27: Debunking the myths about sleep: Helping Australians to check, choose, snooze for better sleep health to learn more about the proposed national campaign and its expected benefits for the health and wellbeing of all Australians.

NHMRC Community Research Priorities submission

The Sleep Health Foundation prepared and submitted a proposal to the National Health and Medical Research Council (NHMRC) Community Research Priorities Portal on behalf of Australians living with non-respiratory sleep disorders, including narcolepsy type 1 and 2, idiopathic hypersomnia, parasomnias, and restless legs syndrome. The submission was developed by the Foundation's Industry Research and Collaborations Committee (IRCC) in consultation with the Lived Experience Advisory Partners (LEAP), ensuring that research priorities were grounded in both scientific evidence and the lived realities of people with non-respiratory sleep disorders.

The NHMRC Community Research Priorities Portal enables consumer, community and professional groups to propose health topics with significant knowledge gaps or unmet need for potential Targeted Calls for Research (TCRs). The Sleep Health Foundation's submission sought to position sleep health as a national research priority, highlighting the scale of the problem, current gaps in diagnosis and treatment, and the potential for targeted research to improve outcomes and reduce system burden.

Drawing on LEAP input and broader stakeholder engagement, the submission identified five priority areas where Australians with sleep problems face the greatest challenges:

- Improve diagnosis and navigation pathways: People reported long delays, fragmented care and difficulty accessing appropriate assessment and referral, particularly in primary care and regional areas.
- Increase access to evidence-based treatments: Many individuals cannot access timely, affordable, evidence-based interventions such as cognitive behavioural therapy for insomnia (CBT-I), multidisciplinary sleep services or advanced therapies for complex disorders.

- Increase public awareness: Low community and clinician awareness of sleep health, normal sleep needs and the signs of sleep disorders contributes to under-recognition, stigma and delayed help-seeking.
- Strengthen workforce education and capability: There is limited sleep-health training across health professions, resulting in variable confidence and capacity to identify and manage sleep problems in routine care.
- Strengthen lived experience voice and advocacy: People with lived experience emphasised the need for ongoing, structured involvement in research design, policy development and service co-design to ensure solutions are relevant, acceptable and equitable.

Consistent with NHMRC prioritisation principles, the submission argued that a Targeted Call for Research on non-respiratory sleep disorders could:

- Improve health outcomes for people with sleep disorders, including the burden of related mental and physical health conditions.
- Influence health policy and service delivery, with stronger evidence justifying investment in education, screening programs, and treatment services, ultimately reducing healthcare costs and the broader economic burden associated with non-respiratory sleep disorders.
- Impact existing and future national strategies and health inequities, particularly for disadvantaged and vulnerable populations, including First Nations peoples.

By foregrounding the priorities identified by LEAP and aligning them with national health objectives, the SHF's NHMRC submission positioned sleep health as a critical, underfunded area warranting focused research investment to benefit the health of all Australians.

Mental Health Australia's Health Sector Expo



In March 2026, Moira Junge and Jenny Haycock attended the Mental Health Australia Expo at Parliament House in Canberra. This event provided a valuable opportunity to engage directly with leaders, advocates, and organisations working to improve mental health outcomes across Australia.

Representing the Sleep Health Foundation, we strengthened connections with organisations including Lived Experience Australia, Beyond Blue and headspace to promote greater recognition of sleep as a key contributor to mental health and wellbeing. Discussions throughout the event also highlighted the importance of embedding lived experience perspectives in research, policy, and service design.

These conversations reinforced our commitment to ensuring sleep health remains part of national efforts to improve mental health outcomes for all Australians.

Find out more about Mental Health Australia and their Health Sector Expo here.

Wake & Move: A targeted activity program for people with sleep disorders

The Sleep Health Foundation is pleased to report a successful application to the Heart Foundation's 2026 Active Australia Innovation Challenge, a national program supporting innovative, community-led approaches to increasing physical activity and improving heart health.

Our successful project, ***Wake & Move: A targeted activity program for people with sleep disorders***, was one of nine initiatives selected from a highly competitive national field. The program recognises that sleepiness and fatigue are a significant barriers to physical activity for people living with chronic sleep disorders.

