



For media

Line Andersen

+61 (0)404 461 836

Line.andersen@resmed.com.au

Rugby League Legend Brad Fittler Teams Up with ResMed to Help Australians Sleep Better

“Freddy” Aims to Change Up the Play on Sleep

SYDNEY, 28 May 2020 – ResMed today announced it has teamed up with Rugby League Hall of Fame inductee, current NSW Blues State of Origin head coach, and Channel 9 commentator Brad Fittler to help raise awareness of the importance of healthy sleep.

Fittler, widely recognised as one of the finest rugby league players ever, says there has never been a better time for all Australians to focus on their health, and in particular on their sleep, an area now seen as the third pillar of health alongside diet and exercise.

“As a coach, I always tell my players good sleep is essential to good performance,” Mr Fittler said. “If you’re not sleeping well, it’s tough to be at your best. But we know from a recent survey that four out of ten of us regularly don’t get the sleep our bodies need.¹ We need to change that, Australia!”

Last year an Australian parliamentary committee recommended the Government make sleep health a national priority and recognise its importance to health and wellbeing alongside fitness and nutrition.

That recommendation aligns with an initiative by ResMed – an Australian-born global leader in sleep apnoea treatment and digital health – to change the way Australians sleep.

“Most of us know we feel better after a good night’s sleep. But unfortunately for too many of us, lifestyle pressures and other health problems can get in the way,” said Catherine Delamare, ResMed’s General Manager for Australia and New Zealand.

“But it doesn’t need to be this way,” Delamare continued. “Many sleep issues are treatable, so much of this is avoidable. We want more Australians to be aware of the options when they have sleep health questions and to make it easier to access the existing treatments.”

Fittler and ResMed’s sleep initiative kicks off tonight with a television commercial airing during the Nine Network’s broadcast of the resumption of the 2020 National Rugby League Season.

“I look forward to sleep every night,” Mr Fittler said. “Together with ResMed, I want to make every single Australian aware that they could enjoy and benefit from sleep as much as I do. Sleeping well gives you the best chance for a good start to the day. It means you wake up, you’re ready, and you’re straight into it. The rest is up to you. If you’re not getting 7–9 hours a night, take a coach’s advice and do something about it.”

About ResMed

At ResMed (NYSE: RMD, ASX: RMD) we pioneer innovative solutions that treat and keep people out of the hospital, empowering them to live healthier, higher-quality lives. Our digital health technologies and cloud-connected medical devices transform care for people with sleep apnoea, COPD, and other chronic diseases. Our comprehensive out-of-hospital software platforms support the professionals and caregivers who help people stay healthy in the home or care setting of their choice. By enabling better care, we improve quality of life, reduce the impact of chronic disease, and lower costs for consumers and healthcare systems in more than 140 countries. To learn more, visit [ResMed.com](https://www.resmed.com) and follow @ResMed.

¹ ResMed Sleep Health Survey, September 2019

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