



Creating healthy sleep habits

The Sleep Health Foundation found that 4 in 10 people experience some form of inadequate sleep.

Scientists are still discovering the many important functions of sleep but so far we know that good quality sleep benefits our cognitive, emotional and physical health. Importantly, it helps restore us physically and helps us organise things in our brain.

Want to learn more?

We have partnered with Bupa to bring you a short online module which explains the basics of sleep and builds awareness of the connections between sleep, wellbeing and energy. You will learn handy tips and tools to take home and use yourself or share with your family.

Access the module by following the simple steps below:

1. Visit: lifeskills.bupa.com.au/login/index.php?cc=APG001
2. Click '**Register**' and complete your details
3. Click '**Start now**' to complete the module



Please email wellbeing@auspost.com.au with any questions



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