

I object to the permissions for alcohol advertising in the current and draft Free TV Code because alcohol use during pregnancy causes FASD and it makes no sense for alcohol ads to be permitted on TV at the same time that the Commonwealth and others are running campaigns to try to prevent FASD. Examples of such campaigns are below in this document.

Alcohol ads cause FASD

Clearly, there would be pregnant women who either don't know they are pregnant, or who think that some alcohol use during pregnancy is ok, who would be influenced to use alcohol by alcohol ads, while pregnant. There would also be other women who know that alcohol use is a problem during pregnancy, but who have difficulty controlling their use of alcohol, who would end up using alcohol or more alcohol during pregnancy during alcohol ads. That is just a matter of common sense.

Alcohol ads therefore cause FASD. This is another compelling reason for more restrictions on televised alcohol ads.

Even if alcohol ads only cause people to switch brands or to use more of their favourite brand, which is false, alcohol ads will still cause more FASD by reminding pregnant women of alcohol or their favourite brand and making them more likely to purchase alcohol the next time they are near a shop that sells alcohol.

Alcohol ads cause alcohol use, including child alcohol use, which in turn causes increased gambling losses, reduced sleep, and worse employment and education outcomes

I also object to the permissions for alcohol ads because:

- alcohol use contributes to gambling losses as outlined in some of the attachments to the covering email for this submission.
- alcohol ads causes children to use alcohol as outlined in some of the attachments to the covering email for this submission.
- alcohol use causes reduced sleep and reduced sleep quality, which in turn causes many other problems, as outlined material below in this document.
- alcohol uses causes worse employment and education outcomes as outlined below in this document and an attachment to the covering email for this submission.

Examples of FASD prevention campaigns

The [Every Moment Matters](#) campaign highlights that from the moment you start trying to conceive, every moment matters when it comes to drinking alcohol.

Alcohol consumed at any stage of pregnancy passes directly to the baby and can damage their developing brain, body and organs. Alcohol exposure in the womb can cause Fetal Alcohol Spectrum Disorder (FASD), which affects brain development and leads to lifelong disability.

The National Health and Medical Research Council's [Australian guidelines to reduce health risks from drinking alcohol](#) advises that women who are pregnant or planning a pregnancy should not drink alcohol. This is to prevent harm to their unborn child.

The guidelines also advise women who are breastfeeding not to drink alcohol as this is safest for the baby.

We fund the [Foundation for Alcohol Research and Education \(FARE\)](#) to deliver this campaign.

Campaign Background

The 'One Drink' campaign aims to increase awareness that there is no safe amount or time to drink alcohol during pregnancy.

The campaign's key message '*any amount of alcohol mum drinks, baby drinks too*', challenges the commonly held, but inaccurate belief, that a mother's placenta protects a developing baby from alcohol. The campaign reinforces latest health advice that women who are pregnant or planning pregnancy should not drink alcohol.

The campaign was developed based on research with the Western Australian community and was guided by experts in public health, social marketing and fetal alcohol spectrum disorder.

The campaign launched on 12 January 2021 and will run until June 2024.

Evidence to support the campaign

- Alcohol use in pregnancy can cause miscarriage, stillbirth and permanent damage to the brain of the developing baby, resulting in a range of severe and lifelong physical, mental and behavioural disabilities known as Fetal Alcohol Spectrum Disorder (FASD). ¹
- The Australian Alcohol Guidelines recommend women who are pregnancy or planning a pregnancy should not drink alcohol to prevent harm from alcohol to their unborn child. ¹
- FASD are the leading preventable cause of non-genetic, developmental disability in Australia, and there is concern that as many as 2% of all Australian babies may be born with some form of FASD. ²
- One in 5 consider a 'small amount' of alcohol to be okay during pregnancy, and one in 3 thinking there is a safe time to drink during pregnancy.
- Over half adults in WA report being aware of FASD, but only less than one in 4 believe low levels of alcohol can result in a baby being born with FASD.
- Self-efficacy to not drink alcohol is supported by having strong beliefs that alcohol use in pregnancy is not okay and evidence to back that decision, but the drinking culture makes it difficult to abstain.

