

**Location(s)**      **Flexible**  
**Description**      **Board of Directors Vacancies**

Independent, non-elected Director

## **About The Sleep Health Foundation**

### **Mission**

To improve people's lives through better sleep.

The Sleep Health Foundation is a small organisation with a volunteer board that has set itself an enormous task – to change community attitudes to sleep so that it is recognised as a pre-requisite for optimal health alongside a balanced diet and regular exercise. This requires improving the understanding of common sleep disorders across the lifespan, with emphasis on helping parents and teachers of children and adolescents to develop healthy sleeping habits that are vital for their mental and physical development.

We are a company limited by guarantee and a health promotion charity.

### **Background**

The House of Representatives Standing Committee on Health, Aged Care and Sport commenced an Inquiry into Sleep Health Awareness in Australia on 13 September 2018. The Committee examined the causes, economic and social costs, and treatment of inadequate sleep and sleep disorders.

The cost of inadequate sleep in Australia (2016-2017) was estimated to be **\$66.3 billion** over one year comprising:

- \$26.2 billion in financial costs and \$40.1 billion in the loss of wellbeing.

The \$26.2 billion in financial costs due to inadequate sleep are estimated to be as follows:

- health system costs of \$1.8 billion, or \$246 per person with inadequate sleep;
- productivity losses of \$17.9 billion, or \$2,418 per person with inadequate sleep;
- informal care costs of \$0.6 billion, or \$82 per person with inadequate sleep; and
- other costs (incl. welfare payments, tax losses) of \$5.9 billion or \$802 per person with inadequate sleep

Their report released on 4 April 2019 made a number of recommendations including:

- develop and implement a national sleep health awareness campaign.
- A national approach to working hours and rest breaks for shift workers;
- A review of sleep health services funded under the Medicare Benefits Schedule;
- Expanded support for treatment for obstructive sleep apnoea;
- Additional sleep health training for medical professionals;
- Funding for research into the effects of the use of digital devices on children's sleep health.

### **The role**

Sleep Health Foundation is seeking to appoint an independent Board Director to help guide our organisation through an exciting period of expansion. We are looking for a dynamic, experienced and collaborative Board Director whose values align with the Sleep Health Foundation with specific **expertise in marketing and fundraising**.

As a national organisation, we encourage suitably qualified people from all states and territories to apply. Appointment would be for an initial term of two years.

These are non-remunerated voluntary positions requiring:

- personal qualities of integrity, professionalism, and a passion for improving the lives of people living with sleep disorders.
- the ability to understand and critically assess strategic plans, risk management plans, budgets and financial reports
- strong communication and interpersonal skills together with the ability to operate collaboratively in a team environment
- understanding of governance and the role and responsibilities of a board director, ideally gained through AICD qualifications and/or previous Board experience

Board Directors are required to attend 1 -2 face to face board meetings, usually held on a weekday, and 4 teleconference meetings held during the working day (2 hours max). In addition, Board Directors are expected to participate in sub-committees and other Sleep Health Foundation activities.

Sleep Health Foundation will arrange and meet the cost of necessary accommodation, travel and associated expenses for Board Directors to attend meetings and other Sleep Health Foundation business.

The \$40.1 billion in loss of wellbeing is estimated using World Health Organisation and Australian Government metrics which assess the non-financial costs of healthy life lost through disability and premature death from inadequate sleep and associated conditions.

Please refer expressions of interest to:

**Helen Burdette**

Executive Secretary

Sleep Health Foundation

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