Wake & Move will be delivered in 2027 as a tailored 12-week program, combining gentle movement sessions with practical workshops on pacing and habit-building. Co-designed in collaboration with the SHF's Lived Experience Advisory Partners and a team of sleep experts and exercise physiologists, the program aims to help participants regain confidence, establish sustainable activity habits, and improve both physical activity and sleep outcomes.

Read the Heart Foundation's press release announcing the 2026 grant recipients here.

Impact Snapshot

Website

27.3k average monthly website visitors

23k file downloads across the 2025-26 year

1.5k Recite Me accessibility toolbar launches

Media & Social Media

5.5m potential audience reach in Sleep Health Week 2025

16k followers on social media, +1.1k from the previous year

Free Webinars

6 free webinars were delivered across the 2025-26 year

2k+ people registered to attend these webinars

Speaker Program

69 enquiries were received across the 2025-26 year

55 bookings were confirmed and delivered by our experts

10 sessions were provided free of charge to in-need organisations

Research Support

17 individual Letters of Support were provided for grant applications

5 research partners were successiful in their grant applications

Events

Sleep Health Week 2025



Sleep Health Week 2025 ran from Monday 11 to Friday 15 August under the theme ***Sleep: The Lifelong Superpower***, positioning quality sleep as a foundational pillar of health that benefits people at every life stage. The campaign, reaching a potential audience of 5.5 million Australians, highlighted how healthy sleep supports physical and mental wellbeing, learning and memory, immune function, productivity and mood, while also celebrating "sleep superheroes" who champion the cause or face additional challenges in achieving good rest.

Public engagement and key messages

Throughout the week, the Foundation shared evidence-based information, practical tips and resources to help Australians prioritise better sleep and recognise it alongside nutrition and exercise as essential to health. Content emphasised that one in three Australians struggle with sleep, and framed sleep not as a luxury but as a right tied to safety, recovery and dignity. Activities encouraged individuals, workplaces and communities to take simple, actionable steps to improve sleep habits.

Aussie Sleep Snapshot Survey

Sleep Health Week 2025 also marked the release of the Australian Sleep Report (Aussie Sleep Snapshot Survey), commissioned by the Sleep Health Foundation to provide a national snapshot of sleep health, sleep difficulties and coping strategies. The findings painted a picture of a tired and increasingly medicated nation, with 46% of Australians reporting that poor sleep directly affected their ability to work or study.

Key findings included:

- Younger adults aged 18-44 reported the greatest productivity impact, losing up to five days of productivity each week due to poor sleep.
- Four in 10 Australians reported using sleep medication, including prescription or over-the-counter options, to manage sleeplessness; melatonin was the most commonly reported, used by 43% of respondents.
- One in five Australians reported using sleep medications regularly, with women – particularly those experiencing perimenopause and menopause – significantly more likely to medicate, with four in 10 using sleep medications during this life stage.
- The most common reported sleep duration was seven hours, while short sleep (under six hours) was most common among Australians aged 55-64.
- Busy minds (47%), worry (42%) and restlessness (31%) were the leading reasons people reported being unable to sleep, with technology and screen time identified as the biggest barrier for those aged 18-24
- Back problems, mental health conditions and chronic pain were the top health-related sleep disruptors, associated with the shortest sleep duration (average 6.7 hours), the highest productivity loss (up to four days a week) and the highest medication use (33%)

These findings reinforced the week's core message that sleep is a powerful driver of health, mood, focus and performance, and that addressing the underlying causes of poor sleep – rather than relying on medication alone – is essential to improving national wellbeing and productivity.

We extend our sincerest gratitude to the team at Flinders University who brought the Aussie Sleep Snapshot findings to life.

Read the complete report here.



Webinars

A centrepiece of Sleep Health Week 2025 was a series of three free, public webinars designed to translate sleep science into practical guidance for different audiences.

These sessions extended the campaign's reach beyond social media, offering interactive, expert-led education that attendees could immediately apply in their homes, schools and workplaces. They also provide an everlasting resource that can be accessed freely by the public ongoing via our YouTube.

We are grateful for the shared expertise and experiences provided by our guests and hosts during these sessions.



Sleep On It: The Missing Link in Student Wellbeing (Monday 11 August) in partnership with Black Dog Institute explored the critical role of sleep in adolescent mental health, learning and daily functioning, and offered strategies for students, educators and families to support healthier sleep routines, including Black Dog's Sleep Ninja® for the Classroom pilot program.