Key messages

- The placenta does not protect a baby from alcohol.
- Any amount of alcohol a mother drinks, the baby drinks.
- There is no safe amount or time to drink alcohol during pregnancy.
- Women who are pregnant or planning a pregnancy should not drink alcohol.

Target audience

The target audience is all Western Australian adults (18-44 years), with a focus on people who consider a 'small amount' of alcohol at any stages in pregnancy to be okay.

Campaign objectives

1. Decrease the proportion who consider a ‘small amount’ of alcohol to be okay at any stage of pregnancy.
2. Increase the proportion who believe alcohol use when pregnant can result in a range of lifelong harms to the baby.
3. Increase the proportion who are aware it is recommended women who are pregnant or planning a pregnancy should not drink alcohol.

Alcohol and Insomnia: How Alcohol Affects Sleep

Written by: [Amelia Sharp](#)

Edited by: [Wendy Manwarren Generes](#)

Reviewed by: [Ryan Kelley, NREMT](#)

Updated Jun 18, 2024

3 min read • 7 sections

Medical DetoxEvidence-Based CareExpert StaffLevels of CareOur Services

When you are getting restful sleep, it's easy to take sleep for granted. However, if you've ever struggled with insomnia, you may have a deeper appreciation for how vital sleep is to your overall health and well-being. High-quality sleep is vital, and having healthy sleeping habits can help ensure that you get the high-quality sleep that your body needs. Some people may consume alcohol at night to unwind or help them feel drowsy, but alcohol can affect your sleep.

What you will learn:

What insomnia is

How alcohol can impact your sleep

Alcohol's effects on REM sleep

How alcohol withdrawal affects sleep

Table of Contents

What is Insomnia?

When a person's sleep is poor, they are at an increased risk for numerous health problems including diabetes, heart disease, depression, and obesity.¹ Some people choose to unwind before bed with alcohol, which can act as a sedative that slows down

brain activity.² However, the research suggests that alcohol consumption generally has a negative impact on sleep quality. In fact, between 35% and 70% of individuals who use alcohol have insomnia.³ It may seem surprising, considering that alcohol is a depressant, yet alcohol is known to interfere with fundamental aspects of sleep quality. Generally speaking, insomnia is defined as either a problem falling asleep, staying asleep, or waking up early and being unable to get back to sleep. The loss of sleep is enough to cause problems in day-to-day life and is occurring at least 3 nights per week for over 3 months.⁴

Insomnia is a common problem and the most common of all sleep disorders, with an estimated 33% of American adults reporting insomnia symptoms.⁴ Estimates suggest that almost 10% of people in the United States struggle with short-term insomnia. And of those, around 20% develop chronic insomnia, which can last for years.⁵

Not sleeping enough carries significant consequences, risks, and can be potentially dangerous. Decreased attention and concentration due to a lack of sleep is common, and persistent insomnia is associated with an increased risk of depression, hypertension, and heart attacks.⁴ Those with insomnia may miss work, have reduced productivity, and an overall reduced quality of life.⁴

If a person is tired due to insomnia, they are also at an increased risk for accidents. One study found that people with insomnia had more than a 20% risk of an accident in their home and over a 10% risk of a work-related accident. Additionally, 9% of individuals in the study fell asleep while driving, and more than 4% had a car accident related to their insomnia.⁵

As such, people with insomnia often try to self-treat the condition. An estimated 20% to 30% of people report drinking to manage insomnia.⁷ While alcohol can initially cause sedation, over time, alcohol causes major disruptions in the quality of sleep.

How Does Alcohol Affect Your Sleep?

