

Managing Sleep Issues and Disorders

Around 20% to 35% of Australians have a problem with sleep. The economic impact of sleep disorders is estimated to cost Australia around \$5.1 Billion annually.

Do you find it hard to get to sleep when you want to?

Do you think of things instead of getting to sleep?

Do you wake up during the night for no apparent reason?

Do you wake up during the night thinking about things that need to be done?

If you answered yes to any of these questions you may be suffering from insomnia. Seek professional help.

Obstructive Sleep Apnoea	Rarely	Once a Week	A few times a week	Nightly
Do you get told that you hold your breath while you are asleep?	0	1	2	3
Do you sometimes wake up gasping for air or feeling like you are choking?	0	1	2	3
Do you wake up in the morning with headaches?	0	1	2	3
Do you snore that loud that you wake yourself or your partner up?	0	1	2	3
Do you get very tired during the day and find you want to go to sleep?	0	1	2	3

Score	
0 - 1	Very little risk of obstructive sleep apnoea
2	Medium risk of obstructive sleep apnoea - speak to a health professional soon
3 or more	High risk of obstructive sleep apnoea - seek help immediately



If pain disturbs your sleep, ask your health professional how to manage it so you can get to sleep and stay asleep. Stretching before sleep can often help.