In ***Sleep: The Lifelong Superpower*** (Tuesday 12 August) sleep experts unpacked the week's theme, outlining how sleep benefits change across the lifespan and providing age-specific tips for building and maintaining strong sleep habits from childhood through older age.



The Plate to Pillow Pathway: How Food Impacts Your Sleep (Friday 15 August) featured sleep experts and dieticians, as they examined the bidirectional relationship between diet and sleep, highlighting nutritional factors that influence sleep quality and practical dietary adjustments to support better rest.

Partnerships and lived experience

Sleep Health Week 2025 also amplified the voices of people with lived and living experience of sleep disorders, ensuring that campaign messaging reflected real-world challenges and solutions. High-profile collaborations, such as the in-person "in-bed" conversation at Sydney's International Towers with ReLove, reinforced the message that secure, comfortable sleep environments are a matter of social justice as well as health.

By combining a unifying theme, targeted webinars, community partnerships and lived experience storytelling, Sleep Health Week 2025 strengthened national conversation around sleep and provided Australians with clear pathways to better rest and wellbeing.

World Menopause Month



The Sleep-Menopause Connection: Let's Talk About Midlife, in collaboration with Jean Hailes for Women's Health was deliver in recognition of World Menopause Month in October 2025 to support women

navigating midlife sleep challenges.

The panel of leading health experts and health advocates, including SHF's Dr Moira Junge, Jean Hailes' Dr Sarah White, General Practitioner, Dr Bianca Cannon, and Clinical Psychologist, Dr Giselle Withers, unpacked the science behind sleep disruptions during menopause and shared evidence-based strategies to help you reclaim restful nights.

World Sleep Day



On World Sleep Day, the Sleep Health Foundation partnered with Lived Experience Australia to present ***Beyond Tired: Lived experiences of women with sleep disorders***.

The webinar brought together women from SHF's Lived Experience Advisory Partners to share their experiences of narcolepsy, obstructive sleep apnoea, trauma-related sleep difficulties and caring responsibilities. Their stories highlighted the barriers many women face in having sleep concerns recognised, diagnosed and treated, while demonstrating the value of lived-experience voices in shaping more inclusive, person-centred sleep care. The event was introduced by CEO Dr Moira Junge and co-hosted by Dr Jenny Haycock, Dr Charlotte Gupta and Professor Sharon Lawn.

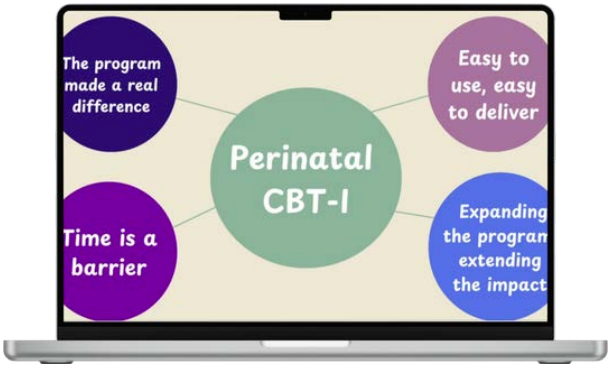
Sleep Science Communication Award



Early career researchers, even those who are still completing their post graduate studies attending Sleep DownUnder 2025, were invited to submit an entry to be considered for the 2025 Sleep Health Foundation's Sleep Science Communication Award. The Award encourages entrants to translate the subject of their research into accessible language and consider its broader impact on the community. At the Sleep Health Foundation, we believe value in information relies on our ability to communicate it.

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 11 October.

Please join us in congratulating 2025's Sleep Science Communication Award winner, **Orly Atzmon**!



Watch Orly's presentation here.

Orly's PhD focuses on insomnia in the perinatal period, particularly the use of Cognitive Behavioural Therapy for Insomnia (CBT-I) and exploring the barriers and facilitators to implementing it within perinatal care. Her pitch embodied the importance of translating research – the essence of the Award.