Initially, a little alcohol before bed might seem helpful for insomnia. However, people can rapidly develop tolerance to the sedating effects of alcohol. A small study shows quite explicitly how quickly alcohol becomes ineffective when used repeatedly for sleep. In volunteers struggling with insomnia without a history of alcohol use, alcohol or a placebo were given nightly before bed. Initially, smaller amounts of alcohol did increase total sleep time and deep sleep. However, these effects were quickly lost within a week. As the study continued, subjects who had been given alcohol before bed were inclined to increase alcohol consumption, up to almost the equivalent of 3 beers a night. The

study clearly demonstrates how quickly tolerance develops for alcohol, which puts a person at risk for [developing alcohol use disorders](#).⁷

With higher doses, especially over long-term consumption, alcohol may have even worse effects on sleep. Higher doses of alcohol have been shown to disrupt sleep, particularly during the second half of the night.⁸

Studies also show that alcohol may exacerbate sleep-disordered breathing such as snoring and even obstructive sleep apnea. Heavy drinkers appear to be at increased risk of exacerbating sleep apnea, and this combination can increase a person's risk of heart attack, stroke, and sudden death.⁹

Have Questions About Addiction Treatment?

American Addiction Centers is here for you 24/7. We want to ensure you receive the help and information you need in the way that's most comfortable for you.

Alcohol and Sleep Apnea

Research suggests that there may be a link between higher levels of alcohol consumption and an increased risk of obstructive sleep apnea, a potentially serious sleep disorder in which breathing repeatedly stops and starts.¹⁰

There are actually two different types of sleep apnea. Central sleep apnea isn't as common as obstructive sleep apnea. It occurs because the brain doesn't send the proper signals to the muscles that control breathing. The majority of sleep apneas are obstructive, which entails a collapse of the airway that blocks the flow of air into the lungs.¹¹

Obstructive sleep apnea affects an estimated 15% of men and 5% of women—all of whom have a body mass index (BMI) greater than 28.¹⁰ While it's well documented that obstructive sleep apnea is more common in older adults; current smokers; and individuals with coronary artery disease, hypertension, and diabetes, there is now a growing body of evidence suggesting that heavy alcohol use worsens obstructive sleep apnea symptoms.^{10,12}

A meta analysis of 21 studies found that relative to people who did not consume any alcohol, those who consumed alcohol had 25% higher risk of having obstructive sleep apnea.¹⁰ The reasons for this are complex and multifaceted, and the authors acknowledge that some of the increased risk may be indirect, that is, the effects of alcohol on important contributors to obstructive sleep apnea, like a higher BMI.¹⁰

Can Alcohol Cause Insomnia?

As indicated, alcohol can indeed affect sleep. Research suggests that alcohol's negative impact on sleep varies and is dose related. Indeed, a growing number of studies demonstrate an association between alcohol dependence—wherein the body becomes so used to having alcohol present that if an individual suddenly stops drinking, withdrawal symptoms surface—and sleep-related disorders like insomnia. The prevalence of insomnia for those struggling with alcohol dependence is estimated to be between 36% and 91%, which is well above average.⁸ Research has also associated binge drinking with disrupted sleep. Specific brain cells in the forebrain promote a state of wakefulness. Alcohol appears to inhibit neurotransmitters that activate these brain cells. This can disturb the whole sleep-wake cycle, disrupting sleep and potentially predisposing a person to insomnia.¹³

Alcohol's Effects on REM Sleep

Sleep has two basic types: rapid eye movement (REM) sleep and non-REM sleep.¹⁴ Non-REM sleep has three different stages—the changeover from wakefulness to sleep, light sleep, and deep sleep. REM sleep first occurs about 90 minutes after falling asleep. During the night, you cycle through all the stages of non-REM and REM sleep several times with longer, deeper, periods of REM sleep occurring toward morning.¹⁴ Alcohol consumption has been shown to potentially disrupt virtually all stages of non-REM sleep and REM sleep, too.³

Although the research is a bit unclear and the results mixed, use of alcohol appears to decrease REM sleep overall. In general, research shows reduced quality of sleep with long-term alcohol use. These sleep quality issues can continue for months or years upon discontinuation of alcohol use but may improve over time with abstinence.³

Why Does Alcohol Make Me Sleepy?

