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New initiative aims to improve sleep health for millions in India and Australia

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Australia-India Sleep Health Collaborative Initiative to foster bilateral relationships



Researchers from Monash University, Australia have connected experts from India and Australia to help improve the quality of life for people affected by sleep disorders.

Sleep researchers, physicians, representatives from professional sleep medicine associations, and delegates from Apollo Hospitals met at a roundtable at Indraprastha Apollo Hospitals, New Delhi to strengthen engagement in health research.

The group will establish the Australia-India Sleep Health Collaborative Initiative to foster bilateral relationships and address mutual challenges in sleep health by promoting the implementation of sleep medicine clinics in India. There will also be a focus on developing innovative care models that integrate Ayurvedic principles with modern practices.

Research has shown that insufficient sleep is a critical public health concern with far-reaching consequences. Reduced sleep duration is associated with at least seven of the 15 leading causes of death, including cardiovascular disease, hypertension, diabetes, cerebrovascular disease, malignant neoplasms, septicemia and accidents.

In India, sleep disorders have reached alarming levels, with recent studies indicating a substantial burden of insomnia and obstructive sleep apnea (OSA). Estimates suggest that approximately 52 million Indians of working age suffer from OSA, with 29 million experiencing moderate-to-severe cases.

Compounding this issue, an estimated 37 per cent of older adults in India experience insomnia highlighting the widespread nature of sleep disturbances across age groups.