We also extend our congratulations to all of our finalists, including Kasey Fullwood, Vanika Lall, Dr Luis Mascaro, and runner-up, **Zohreh Sajadi Hezaveh** 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, 2024's Award winner, Samantha Bramich, Dr Dean Miller, Rebecca Robins, and host, Olivia Henry, for managing the very difficult task of judging our finalists' presentations.

Programs & Committees

Industry Research & Collaborations Committee

Co-Chairs: Tracey Sletten, Alexander Wolkow

Members: Andrew Vakulin, Christopher Gordon, Mark Howard, Moira Junge, Andrew Tucker

The aim 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 Sleep Health Foundation (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.

Over the past 12 months, the IRCC has undergone some changes in leadership and governance. The IRCC has extended and executed strategic partnerships with industry, as well as perusing and executing new opportunities and activities across industry, research and government sectors. The Committee has also continued to see a high number of research partnership requests, several of which have been awarded funding.

New Leadership

At the start of 2026, A/Prof Andrew Vakulin retired from the role of Chair of the IRCC and Co-Chairs Dr Alexander Wolkow and A/Prof Tracey Sletten were elevated to co-lead this committee. This joint leadership of the IRCC allows for a strong combination of skills and expertise to guide the activities of this committee going forward while also ensuring an even distribution of the workload. Despite stepping down from his role as Chair, Andrew remains involved in the IRCC as an active member. We would like to take this opportunity to extend a sincere thank you to Andrew for his leadership, commitment and sustained contribution as Chair of the IRCC.

Policy and Documentation Updates

The IRCC have now updated their Terms of Reference to reflect the recent change in leadership, as well as changes in scope and operations that were made last financial year (see **Annual Report 2024-2025**). Shortly, the IRCC will be seeking new potential members with interest, expertise and experience working with industry to join this dynamic committee. Those interested will be invited to apply via a formal Expression of Interest to be released before the end of the year. Keep an eye out for this exciting opportunity.

Industry and Research Engagements

The IRCC have had several industry- and research-related engagements and activities in the last 12 months, including:



- **EML Mutual Benefits Program:** The SHF partnered with EML and Lifebuoy to develop a sleep health education program for EML customers engaged in shift work. This program funded by EML comprised the development of a series of evidence-based animated videos that provide education and practical strategies to assist shift workers in optimising their sleep and managing alertness at work. While the work was originally scoped to only be available for EML clients, the *Shift Ready* video series has been released publicly by EML **here**
- **NHMRC Community Research Priorities - Targeted call for research:** The IRCC led a research priorities proposal to the NHMRC that focused on the need for research and funding for non-respiratory sleep disorders. The IRCC communicated closely with the ASA to ensure this submission paralleled a complementary submission from the ASA, highlighting to the NHMRC a shared perspective from scientific, clinical and community populations for further research in this field. Thank you to everyone who contributed to the development of this proposal.

Grant Support

The IRCC has supported SHF members with 17 grant partnership requests in the last 12 months, including applications to NHMRC and MRFF. Thank you to the Co-Chairs and the whole committee for their contribution to this effort and thank you to all the applicants for their partnership with the SHF.

Successful applications

Grant submissions involving SHF partnership that were deemed successful in the last 12-months include:

- *An online tool to help guide people in the community to sleep problem solutions*. Led by Jenny Haycock at Flinders University, funded by AASM.
- *Sleep Drive: An Australian digital insomnia management ecosystem*. Led by Cele Richardson at University of Western Australia, funded by MRFF.
- *Transforming depression prevention by targeting adolescent sleep*. Led by Aliza Werner-Seidler at UNSW and Black Dog Institute, funded by MRFF.
- *Co-designing Obstructive Sleep Apnoea screening and diagnostic approaches for First Nations Australians: Strengthening clinical pathways with lived-experience support from community champions*. Led by Yaqoot Fatima at University of the Sunshine Coast, funded by MRFF.
- *Untapping the Potential of Sleep Health to Improve Prevention and Management of Mental Health Problems in First Nations Children*. Led by Yaqoot Fatima at University of the Sunshine Coast, funded by MRFF.

The SHF would like to sincerely thank all the members of the IRCC for their continued commitment and contributions to ensuring ongoing engagement with industry, support for researchers in grant applications and brokering industry partnerships.