As a central nervous system (CNS) depressant, alcohol has sedating effects. It can make people feel sleepy and also plays a role in promoting the sleep-wake cycle and rapid sleep onset. This is due to the complex and far-reaching effects alcohol has related to neurotransmitters involved in controlling sleep.¹⁵ And while this may seem like a reason to use alcohol to manage insomnia, with continued use, you quickly develop a tolerance to alcohol's effects on sedation and sleep.⁷

How Does Alcohol Withdrawal Affect Sleep?

For people struggling with an alcohol use disorder, insomnia and disturbed sleep are a common symptom of both acute [alcohol withdrawal](#) (1 to 2 weeks) and continues throughout early recovery (2 to 8 weeks). Insomnia symptoms are often variable and sometimes improve quickly following [alcohol detox](#), but can persist throughout early recovery. Estimates suggest that between 36% and 91% of people experiencing withdrawal from alcohol have insomnia.¹⁶ During withdrawal and recovery, it is harder to fall asleep, sleep is typically fragmented, and the percentage of REM sleep is lower as is the duration of REM sleep. Problems with sleep can continue for months or longer for some patients as they enter the sustained recovery phase of alcohol use disorder.¹⁵

[Alcohol and insomnia: Possible risks and more](#)

Possible links between alcohol and insomnia

- [Insomnia overview](#)
- [Alcohol and insomnia](#)
- [Alcohol and sleep quality](#)
- [Risks of poor sleep quality](#)
- [Prevention](#)
- [Treating insomnia](#)
- [FAQ](#)
- [Summary](#)

Insomnia is a sleep disorder that can affect people of all ages. Small amounts of alcohol may cause short-term sleep disturbances, but frequent and large quantities of alcohol consumption may lead to chronic insomnia for certain individuals.

People with insomnia may have difficulty falling asleep or keep waking up during the night. Alcohol may disrupt a regular sleeping schedule.

This article reviews the relationship between alcohol and insomnia, including how alcohol can affect sleep quality alongside the risks of poor sleep quality. It also considers ways to manage insomnia and prevent sleep disruption and answers some frequently asked questions.

A note about sex and gender

Sex and gender exist on spectrums. This article will use the terms “male,” “female,” or both to refer to sex assigned at birth. [Click here to learn more.](#)

What is insomnia?

Individuals with [insomnia](#) have difficulty maintaining a consistent sleep schedule. [Experts state](#)[Trusted Source](#) that acute insomnia lasts up to a few days to weeks, while chronic insomnia continues for several months.

Symptoms

Insomnia may be different for each person. However, some of the more [common](#) symptoms include:

- lying awake for a long time before sleeping
- sleeping for only short periods
- waking up repeatedly at night
- waking up too early

Insomnia can make it difficult to complete daily tasks. It can also negatively affect mood, which can, in turn, affect personal relationships.

Causes and risk factors

Stressful life events [may cause](#)[Trusted Source](#) acute insomnia. Possible causes of temporary insomnia may be:

- an unexpected job change
- cross-country move
- interpersonal conflict

Generally, females and older adults are at a [higher riskTrusted Source](#) for insomnia. Individuals with [mental health conditions](#) are also more likely to develop insomnia.

Certain medications may cause insomnia as a possible side effect. For example, people may experience [steroid-inducedTrusted Source](#) insomnia, or [antidepressants](#) may [worsenTrusted Source](#) or induce sleep disorders.

An uncomfortable sleep environment can make getting a good night's rest challenging.

How does alcohol affect people with insomnia?