Lived Experience Advisory Partners (LEAP)

Co-Chairs: Jenny Haycock (Flinders University/SHF), Charlotte Gupta (CQ University)

Members during 2025-2026 year: Aaron Schokman, Andrew Vakulin, Anna, Ashleigh Crisafi, Bec, Carol-Anne Howlett, Charlotte Gupta, Connor Millsom, Dianne Spillane, Jennifer Low, Jenny Haycock, KC, Kirria Johnson, Lisa, Michael Cox, Pamela Bird, Carol-Anne Howlett, Moira Junge, Robert Adams, Russel, Rebecca Stanford, Susanna Poredos, Suzanne Curyer.

The Lived Experience Advisory Partners (LEAP) group provides strategic advice and consumer perspectives to the Sleep Health Foundation (SHF) Board across advocacy, education, partnerships, and research. The group ensures that the voices of people with lived experience of sleep disorders remain central to all SHF activities and strategic priorities.

The LEAP group brings together people with a diverse range of sleep disorders, including obstructive sleep apnoea, insomnia, narcolepsy, idiopathic hypersomnia, restless legs syndrome, and parasomnias. A key focus this year has been strengthening and diversifying membership. Efforts have continued to improve representation across the group, particularly through targeted recruitment of men with lived experience of sleep disorders.

During the year, we have been delighted to welcome 10 new members to the LEAP group: Susanna Poredos, Rebecca Stanford, Dianne Spillane, Lisa, Bec, KC, Kirria Johnson, Anna, Michael Cox and Connor Millsom. Four members have stepped down from the group as life and career circumstances have changed: Ashleigh Crisafi, Carol-Anne Howlett, Russel and Susanna Poredos. We would like to sincerely acknowledge their valuable contributions and commitment to advancing consumer engagement in sleep health.

Activities and achievements

Throughout the year LEAP members contributed to SHF's public awareness and advocacy activities, including collaborating to develop social media content and participating in webinars. These activities were all well received, ensuring consumer voices and perspectives are at the centre of all SHF work.

During Sleep Health Week 2025, Aaron took part in the webinar ***Sleep: The Lifelong Superpower***, bringing an essential lived experience perspective to the discussion. This powerful and inspiring webinar explores why sleep is a lifelong superpower – supporting mental clarity, emotional balance, learning, physical health, and overall wellbeing at every life stage.

For Sleep DownUnder 2025 LEAP members contributed to a symposium titled Importance of Research Co-design with People with Lived Experience and Examples from Sleep Health Research. The symposium highlighted the value of consumer engagement in sleep health research and showcased successful examples of co-designed research projects.

To mark World Sleep Day and International Women's

Day in March 2026, LEAP members participated in the webinar ***Beyond Tired: Lived Experience of Sleep Disorders in Women***. Dianne, Lisa and Rebecca shared their personal experiences of navigating sleep disorders, diagnosis, and treatment pathways. The webinar highlighted the importance and impact of lived experience storytelling in raising awareness and supporting community education.

LEAP members provided input to SHF strategic planning process through a series of reflective questions and discussions. Five key themes were identified and align closely with SHF's mission and strategic objectives.

Key themes from LEAP reflections:

- Improving access to diagnosis and treatment, including clearer care pathways.
- Strengthening workforce education and training in sleep health.
- Increasing public awareness and understanding of sleep health.
- Developing more inclusive and accessible resources.
- Strengthening lived-experience leadership, advocacy, and representation.

The LEAP group have also contributed to several research projects over the past year, including the successful Heart Foundation grant to develop an exercise program for people with sleep disorders and work to identify research priorities for sleep health. The group supported the SHF submission to the National Health and Medical Research Council (NHMRC) community research priorities portal, providing a lived experience of sleep health research topics that may be underfunded or have a significant research knowledge gap.

We thank all LEAP members for their commitment, expertise, and generosity in strengthening lived experience engagement across SHF activities and helping to improve sleep health outcomes across Australia.

Speaker Program

Contributors and Spokespeople: Alexander Wolkow, Amy Jordan, Amy Reynolds, Anastasia Suraev, Andrew Vakulin, Charlotte Gupta, Christopher Gordon, Dean Miller, Dorothy Bruck, Giselle Withers, 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, Sara Winter, 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 2025-2026 financial year, the Sleep Health Foundation delivered 45 paid presentations and 10 free of charge presentations.

Fact Sheets

Chair: Alexander Wolkow

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 99 membership purchases throughout the 2025-2026 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, corporate 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.

Our partners are organisations that:

- Share a genuine interest in sleep health, not just brand association
- Are committed to accuracy, fair dealing, and evidence over sales pressure
- Have a well-established, proven track record

Corporate Partners

- **Philips**
- **ResMed**
- **Takeda**
- **Ecosa**
- **FESS**

Information Partners:

- **Australian Men's Shed Association**
- **Better Health Channel**
- **Black Sparrow Group – Vigour Media**
- **Carers Australia**
- **Health Direct**
- **Her Heart**
- **Hypersomnolence Australia**
- **Jean Hailes for Women's Health**
- **Kiddipedia**
- **Lung Foundation**
- **Parkinson's Australia**
- **Smiling Mind**

Financial Report

FOR THE YEAR ENDED 30 JUNE 2026

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 2026

The directors present their financial report on The Sleep Health Foundation for the financial year ended 30 June 2026.

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 Term ended Nov 2025
Alex Wolkow	
Rita Harding	Term ended Nov 2025
Ashley Midalia	Resigned Apr 2026
Andrew Vakulin	
Fatima Yaqoot	
Linda Schachter	
Andrew Tucker	Term commenced Dec 2025
Ranjit Ratilal	Term commenced May 2026
Kelly Trupkovic	Term commenced Jun 2026

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.

Significant Changes in the State of Affairs

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

Operating Results

The loss of the company for the financial year amounted to $68,805 (2025 loss : $51,461).

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 sate 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 2026 has been received and can be found on the following page.

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

Director: S. Rajaratnam

Shantha Rajaratnam

Director:

Jennifer Low

Dated this 22nd day of October 2026

Statement of Profit or Loss and Other Comprehensive Income

for the Year ended 30 June 2026

	Note	2026 $	2025 $
INCOME			
Revenue	**2**	240,400	284,298
Total Income		240,400	284,298
Total Income		240,400	284,298
EXPENSES			
Audit fees		3,800	4,280
Depreciation		727	908
Advertising Expenses		1,950	870
Other expenses	**3**	302,729	329,701
Total Expenses		309,206	335,759
SURPLUS/(LOSS) FOR THE YEAR		(68,805)	(51,461)

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 2026

	Note	2026 $	2025 $
ASSETS			
Current Assets			
Cash and cash equivalents	**4**	345,234	366,762
Receivables	**5**	53,570	159,135
Total Current Assets		398,804	525,897
Non-current Assets			
Property, plant and equipment	**6**	2,906	3,633
Total Non-Current Assets		2,906	3,633
Total Assets		**401,710**	**529,530**
LIABILITIES			
Current Liabilities			
Provisions	**8**	5,000	4,814
Borrowings	**7**	794	2,216
Payables	**9**	123,668	177,184
Total Current Liabilities		129,462	184,213
Non-Current Liabilities			
Provisions	**8**	8,692	12,943
Total Non-Current Liabilities		8,692	12,943
Total Liabilities		**138,141**	**197,156**
NET ASSETS		**263,569**	**332,374**
EQUITY			
Retained surplus		263,569	332,374
Total Equity		**263,569**	**332,374**

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 2026

	Note	2026 $	2025 $
CASH FLOWS FROM OPERATING ACTIVITIES			
Donations received		845	7,650
Membership & partnership fees received		203,757	148,787
Grants received		22,000	17,000
Payments to suppliers & others		(356,857)	(359,492)
Interest received		2,313	3,425
Other income received		106,414	132,720
Net cash provided by (used in) operating activities	**10**	**(21,528)**	**(49,910)**
Net increase (decrease) in cash held		(21,528)	(49,910)
Cash at beginning of financial year		366,762	416,672
Cash at end of financial year	**4**	**345,234**	**366,762**

Statement of Changes in Equity

for the Year ended 30 June 2026

	Note	2026 $	2025 $
RETAINED EARNINGS			
Retained Earnings at Start of Year		332,374	383,836
Surplus/(loss) for the year		(68,805)	(51,461)
Retained Earnings at End of Year		263,569	332,374

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 2026

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 2026. 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 reporting period.