Consuming certain substances, such as alcohol, can disrupt sleep schedules. This is because alcohol [works](#) as a central nervous system depressant.

Many people with insomnia may have difficulty falling asleep at night. As a result, they may consume alcohol to [speed upTrusted Source](#) falling asleep, but evidence shows this technique does not improve sleep quality.

[2020 researchTrusted Source](#) suggests that alcohol impacts the part of sleep known as rapid eye movement (REM). Drinking heavily over time can also disrupt the chemical messengers in the brain, which can affect sleep.

Studies estimate that [36–91%Trusted Source](#) of people experiencing alcohol dependence may have insomnia.

Likewise, long-term reliance on alcohol for sleep [can contributeTrusted Source](#) to an [alcohol use disorder \(AUD\)](#). Drinking a small amount of alcohol may help people fall asleep more quickly initially, but over time, individuals will need to consume more alcohol to achieve the same effect.

Individuals who have [attention deficit hyperactivity disorder \(ADHD\)](#) are also particularly affected by insomnia. A [2020 studyTrusted Source](#) found that people with ADHD are more likely to consume alcohol to treat their insomnia symptoms.

There is a higher prevalence of insomnia in people with ADHD and AUD, but consuming alcohol to manage insomnia generally worsens sleeplessness. It can even increase the risk of developing AUD.

How does alcohol affect sleep quality?

[StudiesTrusted Source](#) have shown that short-term alcohol use can shorten the time it takes to fall asleep. It can also improve the first half of a night of sleep.

However, in the second half of a night's sleep, alcohol diminishes the amount of [REM sleep](#). Alcohol's negative effects on sleep quality worsen after several nights of drinking.

Drinking alcohol before sleep also affects the cardiovascular system. A [2018 study](#) found that drinking before bed [elevated heart rate](#) during sleep. It also negatively impacts the recovery that the body experiences during sleep.

People who drink alcohol before sleep are also [more likely](#) to experience breathing difficulties at night. They will also experience shorter periods of sleep, resulting in less restful sleep overall.

Individuals living with AUD experience [much poorer](#)[Trusted Source](#) sleep quality than those who consume moderate amounts of alcohol. They experience limited REM sleep, which can affect their health.

Having a beverage containing alcohol in the evening from time to time may slightly disrupt sleep, but consuming alcohol for multiple nights in a row or every night carries a [greater risk](#)[Trusted Source](#) of insomnia.

Risks of poor sleep quality

An inadequate amount of quality sleep can have many effects on health. Long-term sleep deprivation [can increase](#)[Trusted Source](#) the risk of different health conditions. These include:

- [type 2 diabetes](#)
- [obesity](#)
- [depression](#)
- [cardiovascular diseases](#)

A [2019 study](#) showed that individuals who sleep for under 6 hours each night have a 20% higher chance of [heart attack](#) than individuals who sleep between 6 and 9 hours.

[Visit our hub to learn more about the science of sleep.](#)

How to prevent disrupting sleep after drinking

The [Centers for Disease Control and Prevention \(CDC\)](#)[Trusted Source](#) recommend that if a person consumes alcohol, they should drink it several hours before going to bed. This gives the body time to metabolize the beverages.

Additionally, low-to-moderate alcohol consumption is always the best practice for minimizing sleep disruptions or health concerns. The [CDC](#)[Trusted Source](#) defines moderate drinking as two or fewer drinks for males, and one or fewer for females, in a given day.

If a person chooses to consume alcohol, drinking in moderation several hours before bed is the best practice for avoiding sleep disturbances.

[Learn more about moderate drinking.](#)

Treating insomnia

Lifestyle changes such as avoiding alcohol hours before sleep may be sufficient for treating mild, short-term insomnia.