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

Notes to the Financial Statements

for the Year ended 30 June 2026

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 he 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 2026

		2026 $	2025 $
2	**Income**		
	Other Income	-	9,405
	Speaker Program	86,721	70,450
	Grants	20,000	15,455
	Interest Received	2,313	3,426
	Special projects	16,400	30,000
	Donations	845	7,709
	Membership Fees	6,205	10,603
	Partnership Fees	107,917	137,251
	Total Income	**240,400**	**284,298**
3	**Expenses**		
	Accounting & bookkeeping fees	1,556	7,219
	Bank charges	738	772
	Conferences & events	3,707	7,954
	Consultants	1,415	25,417
	Donations	-	500
	Insurance	6,178	6,148
	Interest	-	3,461
	Meetings	459	2,230
	Office Expenses	15,088	13,501
	Staff training, conferences, & amenities	2,004	2,124
	Speakers - education	16,560	22,607
	Superannuation	26,442	23,603
	Travelling expenses	7,820	5,272
	Wages & salaries and on-costs	215,997	204,785
	Website costs	4,764	4,108
	Total expenses	**302,729**	**329,701**

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

Notes to the Financial Statements

for the Year ended 30 June 2026

		2026 $	2025 $
4	**Cash and Cash Equivalents**		
	Bank Accounts		
	Savings Account	299,840	327,527
	Chequing Account	45,394	34,320
	Stripe Account	-	4,915
	Total Bank Accounts	345,234	366,762
	Total Cash and Cash Equivalents	**345,234**	**366,762**

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	**345,234**	**366,762**

		2026 $	2025 $
5	**Receivables**		
	Current		
	Prepayments	2,058	2,595
	Trade Debtors	51,511	156,540
	Total Current	53,570	159,135
	Total Receivables	**53,570**	**159,135**

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

Notes to the Financial Statements

for the Year ended 30 June 2026

		2026 $	2025 $
6	**Property, Plant and Equipment**		
	Other Fixed Assets		
	Office Equipment at Cost	7,877	7,877
	Office Equipment Accum Dep	(4,971)	(4,244)
	Total Other Fixed Assets	2,906	3,633
	Total Property, Plant and Equipment	**2,906**	**3,633**

		2026 $	2025 $
7	**Financial Assets**		
	Current		
	NAB Business Visa	794	2,216
	Total Current	794	2,216
	Total Financial Assets	**794**	**2,216**

		2026 $	2025 $
8	**Provisions**		
	Current		
	Annual Leave Provision	5,000	4,814
	Total Current	5,000	4,814
	Non-Current		
	Long Service Leave Provision	8,679	12,943
	Total Non-Current	8,679	12,943
	Total Provisions	**13,680**	**17,756**

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

Notes to the Financial Statements

for the Year ended 30 June 2026

		2026 $	2025 $
9	**Payables**		
	Current		
	Incomes in Advance	82,833	145,750
	Other Creditors	4,588	25,481
	Trade Creditors	6,246	5,953
	Total Current	93,668	177,184
	Total Payables	**93,668**	**177,184**

		2026 $	2025 $
10	**Cash Flow Information**		
	Reconciliation of cash flow from operations with profit for the year		
	(Loss)/Surplus for the year	(68,805)	(51,461)
	Non-cash flows in surplus		
	Depreciation	726	908
	Changes in assets and liabilities		
	Decrease/(increase) in trade and other receivables	104,729	(29,740)
	(Increase)/Decrease in prepayments	538	(1,606)
	(Decrease)/Increase in payables	(21,722)	6,265
	(Decrease)Increase in income in advance	(32,917)	24,243
	Increase/(decrease) in employee provisions	(4,077)	1,481
		(21,528)	**(49,910)**

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

Notes to the Financial Statements

for the Year ended 30 June 2026

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 2026 the number of members was 108. (2025: 123).

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

Directors Declaration

for the Year ended 30 June 2026

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.

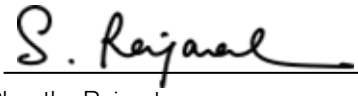
The directors of the company declare that:

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 2026 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 22nd day of October 2026

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 2026, 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 2026, 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 2026, 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 22nd day of October 2026

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SleepHealth
FOUNDATION



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