However, other recommendations include the following:

- avoiding [caffeine](#) in the late afternoon and evening can promote restful sleep
- staying away from computer or telephone screens before bedtime can also promote relaxation
- having a consistent bedtime routine, which may include the following:

- taking a bath
- stretching gently
- journaling

More [severeTrusted Source](#) cases of chronic insomnia may require different treatment strategies. Different forms of therapy, mindfulness, [meditation](#), or [hypnotherapy](#), can address insomnia symptoms.

Certain medications and supplements can also encourage a good night's sleep. These may include:

- [melatonin](#)
- [antipsychotic](#) medications such as [quetiapine](#)
- select antidepressants

Treating these conditions may be necessary as some individuals experience insomnia due to other health issues.

Ultimately, no two cases of insomnia are the same, and no treatment plan is right for everyone. Anyone experiencing insomnia should speak with a doctor to learn more about what treatments may work best for them.

Frequently asked questions

Below are some common questions around alcohol and sleep quality.

How does alcohol affect sleep apnea?

Consuming alcohol may present a higher risk of developing [sleep apnea](#). In a 2018 study, researchers found that alcohol increases this risk by [25%Trusted Source](#).

People with sleep apnea should consider avoiding or reducing alcohol consumption. A person can speak with a doctor to discuss the best way to treat and manage their condition.

Are there any differences in how alcohol affects males or females?

Males consume [more alcoholTrusted Source](#) than females. However, females are more susceptible to its effects.

Females who drink alcohol have a higher risk of:

- [hangovers](#)
- alcohol-induced liver inflammation
- heart issues
- issues with memory
- some [cancers](#)

How does alcohol withdrawal affect insomnia?

Many people with AUD experience insomnia [during Trusted Source](#) withdrawal. Other symptoms of [alcohol withdrawal](#) can also [worsen Trusted Source](#) insomnia. These may include:

- [headaches](#)
- anxiety
- elevated blood pressure
- stomach issues

Can alcohol cause anxiety that leads to insomnia?

Many people with AUD also experience [anxiety](#). They may turn to alcohol to reduce their anxiety symptoms, which also increases insomnia, exacerbating their anxious feelings.

Research shows that between [33% and 40%](#) of people who consume alcohol experience mild to severe anxiety. Anxiety symptoms can cause or worsen insomnia for some individuals.

Treating anxiety can help [reduce Trusted Source](#) insomnia and improve overall sleep quality.

Summary

Alcohol — even in moderate amounts — can disrupt healthy sleeping patterns. For some individuals, consuming alcohol can cause or exacerbate insomnia.

Long-term alcohol use negatively affects REM cycles and decreases sleep quality. Over time, sleep deprivation can increase the risk of several chronic health conditions.

When a person drinks alcohol, doing so in small or moderate amounts several hours before sleep can reduce the chance of sleep issues.

[Alcohol, tobacco & other drugs in Australia, Economic impacts - Australian Institute of Health and Welfare](#)

Economic impacts

On this page

[Social costs of alcohol and other drugs](#)[Household expenditure](#)[Decreased productivity](#)[References](#)

Social costs of alcohol and other drugs

The use of alcohol and other drugs has a number of economic impacts relating to household expenditure, decreased productivity and healthcare and law enforcement costs.

In recent years, the separate costs of tobacco, opioid use, cannabis, methamphetamine and alcohol use in Australia have been estimated using different methodologies.

The estimated social cost of alcohol use in Australia was \$66.8 billion in 2017–2018. Of the total tangible amount, workplace costs were \$4.0 billion, with an estimated \$3.6 billion due to absenteeism. This was followed by crime (\$3.1 billion), total healthcare costs (\$2.8 billion) and

road traffic crashes (\$2.4 billion). Of the total intangible amount, premature death was \$25.9 billion and lost quality of life was \$20.7 billion (Whetton et al. 2021).

The estimated social cost for tobacco use in 2015–16 was \$136.9 billion. While, this is substantially higher than the previous national estimate of \$31.5 billion in 2004–05 (Collins and Lapsley, 2008), the difference is likely to be primarily due to differences in the approaches used to determine the estimates (Whetton et al. 2019). The most significant costs were related to the value of life lost, and pain and suffering caused by smoking attributable ill health and premature mortality, spending on tobacco by people who smoke, workplace costs and the reduction in economic output due to premature mortality (Whetton et al. 2019).

Opioid use, including the use of any illegal opioids and the use of pharmaceutical opioids not as prescribed, was estimated to cost \$15.76 billion in 2015–16. Premature mortality, criminal justice and other health care were the leading sources of costs. Tentative estimates were reported separately for: the loss of quality of life for co-residents (for example, partners and children) due to the substance use of others—\$11.98 billion; and reduced quality of life for the drug consumer—\$14.93 billion (Whetton et al. 2020a).

The social cost of cannabis use was estimated to be \$4.5 billion in 2015–16. More than half (54%, or \$2.4 billion) of this cost was related to the criminal justice system, including imprisonment, administering community supervision orders and the impact on victims of crime. Although cannabis has the highest reported prevalence of consumption in Australia, the social costs attributed to cannabis were much lower than those for opioid use. This may be due to the fewer deaths attributed to cannabis use as compared with those attributed to the use of pharmaceutical opioids not as prescribed (Whetton et al. 2020b).

The estimated social cost attributable to methamphetamine use in 2013–14 was just over \$5 billion dollars. This included costs associated with a range of domains including: prevention, harm reduction and treatment; health care; premature mortality; crime; child maltreatment and protection; workplace accidents and productivity (Whetton et al. 2016).

In 2021, the cost of addiction in Australia was estimated to be \$80.3 billion. This includes costs associated with alcohol, tobacco, other drugs and gambling addiction. Tobacco related harm was the largest contributor to costs (\$35.8 billion, 45%), followed by alcohol related harm (\$22.6 billion, 28%) and harm related to other drugs (\$12.9 billion, 16%). The major contributor of costs was attributed to workplace and household productivity losses (48%), followed by costs associated with excessive/harmful consumption of alcohol, tobacco, other drugs and engaging in gambling (21%) (Rethink Addiction and KPMG 2022).

Household expenditure

Latest available household expenditure data from the Australian Bureau of Statistics (ABS) indicate that the proportion of household expenditure on alcohol and tobacco use has decreased over time.

- The proportion of household expenditure on alcohol in 2015–16 was 2.2%, down from 3.4% in 1984.
- The proportion of household expenditure on tobacco products has also decreased in 2015–16 to 0.9%, down from 1.6% in 1984 (Table S1.20; Figure IMPACT 12).

- The proportion of household expenditure on alcohol and tobacco varied by main source of income.
 - Households with the main income source as employee income spent a higher proportion on alcoholic beverages (2.3%) compared to those households with a main source of income as government pensions and allowances (1.8%).
 - However, households where the main source of income was government pensions and allowances had a higher proportion of household expenditure on tobacco (1.7%) compared to those households with the main source of income from employee income (0.8%) (ABS 2017).

Figure IMPACT 12: Proportion of total goods and services expenditure, alcoholic beverages and tobacco products, 1984 to 2015–16 (percent)

This figure shows that there has been a decline in the proportion of total goods and services expenditure for alcoholic beverages (2.2% of total expenditure in 2015–16) and tobacco products (0.9%) from 1984 to 2015–16.

[View data tables >](#)

Decreased productivity

According to the NDSHS, in 2022–2023, almost half (44%) of employed people reported missing at least one day of work in the previous 3 months due to illness or injury (regardless of drug use) (AIHW 2024, Table 5.42). Overall, 1.9% of people who had recently used illicit drugs missed one day of work in the last 3 months due to their drug use, with people who had recently used methamphetamine and amphetamine (*8.2%) and any opioid (*6.8%) more likely to report that they had missed work than cannabis and ecstasy (AIHW 2024).

*Estimate has a relative standard error of 25% to 50% and should be used with caution.